



Basic Daily Routine

Information Sheet

For general good health, it is important to keep your spine flexible, hamstrings released and abdominal muscles toned.

This means that your central nervous system keeps your body functioning well, your immune system is healthy and your abdominal muscles balance your lower back muscles to avoid backache. Working your abdominals also stimulates your solar plexus to give you energy in the morning.

In conjunction with your regular weekly Yogahealth class, the following basic short routine will do just this and is best done on a soft firm surface that will support your spine (beds don't count!). If you are able to, find a space where you won't be disturbed. Never push too hard, especially if you are stiff in the morning, be gentle with yourself.

Morning Routine



Lower Back

- Start in Semi-supine, lying on your back with the knees bent and the feet flat on the floor – take a moment to focus on your breathing.
- Take the feet up off the floor, catch hold of the knees and use the hands to guide them around in slow circles as you keep breathing – go in both directions.
- Place your feet back on the floor and hip width apart. Allow the knees to tilt over to the left and then to the right. Move slowly side to side with your breath.

Hamstrings

- Come back to semi supine – bring one foot up off the floor, catch hold at the front of the knee with both hands. Leave your head on the floor and breathe easily as you draw the knee in towards your chest a few times, swap legs.

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Abdominals & Solar Plexus

- Have both feet back on the floor and interlace your hands behind your head. Breathing out, lift your head and knees into a tucked ball. Breathing in, relax back – do this several times.
- The advanced option is to lift your head and extend your legs out at 60 degrees (or lower!) to the floor. This is not to be done if it strains your lower back or neck.

Whole Spine

- Cat and Cow - come to all fours and alternate arching and rounding the back. Inhale to arch the spine and lift the head and exhale to round the spine and press upward with the shoulder blades as the chin tucks in.
- Finish by resting on your back for a few moments and focusing on your breathing.



Night Routine

Whole Back & Hamstrings

- Come to standing - bend your knees slightly to ease your lower back, bend from the waist and roll your upper body down to hang in a forward bend. Breathe freely through your mouth. Then roll slowly upwards to stand. Repeat gently.
- Cat & Cow (as for morning routine)
- From Semi Supine - Hold your right hand under your left knee, and your left hand behind your head. Gently draw the knee and head in towards each other and then back. Repeat slowly a few times. Then as you lift up straighten your left leg, repeat a few times then change sides.

Relaxing Breath (in bed)

- Abdominal breathing to ease anxiety. Breathing in, belly rising. Breathing out belly falling. Continue for a few minutes.
- Ujjayi Pranayama. Here you restrict the glottis in the throat so that as you both inhale and exhale you make a slight snoring sound and you can actually feel the breath in your throat, just behind the upper palate. Breathe in for 4 counts, and out for 4 counts. Let this go after 5 minutes and allow yourself to fall gently asleep.