

North Bellevue Community Center – Gentle Yoga with Wendy Segment #3

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.

"Shelter in Place" is almost becoming the new normal!

Today I will focus on poses on your mat using your side body and then prone on your abdomen and higher into Kitchen Table and Down Dog!

Lounge Lizard

Laying on your left side, place your left elbow on the mat, behind your shoulder and your forearm on your mat, parallel to the short end of the mat and beneath your shoulder. On an inhale, lift your ribs and on the next exhale, lower your ribs, Repeat several times. Do the reverse side.

Clamshell

With one leg above the other and still on your side, bend both knees and bring them forward near your hips. Lift your upper knee on the inhale and drop it down on the lower knee on your exhale. Be aware of the movement in your hip joint. Continue with several lifts. Change sides and repeat several times.

Moving Starfish

On your left side, extend your legs straight out, right on top of left and then bring your arms out in the other direction, past your head. On the inhale of your breath, lift your right arm and right leg straight up and towards the ceiling. Repeat several times and changes sides (or not).

Arm Lifts

Bring both arms in front of you, one hand on the other (arms are parallel to the short end of the mat. Inhale and let your eyes follow the top arm as it lifts and goes straight and behind your body. Exhale and eyes still following your arm, bring it forward and upper hand lowers to other hand. Do this several times and then change sides and repeat.

Leg Lifts

Continue laying on your side and bring your leg up several inches up and then forward. Repeat several times, And then on the next breath, bring your leg up several inches and back behind your body. Do that several times and then change sides and do it again and again.

Lower Leg Lift

On your left side, left your right leg and bend it at your knee, bring your right foot forward and place it perpendicular to your left thigh and on the floor. Lift your bottom leg straight up several inches on your inhale and drop it back down on your exhale. Do this again and again and then repeat on the other side.

Crocodile

Laying prone on your abdomen, spread your legs so your feet are wider than the mat. Bend your elbows and bring one hand under the other with palms down, under your forehead. Breathe deeply and feel expansion in your rib cage and a slight lift in your lower back. This is an excellent pose to practice Ujjayi

breathing. Breathing in and out through your nostrils, make a sound at the back of your throat, like a whisper or gentle snore. Become loud in your sound and see if you can create a Darth Vader breathing sound.

Locust Series

Still prone on your abdomen. Reach both arms straight in front of you on the mat and legs straight back. Lift your head slightly and extend out and up - your left arm and right leg. Repeat on the other side, lifting your right arm and left leg. For full Locust bring your arms back beside your torso and hands face in, lift your legs and your arms. and your head lifts a little off the floor.

Low and High Cobra

Bend your elbows beside your core and up off the floor several inches, with your hands flat on the mat and under your shoulders. On the inhale of your breath, lift half way into low Cobra and then straighten your arms into high Cobra.

Kitchen Table or Table Top

In High Cobra, bring your buttocks up and behind your shoulders. Now imagine a tiny circle about 2" inches in diameter right above your tail bone. Begin to imagine the circle moving into an ever enlarging spiral and let your hips move, facilitating that movement into larger and larger circles.

Extended Table (or not)

Extend your left arm and right leg straight out. Hold this position for a few breaths. Come back to Table Top and then extend the right arm and the left leg and hold.

Puppy Dog

From kitchen table bring your elbows to the mat and forearms on the mat forward, bring your head to the mat between your shoulders. Arch your back in a concave curve.

Down Dog

In Kitchen Table, put your hands under your shoulders and your feet forward under your hips. On the inhale of your breath lift your hips up into the air, towards the ceiling and extend your arms straight (body comes into an inverted V shape). Take a few minutes to extend one heel towards the floor, lift it and then bring the other heel towards the floor. Then bring both heels down. Now extend one leg back and up into the air (Three legged Down Dog). Then bring that leg down and lift the other leg.

Arm underneath Other Arm in Kitchen Table

Come back to Kitchen Table and bring the right arm underneath the left arm with palm up. Then bring the right arm out to the right and up as you are able. Return to Kitchen Table and repeat a few times. Then do the same, using the other arm.

Cat/Cow

In Kitchen Table, lower your middle back. Then do the opposite, pull in your abdomen and your round your back upwards. Repeat several times.

Camel (or not)

Bring your knees under your hips and your torso extends upwards (as though you are standing on your knees), your shin bones and feet behind your knees. Curl your toes under and reach back with your right hand and see if you can reach your right heel. Come back to center and repeat on the left side. And then bring hips forward and shoulders back to come into full camel, with both sets of fingertips touching your heels.

Lunge

Bring your right knee forward and left leg straight back and on the mat. Interlace your hands together and bring them down in front of your abdomen. Lean forward on your exhale and use the inhale to lift back up. Several breaths and repeats. Now bring both arms up towards the ceiling. If you can, bring your arms back and chest forward. Arch your back.