



# Anywhere Yoga

## Seated Twist



Sit with extended spine on the edge of a chair, feet hip-width apart & firmly planted on the floor. Lift the heart, place left hand on right knee, inhale, begin the twist from navel, let the rest of spine spiral from there. Keep neck soft. While in the twist, inhale lift through crown of head, exhale and deepen the twist. Repeat other side.



## Side Stretch

Sit as in Seated Twist. Stretch arms overhead, lower shoulders away from ears. Grasp left wrist with right hand, keep both hips grounded, stretch over to the right side. Keep both sides of the body long. Breathe deeply. Repeat other side.

## Hip Opener



Sit as in Seated Twist then cross the right ankle over the left thigh, flex the foot to protect the knee & open knee. Begin to stretch forward towards the floor, relax back of the neck, chin to the chest. Repeat other side



## Shoulder Opener

Sit fully on the chair. Lift arms over the back of the chair and clasp hands or hold a belt. Place lower tips of shoulder blades on the top edge of the chair back, lift heart. Bend elbows slightly & press towards the center of the back to further stretch chest, then slowly straighten elbows moving hands toward the floor

## Back Stretch



Sit on edge of chair, open legs out wide, roll down, chin to chest, relaxing arms towards the floor. Tug in the abdominal muscles slightly. Breathe.



## Thigh Stretch

Stand straight, bend the right knee and hold the foot with your right hand. Move the knee to align with the left knee until you feel a good stretch along the top of the thigh. Scoop the tailbone, tug in the abdominal muscles. Stretch the left arm up or hold on to a wall. Repeat other side.

## A Moment of Meditation



Sit upright in a comfortable position. Back can be away from chair or lightly supported by chair back. Close your eyes. Bring your attention to your breath for five long slow deep breaths.

## Building Awareness

The Washington DC Mindfulness Community offers a Mindfulness Clock, as free download for PC and MAC users, as well as one that works directly from the website, no download required. (Scroll to the bottom of the home page for directions.) It allows you to set either a regular or random chime throughout the day. This reminds you to pause for a few seconds, take a deep breath and come back to center. It's also interesting to watch your resistance to this simple task! Why do we find it so hard to stop for a moment?<http://www.mindfulnessdc.org/>