

## *Yoga routine for a healthy body!*

During yoga you want to feel **comfortable** so put on some comfy clothes and start by **warming up** a little bit. We want to make sure that we are a little bit stretched before starting to make sure that we don't pull a muscle or injure ourselves.

### 1.INTRO-MOUNTAIN POSE (stay in pose & breath deeply for 30sec.-1min.)

Starting pose: Start by having your big toes together and heels slightly apart. **Move 1:** Lift your toes off the ground and then let them down again.

**Move 2:** Shrug your shoulders to your ears and then roll them back to release your shoulder blades to your back.

**Move 3:** Let your arms hang naturally with your palms facing forward.

**Points to remember:** Make sure that you are neither leaning forward nor backwards. Check that you have a long neck, not tucked down nor lifted up.



### 2.UPPER BODY TWIST (repeat whole process twice on each side)

Starting pose: Stand straight with your legs apart.

**Move 1:** Inhale and raise your hands to shoulder level.

**Move 2:** When exhaling, turn to the left side in the waist while maintaining the same position with your hands. Turn as far as possible.

**Move 3:** Inhale and twist back to the front. Repeat on the other side.



### 3.UPPER BODY ROTATION (repeat whole rotation twice)

Starting pose: Stand straight with your legs apart.

**Move 1:** Inhale and bring your hands together above the head.

**Move 2:** Exhale and bend over while keeping your knees straight.

**Move 3:** Inhale and rotate your upper body to the left.

**Move 4:** Continue inhaling and bend to the back.

**Move 5:** Exhale and bend to the right.

**Move 6:** Continue exhaling and bend forward.

**Move 7:** Inhale and go back, rotate to the right.

**Move 8:** Keep inhaling and rotate to the back.

**Move 9:** Exhale and rotate to the left.

**Move 10:** Keep exhaling and rotate to the front.

**Move 11:** Get back to the starting pose. This is one round!

**Points to remember:** Try to keep your knees straight during all the steps.



### 4.SWINGING WHILE STANDING POSE (repeat 10 times)

Starting pose: Stand straight with your legs apart.

**Move 1:** Raise your arms over the head, keeping the elbows straight.

**Move 2:** Bend forward and swing your trunk down from the hips.

**Move 3:** Allow your arms and head to swing through the legs.

**Move 4:** Return slowly to the upright position with your arms raised.

**Points to remember:** Be completely tension free like a rag doll! Inhale strongly while raising arms up and exhale strongly while swinging downwards.



## 5. TRIANGLE POSE (repeat once on each side)

Starting pose: Stand straight with your legs together.

**Move 1:** Step forward with your left leg and turn your right foot to 45 degrees.

**Move 2:** Inhale and stretch your arms sideways so that they are at shoulder level and in one straight line.

**Move 3:** While exhaling bend to the left side and bring your left hand down to the left foot and right hand up.

**Move 4:** Look up at your right hand and hold for 5 deep breaths.

**Move 5:** Inhale and return to the upright position with your arms still up.

**Move 6:** Exhale and slowly release your hands to the sides of your body.

**Points to remember:** Keep your knees straight and arms in a straight line.



## 6. CHEST EXPAND

Starting pose: stand straight with your legs widely spread.

**Move 1:** Inhale and raise both hands up, tilt to the back.

**Move 2:** Expand your chest and hold for a few seconds.

**Move 3:** Exhale, release the hands and return to starting pose.



## 7. WARRIOR POSE I (repeat on each side once)

Starting pose: Stand straight with your legs together.

**Move 1:** Step forward with your left leg, turn your right foot to 45 degrees.

**Move 2:** Bring both your palms together on your knee, bend the knee so that your thigh is parallel to the floor.

**Move 3:** Inhale, raise both arms up, stretch the spine and look forward.

**Move 4:** Hold the pose for 5 long breaths!

**Move 5:** Exhale and release your hands down, go back to the starting pose. **Move 6:** Repeat on the right side

**Points to remember:** The bent knee shouldn't extend beyond the ankle, should be in line with the heel.



## 8. WARRIOR POSE II (repeat in each side once)

Starting pose: Move 1 of the warrior pose I. Bend your knee so it's parallel to the floor.

**Move 1:** Inhale, stretch your hands sideways on the shoulder level and look at your left palm

**Move 2:** Hold the pose for five long breaths.

**Move 3:** Exhale and release your hands down, go back to the starting pose. **Move 4:** Repeat on the right side

**Points to remember:** Your right knee remains straight and the left knee shouldn't extend beyond the ankle but be in line with the heel





### 9.EASY WARRIOR POSE III (repeat on each side once)

Starting pose: Warrior pose I.

**Move 1:** Exhale and lower your left knee and bend the trunk forward.

**Move 2:** Rest your chest on your thigh and bring your hands forward.

**Move 3:** Hold this position for 5 long breaths.

**Move 4:** Exhale and lower your hands to the knee and raise up while straightening both legs.

**Move 5:** Go back to the starting position and repeat on the right side.



### 10.TREE POSE (repeat on each side once)

Starting pose: Stand with your feet together and arms by your sides, steady the body and try to distribute the weight equally on both feet.

**Move 1:** Raise your left leg, bend the knee and place it on your inner side of your right thigh.

**Move 2:** Inhale and raise the arms over the head, bring the palms together and stretch them.

**Move 3:** Stretch the whole body from top to bottom, without losing balance or switching the feet.

**Move 4:** Hold the position for 5 breaths.

**Move 5:** Exhale, slowly releases the arms and the left leg down to the starting position.

**Move 6:** Repeat on the other side.

**Points to remember:** You can adjust this pose to your comfort, simply by raising the leg as high as you want or as low as you want.



## 11.EAGLE POSE (repeat on each side once)

Starting pose: Stand with your feet together and arms by your sides.

Move 1: Hold the left leg straight, bend the right leg and twist it around the left leg.

Move 2: The right thigh should be in front of the left thigh and the top of the right foot should rest on the calf of the left leg.

Move 3: Bend the elbows and bring them in front of the chest.

Move 4: Inhale, twist the forearms around each other with the left elbow remaining below.

Move 5: Place the palms together to resemble and Eagles beak.

Move 6: Balance in this position, then slowly exhale and bend the left knee and lower the body, keeping the back straight.

Move 7: Hold the position for 5 breaths, then raise the body and release the legs and arms

Move 8: Repeat on the other side.

**Points to remember:** Keep the eyes focused on the fixed point!



## 12.FORWARD BEND

Starting pose: Stand straight with your legs together.

Move 1: Exhale and bend forward from the hips.

Move 2: Try to touch the floor with your fingers.

Move 3: Try and bring the forehead as close to the knees as possible.

**Point to remember:** Try and keep the knees straight at all times.



### 13.DOWNWARD FACING DOG

Starting pose: Get onto your four with your knees directly under your hips and your hands slightly forward of your shoulders.

Move 1: Exhale and lift your knees away from the floor.

Move 2: Lower your head between the arms.

Move 3: Pedal your feet a little to release the tension.

Move4: Push the heels and head towards the floor the best you can.

Move5: Hold the pose for 5 breaths.

**Points to remember:** Your back and legs should form two sides of a triangle. Keep your knees and arms straight.



### 14.PLANK POSE

Starting pose: Downward facing dog

Move 1: Inhale and draw your torso forward until the arms are perpendicular to the floor and the shoulders are over the wrists, torso parallel to the floor.

**Points to remember:** Your whole body should look like a wooden plank, straight from head to heels.





## 15.ASHTANGA POSE

Starting pose: plank pose

Move 1: Exhale and lower your knees, chest and chin onto the floor.

**Points to remember:** In the final position only goes, knees, ches, hands and chin should be touching the floor.



## 16.COBRA POSE III

Starting pose: Lie flat on your stomach with your chin resting on the floor, legs straight.

Move 1: Place the palms next to your waist.

Move 2: Inhale and slide the chest forward and raise first the head, the shoulders, after straighten your arms and arch back.

Move 3: Hold the pose for 5 breaths.

Move 4: Exhale, bend the elbows, lower the thighs, chest and lastly your chin onto the floor.

**Points to remember:** The weight should be on your arms.





## 17.LOCUST POSE

Starting pose: Lie flat on your stomach with your chin resting on the floor, legs straight.

Move 1: Bring your palms under your thighs.

Move 2: Inhale and use the back muscles to raise both your legs as high as possible while keeping the knees straight.

Move 3: Hold the pose for 5 breaths.

Move 4: Exhale, slowly lower the legs to the floor. Return to the starting position.

**Points to remember:** The chin isn't lifted off the floor and remains on the ground during the whole pose.



## 18.BOW POSE

Starting pose: Lie flat on your stomach with your legs about 30cm apart.

Move 1: Bend the knees, grab hold of your ankles and bring the heels close to the buttocks.

Move 2: Inhale, tense the leg muscles and push them away from the body, your hands still keeping hold of your ankles.

Move 3: Arch back, lifting the thighs, chest and head off the ground.

Move 4: In the final position your abdomen should be the only muscle on the floor and should be supporting your whole body.

Move 5: Hold this pose for 5 breaths.

Move 6: Exhale and slowly release the pose and relax all the muscles.



## 19.EASY BRIDGE POSE I

Starting pose: Lie down on your back, with your hands beside your hips and your palms facing upwards.

Move 1: Bend your knees, make sure they are hip width.

Move 2: Inhale and raise the buttocks off the ground and arch your back upward.

Move 3: Raise the chest as high as possible without having any pain.

Move 4: Hold the pose for 5 long breaths.

Move 5: Exhale and lower the body to the starting pose.

**Points to remember:** In the final pose the head, neck, shoulders, arms and feet are supporting the body.



## 20.BOTH LEGS RAISED POSE

Starting pose: Lie down on your back with your hands besides the hips and the palms facing down.

Move 1: Inhale and raise both the legs to a 90 degree angle.

Move 2: Move 3: Hold for 5 breaths.

Move 3: Exhale and slowly lower both the legs back to the floor.

**Points to remember:** Keep your legs straight, toes relax, knees straight. Look at your toes.



## 21.ONE LEG FORWARD BEND I

Starting pose: Sit down on the floor with your legs outstretched and spread apart as far as possible.

**Move 1:** Inhale and raise both of your arms above your head.

**Move 2:** Exhale and bend forward to the left leg, grabbing hold of the toes.

**Move 3:** Try to bring your forehead to the knee while keeping the knee straight.

**Move 4:** Hold the pose for 5 nice long breaths.

**Move 5:** Inhale and return to move 1.

**Move 6:** Repeat on the right side.



## 22.SITTING HALF BOAT POSE

Starting pose: Sit down on the floor with your legs together.

**Move 1:** Inhale, bend the left knee, grab hold of your left foot (alternative:ankle, heel, calf)and stretch the leg up.

**Move 2:** Hold the pose for 5 breaths while keeping your back and knee straight. Try to pull your leg as close to your forehead as you can.

**Move 3:** Exhale and slowly release the leg to the floor.

**Move 4:** Repeat on the other side.





### 23.BUTTERFLY POSE

Starting pose: Sit down on the floor with your legs outstretched and feet together.

Move 1: Inhale and pull in your feet and place them together. Let the knees fall as close to the ground as they can.

Move 2: Move the knees up and down (like a butterfly moving its wings).

Move 3: Keep moving the knees for 5 long breaths.

Move 4: Release the legs and move back to the starting position.



### 24.EASY MEDITATION POSE

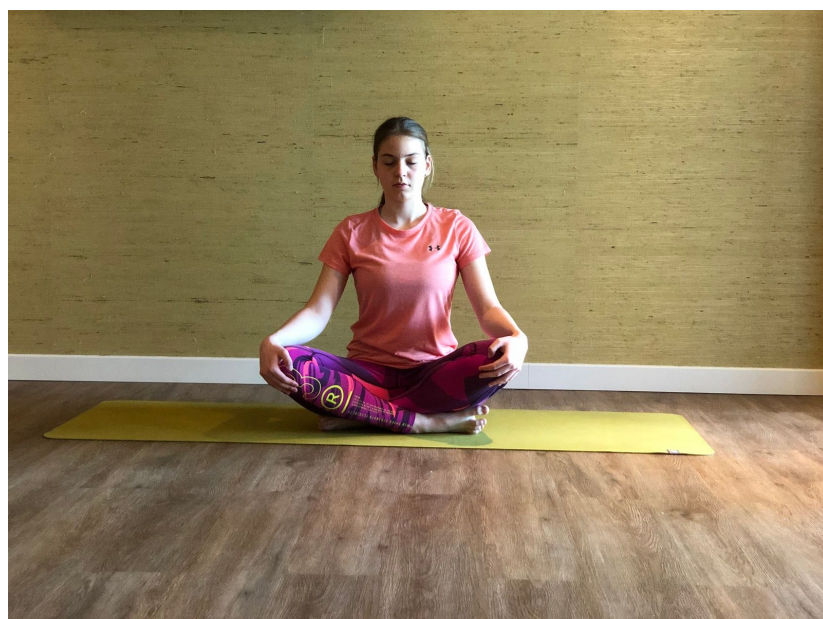
Starting pose: Sit with your legs straight in front of the body.

Move 1: Bend both legs and cross them in front of your body.

Move 2: Place your hands on the knees.

Move 3: Close your eyes. Relax the whole body.

**Points to remember:** Keep the head, neck and back upright and straight. Arms should be relaxed, not held straight.



## 25.CHILDS POSE

Starting pose: Kneel on the floor, touch your big toes together and sit in between your heels.

**Move 1:** Inhale, look up and stretch back.

**Move 2:** Exhale and bend over bringing the chest onto your thighs and your forehead onto the floor.

**Move 3:** Bring your hands back and lay them beside the hips.

**Move 4:** Hold this position for 5 long breaths, relax and clear your mind of thoughts.

**Move 5:** Inhale and raise your head and trunk up.

**Move 6:** Exhale and release the pose.



I hope that you enjoyed this yoga practice and NAMASTE !!!!!