

Seated Torso Twist

Twisting yoga poses aids detoxification and stimulates digestion. This pose refreshes the spine, relaxes the diaphragm and stimulates liver detoxification.

1. Hold the back of the chair and twist the torso away from the knees.
2. Keep the chest and spine lifted and exhale while rotating the torso into the twist.
3. Stay in the pose for about 30 seconds, then repeat on the other side by taking the legs round to the other side of the chair.
4. Do the pose on one side and then the other two or three times.
5. As you get more familiar with the pose, experiment with rotating further into the twist, but you must keep your back straight and your chest lifted - do not “fall forward” into the twist.
6. Always exhale while moving further into the twist and keep the chest lifted and open.



Wall Stretch

The Wall Pose creates a stretch in the shoulders, legs and back that mobilizes muscle tissue and stimulates nourishing blood circulation in normally inactive areas of the body. Lymph fluid then begins its cleansing action, tissues become toned and detoxified and the result is a feeling of relaxed yet energized wellbeing.

1. Begin by standing 3-4 feet away from the wall.
2. Face the wall and place the ball of your right foot against it at a 45-degree angle.
3. Keep the weight on the center of your right heel and turn your left foot turn out a little.
4. Keep the front of your hips parallel to the wall and place the hands as far up the wall, extending upwards as you can reach.
5. Open the hands, spreading the fingers and straighten the elbows.
6. Keep the legs straight, firming the kneecaps onto the knee joint and pull the thigh muscles up.



7. Extend the back heel into the ground.
8. Move your hips away from the wall, let the neck relax and extend your head toward the floor. You may rest your head on the wall.
9. Stay in the pose for about 30 seconds, breathing normally.
10. Then, keeping your hands on the wall, repeat the pose with the left foot against the wall.

Cats & Dogs

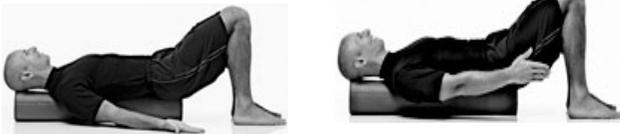
Eases back pain, brings flexibility back to your spine and creates hip mobility. This pose gently opens up the front and the back of the body.

1. Move onto your hands and knees, making sure that your hips are balanced over your knees and your hands are just beneath your shoulders.
2. Practice: Inhale. Sink navel, front ribs and chest toward floor.
3. Let shoulder blades move together and gaze softly upward.
4. The front of the body opens with this inhale.
5. As you exhale, draw in your navel, ribs and chest, rounding them up toward the ceiling.
6. Allow your head and neck and tail bone to release toward the floor. Let all the air in your lungs seep out.



Repeat this inhale and exhale sequence five to ten times. Add a blanket under your shins and knees if your knees are sensitive.

Spinal Reset



Releases and resets tight butt muscles and the muscles on either side of the spine. It relieves lower back pain, opens tight chest and shoulder muscles and engages the core muscles.

1. Find a space where you can lie down and extend your arms out into a T shape.
2. Take your foam roller and lie down lengthwise on top of it, ensuring that both your head and hips are centered on the roller.
3. To support yourself, place your feet on the floor hip width apart or wider, toes forward, feet parallel.

4. Allow your arms to relax and drape open, rest the backs of your hands comfortably on the floor, to help you balance. If your neck feels uncomfortable, place a small rolled towel under the back of your head.
5. Once you are settled and feel that your feet are planted, your arms are easy and your entire spine is supported by the foam roller, center your body on an imaginary center line on the roller.
6. Surrender the weight of your body to the roller, inviting your breath to move deeply into the front, sides and back of your torso. Feel the back of your rib cage expand into the roller.
7. Remain on the foam roller for up to 5 minutes.

Neck and Shoulder Release

An easy and effective way to release tension in the upper back, neck and shoulders.

1. Lie on your back, knees bent and feet hip-width apart.
2. Place two tennis balls at the top of your shoulder blades, side-by-side, in the area where you love to have a massage.
3. Slowly lower head and shoulders down.
4. Place a pillow behind your head if your neck is uncomfortable.
5. Lift your arms to the ceiling, then move them slowly toward knees and then toward the wall behind you.



Repeat this 10 times and for the best results, pause on the tender areas for at least 10 seconds. Avoid placing the tennis balls on your neck.

Breathe Mindfully

Calm the mind and body with this simple breathing exercise

1. Sit in a chair, preferably one with a straight back.
2. Place both feet flat on the floor and gently lay your hands in your lap or on top of your thighs.
3. You can close your eyes or leave them open, but many people find closing their eyes easier because it creates fewer distractions.
4. Begin by bringing your energy down to your feet and feeling the floor as your “watch” your inhalation and exhalation with your mind. Breathe in through your nose, allowing the breath to move into the back of your body and down to your feet.
5. Exhale out through your nose, allowing the breath to soften the front of your body – easing and relaxing the thighs, ribs and shoulders.

When you notice your mind wandering, just come back to your feet and breath. It is completely normal to lose your focus on your breath to an interesting thought or idea, so, when you notice you have lost your focus, gently bring your attention back to your inhalation and exhalation.

Don't force or control the breath. Simply inhale through the nose and exhale through the nose. Easy soft breaths: inhaling and exhaling.