

HEALTHY HIPSTER GUIDE

SELF LED YOGA PRACTICE

Note: It is important to attend guided yoga classes prior to practicing at home to ensure you understand how your body should be aligned in each posture. This will be important for avoiding injuries.

ROUTINE TEMPLATE

Warm up:

Seated deep breathing and move into cat/cow postures to stretch out your back.

Move through 5 rounds of sun salutations. On the last round remain on the ground.

1) Standing postures.

Choose 2-3 then repeat leading with your other leg.

Push up into downward facing dog, then step forward into a lunge. Raise arms above your head and hold this deep lunge for 5 breaths

Move into Warrior II, hold for 5 breaths. Move into reverse warrior hold for 5 breaths. Back to down dog.

Repeat on the opposite side.

2) Balance Posture:

Choose 1 and repeat on both legs.

Step forward and return to tree pose then move into a standing balance posture (opening your hips and resting your foot above or below the knee of the opposite leg, holding your foot then extending your leg out in front of you, etc.).

Hold for 8-10 breaths.

Repeat on other leg.

3) Back Bends, Folds and Inversions

Choose 1-2 back bends followed by 1-2 folds and 1-2 inversion postures.

Use a sun salutation to bring you back to the floor, move into baby cobra and hold for 5 breaths releasing. Then full cobra and hold for 5 breaths.

Push into child's pose for 3 breaths.

Transition from child pose to a seated forward bend. I like to hold for 5 breaths then release 3 times to really fall deeply into the stretch.

Extend and stretch your body along the floor then bring your legs up and over into plow pose (make sure you protect your neck and back by placing your arms on your lower back). Extend your legs up into the air if you feel

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comfortable doing so.

Add wheel pose for serious strength and stretching.

4) Twists. 1-2, repeated on both sides.

Laying on your back bring your knees down to one side, keeping your shoulders on the floor and gazing in the opposite direction. 5 breaths. Repeat on the other side.

Come into seated and move into a seated twist (my favourite one is called half lord of the fishes...it also has the best name)

Cool down:

5 minutes of savasana or relaxation pose.