

## **North Bellevue Community Center – Gentle Yoga with Wendy Segment #1**

Hello! Hope everyone is staying safe and healthy at home. The North Bellevue Community Center and Wendy have put together a few yoga segments to keep you healthy and active in your homes. There are four segments total.

### **Peace be with each of you!**

I am sending you a series of yoga poses in three or four segments. I wish we could do it in person, but no!!! Use as you wish and let me know how you are doing! Namaste,Wendy.

### **Introduction**

Yoga is an invitation to deeply enter awareness of your body! Relax on your bed, couch or a yoga mat on the floor and let your mind come into the present moment, relieving yourself of any other thoughts of the past or future! Go very very slowly through these asanas (poses) to get the most benefit.

Sit comfortably and extend your spine into an upright position, gently closing your eyes.

(Bring gratitude to your body as you move through these poses and appreciation for all the parts that don't hurt as well as compassion to those places that may be stiff or sore.)

### **Chant and Pranayama**

Let's begin by chanting slowly and aloud Om, the seed sound of the universe, five times.

And then begin the Ujjayi breath, inhaling and exhaling through your nostrils and creating a gentle snoring sound at the back of your throat. Continue for several breaths.

### **Relax Your Neck**

Picture a red dot just past your nose and starting at the center, create a spiral larger and larger.

Let your head gently fall towards your left shoulder. Bring it back to center and do the other side.

Now lift your shoulders up towards your ears on the long inhale of your breath and then let them drop as you exhale. Repeat several times.

### **Seated Eagle Pose**

Bring your elbows forward from your shoulder and your forearms straight up towards the ceiling. Bring the right elbow under the left and the right hand into the left hand. Round your back, stretching your shoulder blades away from each other. Then do a seated forward bend towards the floor. Return to center and do the other side.

### **Side Bends**

Place your left hand on the floor and bend your torso to the left as you inhale and lift your right arm up and over your head towards the left. Then relax your right arm and bring your hand forward towards the left foot, relax and gently bring your right arm in a parallel swing over to the right and slowly draw it

outstretched and down to the right. The stretch can be felt all the way up your arm and into the right side of your neck. Do the other side.

### **Seated twist**

Put your left hand on your right knee and move your right hand to the floor behind you, twisting your core. Change sides.

### **Hip Circles Seated**

Using your core to move into awareness of the pelvic floor, lean over to push down on the right hip and then the pelvic bone and over to the right hip and back to the tailbone. Circle around slowly several times.

### **Pull Ups**

Breathe in and out and with the breath out, pull up the muscles in your pelvic floor and squeeze. Your buttock muscles will also be engaged. Repeat several times.

### **Flexing Hips and Seated Balance Pose**

Bring the soles of your feet together in front of you and hold your feet with your hands. Bring your knees up and down several times.

Now holding your feet with your hands, rock back and forth and lift your legs a few inches from the floor. See if you can hold each foot with one hand and lift your legs individually up into the air.

### **Stretch Both Legs Straight out In Front of You.**

Bend the left knee and place your left foot on your right thigh. Massage your left foot with your hands, even between your toes.

### **Rocking the Baby or Cradle Pose and Leg Extension**

Put your bent left knee into your left elbow and your right hand can hold your left foot. Rock your lower leg back and forth several times.

Then hold your left foot with your left hand and extend the leg in circles as you are able, feeling into movement of your hip and knee joint. Do the other side.

### **Arm Extensions**

Float your arms out to each side and then with a giant inhale, lift your arms above your head, weave your fingers together holding your breath and then exhale, bring your arms forward and down. Repeat three times.

### **Lion Pose**

Seated, bring hands forward and create paws with your hands. Roar and bring hands forward. Repeat five times.

### **Extended Side bends**

Stretch your legs forward and spread your feet wide apart. Slide your left arm with palm towards your right leg, forward along the inside of your left leg, your torso comes above your left leg and your right arm stretches forward above your torso and left leg. Do the same on the other side.

### **Feet wiggles**

Stretch your toes and spread them. Then bring your toes forward and feel the stretch on the front of your legs. Now bring your toes towards you and heels forward. Bring your toes in towards each other and back to center. Bring your toes out to the side.

### **Hugs for Self**

Stretch arms out to the side and then hug yourself and move hand up and down outside of upper arms.