

# Daily Yoga



Practising yoga daily can help set you up for the day ahead, or clear your mind after a busy day. It also helps counteract the postural demands of sitting for long periods of time. Here are six simple positions to follow daily for a relaxed body and mind.



### Child's Pose

Begin on your hands and knees. Take the knees to the inside edges of the mat; bring your big toes to touch. Bring your buttocks back to your heels; reach your arms forward with the palms gently pressing down and the fingers spread. Relax the shoulders away from the ears, and allow your forehead to rest on the mat, block or make a fist with your hands. Hold: 30secs - 3mins.



### Cat-Cow

Return to your hands and knees; wrists directly below the elbows & knees underneath hips. Point your toes directly behind you. Begin with Cow Pose: Inhale and sink the navel towards the mat, lift your head, chin and gaze towards the ceiling. Broaden across the chest and draw shoulders away from the ears. Transition into Cat Pose: Exhale; tuck the tailbone under, round through the middle and upper back and tuck the chin towards the chest. Repeat: 5 - 20 times.



### Sphinx Pose

Lie on your front with your forehead on the mat & toes pointing directly behind you. Take your elbows to the mat directly beneath the shoulders as you lift your head, shoulders and upper chest away from the floor. Your navel should still be gently pressing into the mat. Draw the shoulders down and lightly pull back with the hands and the forearms. Any compression in the lower back, reduce the backbend. Hold: 30secs - 3mins.



### Bridge Pose

Lie on your back; place your feet flat on the mat directly beneath the knees, hips width apart. (You should be able to brush the back of your heels with the fingertips.) Palms are facing down and the chin moving away from the chest. Start to press into the feet and lift the hips, lower back, middle back and upper back away from the floor. Hold: 15 - 30secs. Roll down vertebrae by vertebrae. Repeat: 3 times.



### Forward Fold

Come to seated with legs together, extended in front; the feet should flexed with the toes drawing towards the face. First, place the palms next to hips; lengthen the spine by lifting the crown of the head towards the ceiling. Sweep the arms overhead, in line with the ears. Hinge from the hips, keeping a straight spine and bend forward. Place the hands on the thighs, shins or mat. Hold: 30secs - 1min.



### Reclined Spinal Twist

Lie on your back, with the legs extended on the floor. Place the sole of the right foot on the mat next to the left knee. Take the right knee across to the left side; keep the chest and navel facing the ceiling. Take the arms to a T, with the palms facing upwards (option to take the left hand to the right knee). Look over the right shoulder if that's okay on the neck. Hold: 30secs - 3mins. Come back to centre repeat on the other side.