

- 10 mins
- All Levels
- Gentle Tension Release and Wind Down

Perfect for anyone looking to release the demands and tension of your day. Wind down and let go with easy to follow moves

As with any exercise program this is not meant to replace any advice your MD has given you, always consult your physician first if you have questions. This is completed at your own risk and is meant to be used as a guide. If you have injuries respect your injuries. .



1. Seated Mountain Pose In Auspicious Pose Parvatasana In Swastikasana

In a comfortable cross legged position slowly inhale arms over head bringing palms to touch. Bring the belly in towards the spine gently to support the core. Relax the shoulders down away from the ears. Slow inhale through the nose for 3 seconds and exhale through the nose for 5 seconds. Repeat inhales/exhales 5 times. Raise the butt with blocks or pillows if a seated cross legged position is tough on your knees.



2. Seated Cat Cow Pose

Upavistha Bitilasana Marjaryasana

Release the arms down and place your hands on your knees. Close the eyes and come into a seated cat/cow. Inhale and bring the chest towards the sky tilting the chin up, exhale round the spine shoulders coming forward. Repeat 5 times.



3. Seated Shoulder Rolls

Release the hands from the knees and place them down at your sides or in a comfortable position. Roll the shoulders up and back in circles five times. Don't hold the breath while complete, inhale and exhale through the nose as it feels comfortable for you.



4. Seated Shoulder Rolls



5. Seated Neck Rolls

Placing your hands gently on your knees. With the eyes closed tilt your head to one side and let the weight of gravity release the tension. Be sure to relax the shoulders away from the ears. Inhale and exhale slowly through the nose 5 times.



6. Seated Neck Rolls

Exhale your head to the other side. Relaxing the shoulders. Breathe slowly inhale and exhale 5 times.



7. Revolved Seated Straddle Pose

Parivrrta Upavistha Konasana

Extend the legs out in a straddle position. You can still do this with your butt elevated if needed. Your legs do not have to be spread very wide to benefit from this pose. This pose is amazing for your QL- a major source of back pain for most of us.

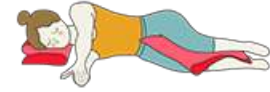
Begin by inhaling your arms over head, as you exhale reach your left hand to your right leg, however far it can reach. Don't push, be gently and listen to your body. Breathe here for 5 inhales and exhales through the nose.



8. Revolved Seated Straddle Pose

Parivrrta Upavistha Konasana

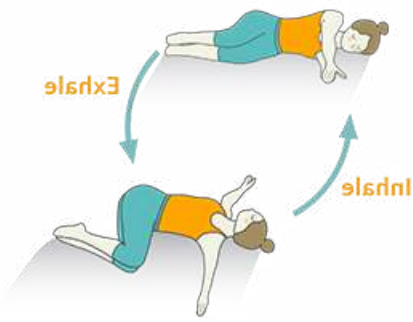
Releasing the right side, inhale your arms above your head again and as you exhale reach to the left leg with your right hand. Again be gently. Feel the gentle stretch in your mid back and inner thighs.



9. Side Reclined Shoulder Stretch

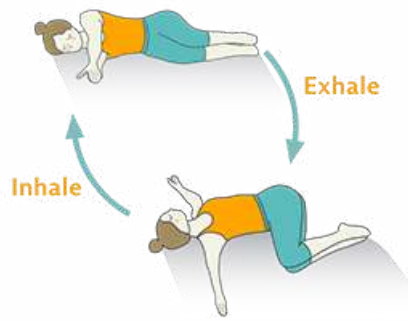
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Make your way to lying on your side. Place a pillow or blanket under the head. Use a blanket or pillow in between the knees and bend the knees. Extend your arms out in front of your and place your palms together.

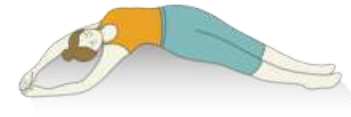


10. Side Reclined Shoulder Stretch
A Supine Spinal Twist Pose li Flow

As you inhale open your arm up and over to the opposite side coming into a gentle spinal twist and shoulder opener. Exhale release back to palms touching.

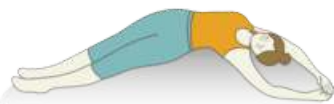


11. Side Reclined Shoulder Stretch
A Supine Spinal Twist Pose li Flow



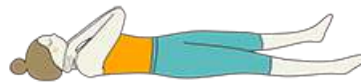
12. Banana Pose

Making your way to your back, extend your legs out in front of you, arms over head. Inhale, and as you exhale bring your feet and arms towards the right side so that you are in the shape of a banana. Feeling a stretch along your left side body. Breathe here for a count of 5 inhale and exhale cycles. Breathe through the nose and gently, nothing needs to be forced.



13. Banana Pose

Exhale and release to the other side. Repeating above.



14. Supine Neck Massage Pose

Release banana pose and come to lying on your back. If your low back feels tension place a bolster, pillow or blanket under your knees. Bring your hands to your neck and massage any tension you feel. This doesn't have to be timed, you will know when you are ready to move on.



15. Corpse Pose Savasana

Release the hands down to the earth. Palms are facing up to the sky. Return to a normal breath for you. Try and stay in this pose for 10- 20 breath cycles. Releasing any thoughts that arise as they come into your brain. One by one let each thought drift away.



16. Side Lying Corpse Pose

Parsva Savasana

When you feel your savasana is complete, roll to your right side bending your knees and cradling your head with your arm. Stay here until you feel ready to move on with your day.

Namaste.