

Yoga with Wendy
(Breath, Balance and Movement)

If possible, practice without shoes and outdoors on soft and firm grass or ground. Make sure to have water nearby and hydrate throughout our practice.

Tree Pose:

Feel free to use nordic walking sticks if you need balance support.

March in place and let your feet feel shoulder width apart.

Root through your feet, while lifting up toward the top of your head.

Shift your body weight into one foot and lift the other leg as far up as you can manage while you are breathing. Maybe you keep a toe on the ground or bend that knee and lift to hip level?

Keep your gaze up. Moving your gaze with challenge your balance. If you need more of a challenge, you may choose to move your arms over your head. Hold as long as you are able, while engaging your core and breathing, then repeat on the other side. Try twice on each side.

Hip opener:

Seated figure four: Cross right ankle over left knee and lean forward from the hips, keeping your back in neutral. You should feel a stretch in your right hip. You may do ankle circles. Hold for 2-3 minutes and retreat on the other side. Make sure to breathe and as your body slowly opens you may move a bit deeper into the sensation.

Standing or seated chest opener:

Palms together at chest height, breathe in as your arms reach over head with palms opening outward. Let your elbows drop into your back pockets. Hold for 30 seconds. Retreat this movement with breath 5 times.

Windmill (arms circles). Let your gaze follow your arm movements, allow your neck to soften and move. Repeat 3 each side.

Pelvic tilts/rocking:

Feet shoulder width apart, knees bent: allow your pelvis to rock from flexion to extension. Breathe. Roll hips in a circle both directions.

Shoulders:

Seated: interlace your fingers and draw your arms over head as you breathe. Root through your seat. Shoulder down and biceps close to ears. Drop your head down and round through upper back (cat stretch). Arms over head: stretch and breathe into side body. Hold the stretch where you need it the most.

Neck:

Seated- sit tall and root your pelvis into the chair. You may hold the sides of your chair for a better stretch. Allow your right ear to drop to your right shoulder and hold 30 seconds. You may drop your head down to a diagonal angle to feel the stretch more in the back of your neck. Hold 30 seconds while breathing. Make subtle micro adjustments to find a gentle stretch. Don't push. Repeat on the other side.

Wrap up with a little dance, feel the fluid in your body as you breathe and move.

