

## **North Bellevue Community Center – Gentle Yoga with Wendy Segment #2**

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.

### **Lay down and relax your body.**

Bring both hands to a space above your abdomen and place one of your finger tips against the front of each rib as they flair out. Breathe, exaggerating the expansion of your ribs. Then breathe out and let the ribs come back to their original position. Do this several times.

### **Leg Stretches**

Stretch out again and bend your right knee and bring it towards your chest, slowly and gently with hands in front of your leg, just below your knee. Then holding your lower leg just below the knee with your right hand, bring the right knee over to the right as far as you can. On the inhale of your breath, bring the knee back to center and, changing hands, bring the knee over to the left and down as far as you can. Bring knee back to center and change sides, lengthening your right leg to the floor and do the same with the left knee bent towards your chest.

Now bring the right leg straight up above you and hold your hands around the leg, just below the knee, on your shine bone and calf. Draw your leg as far forward as you can. Then holding your leg at the knee with your right hand, lower the right leg to the right. On the next inhale, lift your leg up and exhale over to the left, holding your knee with your left hand. Change sides.

Relax and bring both knees towards your chest and together. Arms stretched out to either side. On the exhale of your breath, bring both knees over the the right and inhaling, bring your knees still together and up above your chest. Now bring them to the left side.

### **Low Bridge**

Bend your knees and bring your feet on the floor hip width apart and close to your buttocks. On the inhale of your breath lift your buttocks slightly while bringing your arms up over your head and lay your arms down on the floor behind you. Exhale and lower your buttocks and bring your arms down beside you. Repeat several times.

## **Higher and Swinging Bridge**

Same starting position as lower bridge. Lift your left shoulder and bring your shoulder blade in towards your spine. Do the same on the right side. On an inhale of your breath, lift both buttocks toward the ceiling. Move your hips to the right as you breathe out, then inhale back to center and move your hips to the left on the next exhale. Do this several times. Then release your hips to the floor and release your shoulder blades.

Same position of your body as in Low Bridge. Put the outside of your right foot and inside of your left foot on the floor. Release the right leg over towards the floor or near it. Then let the left leg follow, bring the left knee above and near the right foot. Change sides.

Bring both knees together and towards your chest. Put right hand on left knee and left hand on right knee. Move your knees in gentle small circles. Feel for the gentle massage of your lower back.

## **Dead Bug**

Lift both legs straight up from your hips and both arms straight up from your shoulders. Hold.

## **Live Bug on Its Back**

From the Dead Bug pose, vibrate your legs and arms as if you were a bug on your back and trying to turn over.

## **Low Shoulder Stand**

On your back, open your knees, bring your feet together and rock back and forth to get some momentum. See if you can come into low should stand by rocking up your hips off the floor, then put your elbows on the floor on either side of your torso and with your hands, hold the tops of your hips.

## **Plough**

Straighten your legs again and see if you are able to bring one foot to the floor past your head, straighten your leg and then the other leg and foot.

Come back to lying prone on your back.

### **Frog on Your Back**

Bend your knees straight up from your hips and spread your knees wide. Lift your lower legs a little higher and spread your toes. Bring your hands to interlace behind your head. Hold steady for several breaths. The nervous system in your legs will vibrate, announcing its presence in your body. Gently release your hands and bring each hand to the outside of your knees. Slowly bring your knees together.

### **Happy Baby Pose**

Rest and then bend your knees up again and bring them to the outside of your chest. Shin bones are straight up towards the ceiling. Reach up with your hands and hold your feet or your ankles. Chuckle out loud as a happy baby would in playing with its feet.

### **Elbow to Knee**

Bring your knees up above your hips and then extend them out to the sides of your body. Interlace your hands behind your head and lift your head off the floor. With an exhale of your breath extend your left leg and bring your foot about two and a half to three feet off the ground. At the same time, bring your left elbow towards your right knee. Change sides. Do this several times on each side.

### **Scissors on Your Back**

Lift your legs and extend them out from your body and cross one leg over the other and do the same on the other side. Move back and forth as though your legs were scissors.

That's it for Poses #2 - laying on your back!