

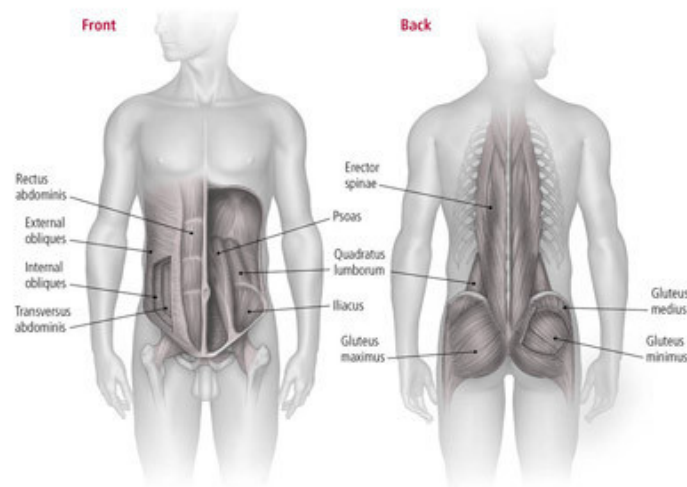


Arbutus Yoga

Side Core ~ Home Practice

Yoga is an excellent form of exercise to strengthen and stabilize the core muscles. Your side core supports your spine and pelvis, and can help improve balance. The Side Core practice are to builds on the Core Practice, providing additional strength and stability in the Gluteus Medius + Minimus, Quadratus Lumborum (QL) and Oblique muscles (see right).

Here is a simple set of movements and poses that can be done at home to support and strengthen the Side Core. Move mindfully with your breath, staying within a comfortable range of motion.



Warm Up

Lie down and begin with several minutes of relaxation, followed by several minutes of full belly breathing. Do some gentle neck rolls, arm stretches, hip circles, ankle & wrist rotations.

Poses

<p>Clamshells</p> <ul style="list-style-type: none"> • Lie on your side, knees bent, and hips stacked. • Inhale – raise top knee. • Exhale – lower top knee. • Repeat 10--20 times each side. • Challenge: raise knee higher, or add a resistance band around thighs. 	
<p>Side Plank Pose (Vasisthasana)</p> <ul style="list-style-type: none"> • Come onto your forearm, knees bent, and hips stacked (top pic). • Inhale – raise pelvis up. • Stay for 10-60 seconds, building endurance. • Challenge: raise hips higher and reach top arm up, progress to straight leg variation (bottom pic). 	
<p>Warrior 3 Prep</p> <ul style="list-style-type: none"> • From standing point your right foot towards chair, and place right hand or forearm on chair for support. • Inhale – raise left leg, stacking your hips and shoulders to the side. • Exhale – reach your left arm up. If you feel steady turn your head to look up towards your left hand • Press out through the left heel, engaging the muscles of the left leg and hip. • Stay for 10-60 seconds, building endurance. 	