

## Healthy movement advice

When you are indoors, and less active, your body can get stiff and sore. Research says that yoga can: Help improve general wellness by relieving stress, supporting good health habits, and improving mental/emotional health, sleep, and balance. Relieve low-back pain and neck pain, and possibly pain from tension-type headaches and knee osteoarthritis. Here are some key activities you can do every day- anytime, anywhere

We recommend doing the following things:



### Activity 1: Rag Doll Pose

1. Stand up straight, with your arms extended above your head.
2. Breathe out, bend your body forward and allow your arms to fall toward the floor.
3. Let your knees bend slightly and gently sway your head and arms from side to side. Do a couple of sways each side/
4. Take deep breaths, allowing your arms to sink towards the floor. Don't force it.
5. After a few minutes, slowly roll back up.
6. Repeat these steps at least 2-3 times



### Activity 2: Child's Pose

1. Kneel down on the floor with your big toes touching.
2. Sit back on your heels, and keep your knees hip width apart.
3. Breathe out, bend over, and bring your chest to rest on top of your thighs.
4. Stretch your arms out in front of you or tuck them in by your sides.
5. Relax and breathe deeply, holding this pose for 1 to 5 minutes.



### **Activity 3: Butterfly Pose**

1. Sit on the floor with your back straight and legs straight out.
2. Bend your knees and bring your feet inwards.
3. Place the bottom of your feet together and hold your feet tightly with your hands.
4. Inhale deeply, pressing the thighs and knees down toward the floor. Don't force it if you are not flexible enough to touch the ground.
5. Keep your breathing normal and flap both legs up and down like the wings of a butterfly. Start slow and gradually increase the speed.
6. Slow down and then stop. Take a deep breath in

and breathe out as you bend forward bringing your nose toward your toes as best you can without forcing the posture.

7. Take long, deep breaths and relax the muscles of your thighs.
8. Slowly straighten the legs out in front of you, give them a little shake, and then relax.
9. Repeat this 1-2 more times.

### **Activity: Moon Pose**

1. Stand up straight, with your feet hip-width apart and arms at your sides.
2. Inhale, raise your hands over your head and press your palms together.
3. Exhale and slowly bend your body to one side. Your body should form a half moon shape from hands to feet.
4. Hold this pose for a few seconds.
5. Inhale and return to standing position, with your hands still over your head.
6. Repeat the bend on the opposite side.
7. Finally, exhale and lower your arms.
8. Repeat these steps 2-3 times.

