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..... 10 minute

Home Exercise Circuit

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Yoga - Circuit 1

Perform each exercise for 30 seconds.

Repeat 4 times.

All exercises can be completed seated or standing.



Supported By

SPÓRT ÉIREANN
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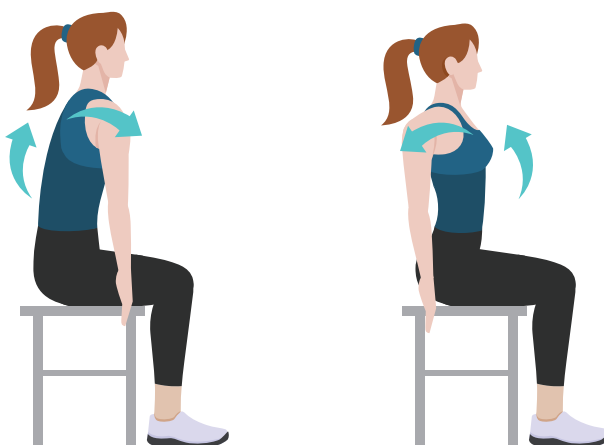
1

Cat Cow Stretch

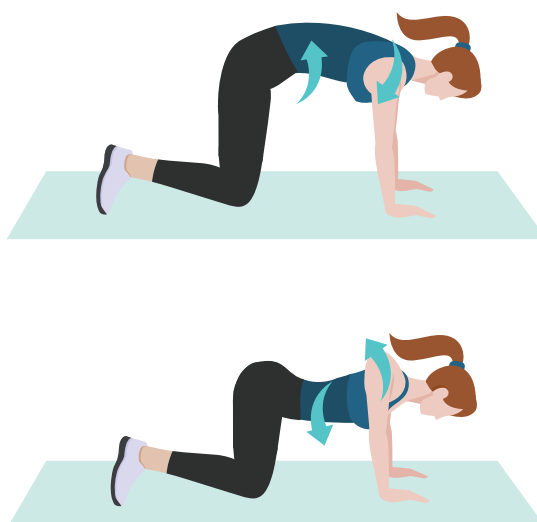


Begin seated with your hands on top of your thighs or standing with your arms by your sides with the spine long and both feet on the floor hip width apart. On an inhale, arch your spine and roll your shoulders down and back, bringing your shoulder blades onto your back. This is the 'cow' position. On an exhale, round your spine and drop your chin to your chest, letting the shoulder and head come forward. This is the 'cat' position. Continue moving between cow on the inhalations and cat on the exhalations for five breaths.

Seated



Standing



2

Forward Bend

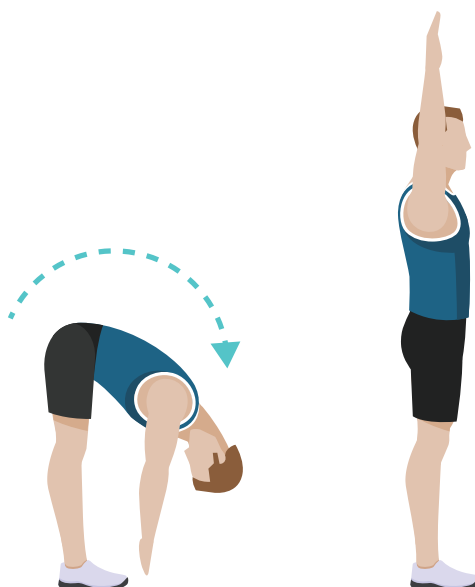


On an inhale, raise your arms toward the ceiling. On an exhale, come into a forward bend over the legs. Stretch and reach towards the floor with your hands and let your head hang heavy. On an inhale, raise the arms back up over the head. Repeat this movement between a raised arms position and a forward fold several times, moving with the breath.

Seated



Standing



3

Twists



On an inhale, extend your spine again and raise your arms out to your sides and up. As you exhale, gently twist to the right with your upper body and lower your arms —your right hand will rest on the top of the chair or your hip and help you to gently twist, your left hand will rest at your side. Look over your right shoulder. After 5 breaths, release this twist and return to facing the front. Repeat on your left side.

Seated



Standing



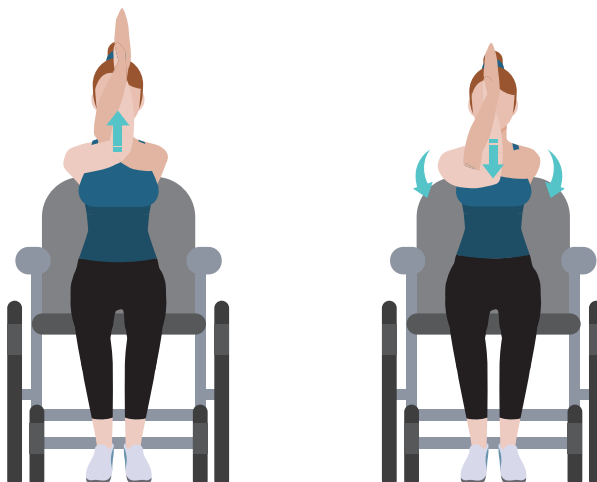
4

Eagle Arms

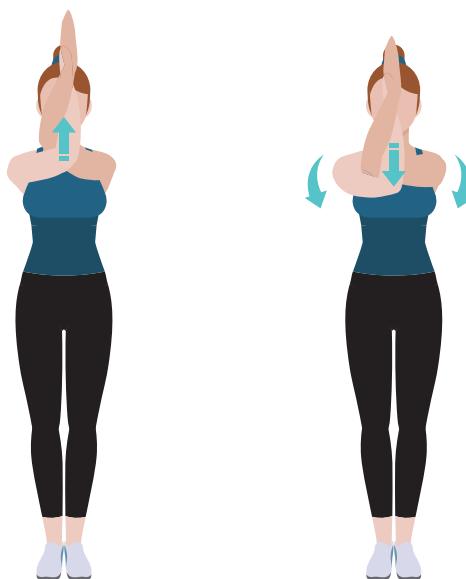


Take a breath and then, as you inhale, stretch your arms out to your sides. As you exhale, bring them in front of you, swinging your right arm under your left at the elbow and if you can clasp your hands together. On an inhale, lift your elbows a bit higher and then on an exhale roll your shoulders down, relaxing them. Take a few breaths, repeating the elbow lift and shoulder roll in this position. Repeat this movement with your left arm under your right arm.

Seated



Standing



5

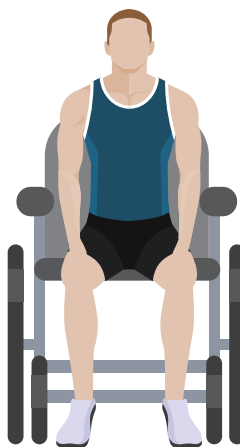
Savasana



If standing, lie down flat on your back on the floor, relaxing your whole body. From seated, sit up tall with your hands in your lap and let your shoulders relax down away from your ears.

Close your eyes and try and relax your whole body, letting your breathing occur naturally. This savasana will help your body absorb all the good effects of the poses you have done.

Seated



Lying

