



Arbutus Yoga

Gentle Yoga ~ Home Practice




Yoga is an excellent form of exercise that offers gentle pain-free movement, promotes muscular strength and joint mobility, and helps calm the mind. Here is a simple set of warm-up movements and poses that can be done at home to support and strengthen the body, mind and spirit.

Warm Up (5-10 minutes)

Lie down on your back and begin with several minutes of relaxation, followed by several minutes of full belly breathing. Do some gentle stretching: rock your head side to side, stretch your arms, hug knees to chest, circle knees to warm up hips, and circle ankles & wrists.

Poses (10-20 minutes)

Hold the following poses for 20 seconds and working up to one minute:

<p><i>Sunbird Pose</i></p> <ul style="list-style-type: none"> • From tabletop (hands and knees), root hands and establish a long line from crown to tailbone. • Inhale, then exhale to reach right hand forward, keeping shoulder stable and hips & back level. • Inhale, then exhale to extend and raise left leg. • Repeat other side. <p><i>Benefits:</i> supports spinal alignment, core strength, and balance.</p>	
<p><i>Modified Plank Pose</i></p> <ul style="list-style-type: none"> • From tabletop (hands and knees), place forearms flat on mat with elbows directly below shoulders. • Inhale, then exhale to slide knees back and lower hips toward the earth until you arrive in modified plank pose. • Find a long line from crown to knees; draw belly in. <p><i>Benefits:</i> supports spinal alignment, core & arm strength.</p>	
<p><i>Child's Pose</i></p> <ul style="list-style-type: none"> • From tabletop shift hips back towards heels and extend arms forward • Place forehead on mat or block/blanket for support. • Option: place folded blanket between back of thighs and back of calves if hips don't meet heels. <p><i>Benefits:</i> stretches hips; lengthens spine; calms nervous system.</p>	
<p><i>Supported Little Bridge ~ Waterfall Pose</i></p> <ul style="list-style-type: none"> • Lie on back with legs bent and feet firmly planted. • Press into your feet to lift your hips and slide a block, firm pillow or large book under your hips. • Rest with feet planted (Supported Little Bridge). • Option: float legs into the air for Waterfall Pose (shown) and explore gentle movement through legs. <p><i>Benefits:</i> gentle inversion calms nervous system, providing; stretches and releases the low back.</p>	