

North Bellevue Community Center – Gentle Yoga with Wendy Segment #4

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.

Today is a focus on standing poses and savasana!

Hope you have found the previous series of poses helpful!

Tadasana (or Mountain Pose)

Come up to a standing position and balance on your own two feet.

Stand still and bring your awareness into all areas of your body. Stand a little straighter. Find the soles of your feet.

Lean forward keeping your feet fully on the floor. Then lean towards to right as you are able and then back to the center and to the left. And forward.

Windmill

Fling your arms to left and right, twirling your body. Keep your feet on the floor but you can lift the heel you are moving away from, go back and forth several times.

Vertical Flow

Bring your hands to your feet on an exhale, and cross over your wrists. And then on an inhale, lift your arms up over your head and cross over your wrists again. Do this over and over.

Standing and Body Length Curves to Right and Left

Come back to center and bring your feet together and your arms up towards the ceiling. Interweave your first three fingers and point your fingers beside your thumbs up towards the ceiling, Cross over your thumbs. Stretch up high and then bringing your hips over to the right, bring your hands to the left. Feel the right side of your body from the outside of the right foot to the the stretch in your right neck. Bring your body up straight again. Change sides.

Laughter Yoga

Put your cupped hands on your chest and then patting all over your body - chuckle and laugh. On and on for a few minutes.

Forward bend - Halfway and Full

Standing still, put our feet wide apart, and bring your buttocks back and your forearms on the thighs. Straighten your spine parallel to the floor. Then drop down with your hand (or fingertips) to the floor. Now bring your hands over to the right on the floor in front of your right foot. Then bring your forward bend back to center and over to the right.

Now bring your hands back in front of you. Press down on the right hand and lift the left hand up towards to ceiling looking upward. Then change sides.

Back Bend (or not)

Come back up to standing and put your hands on your buttocks (and then with a finger find the crease between your buttocks and thighs). Arch your back by bringing your hips forward and shoulders back.

Triangle Pose

Standing on your mat, draw your right foot two feet forward towards the short end of the mat, perpendicular to the end of the mat. Put your left foot at an angle. Stand straight and then lean your core and arm forward towards a straight position over your right foot, bring your right arm slowly down over your shin bone or right foot. Lift your left arm up towards the ceiling and look toward the left.

Change sides.

Woodchopper

Bring your knees about hip width apart. Interlace your hands and fingers together. On an inhale, lift your hands up and then exhale shouting, bring your hands down within your knees. Repeat ten or eleven times! (Can relieve stress.)

Tree Pose

Stand near a wall if it is helpful when you balance. Stand on your right foot and lift the left leg a inch or more off the floor. Move your foot around in one direction and then the other. Set the left foot on the right or up onto the interior of the right thigh. Stand and breathe. Do it again on the other side.

Hand to Knee

Stand on left foot and bend right knee up towards your core. Hold your knee with your right hand and hold. (To extend this pose, hold your right hand on your right foot and extend your leg and hand and out to the right.)

Hip Circles

Hands on hips, swivel your hips in one direction and then the other. (If you want to be creative in your imagination, imagine yourself after hours at Oktoberfest in Heidelberg and you are standing in an empty beer barrel and wiping the inside of the barrel with your swiveling.)

Warrior 1, 2 and 3

1 - Stand on your mat and put your left foot forward about 2 1/2 feet apart, and right foot back on an angle. Bend your left knee and then lift your arms toward the ceiling and turn your hips forward towards the left leg. Hold and then change sides.

2 - Bring your left foot forward and right foot back with left knee bent as in the first position for Warrior 1. Turn your hips to the right. bring the right arm back and look back to see your arm is at the same height as your shoulder. Turn your head forward and bring your left arm forward. See if you can drop your hips a bit. Change sides.

3 - Bring your body beside a wall. Stand with your inside foot cemented to the floor. Bring your outside leg straight back and your arms forward. See if your torso, arms and leg can be parallel to the floor. Change sides.

Extended Leg Pose Against the Wall

Turn your body towards the wall and bring your hands to the wall at hip level. Move your legs out and come into an inverted L shape. Wiggle waggle your hips and then extend your right leg behind you. Bend your right knee and bring your foot past your body to the left. Change sides, extend your left leg.

Now for Plank Against the Wall.

Bring feet out about a foot from the wall. Bring your hands up high on the wall. Making your body straight, lean in towards the wall and then come back to stand straight. Repeat several times.

Savasana

Lay on your back (or your front or your side.) Relax, relax and relax more deeply. Follow your inhale and exhale over and over. (Five minutes.)

Begin to stretch parts of your body. Open your eyes and come into a seated position. Bring your hands together and say out loud, "Namaste".

Peace be with you.