



INTRODUCTION TO YOGA FOR WOMEN

Week 8: Stretch

Overview

Yoga is famous for helping, those practicing it regularly, improve one's flexibility through the various stretching poses and movements designed to do that. But there is so much more to a stretch than that.

There are many things you can do to help you when practicing your stretching in yoga. The key is to enter these poses slowly and mindfully, with full body awareness and a desire to explore.

Benefits

- Makes our muscles and connective tissue supple improving mobility for everyday movements
- Enhances circulation around the body
- Reduces tension in the body
- Lowers stress and helps to boost mood
- Supports good posture
- Encourages relaxation
- Boosts sleep quality
- Support longevity
- Improves joint health
- Can boost your energy

Principles of stretching

- Focus on your breath and aim for it to be slow and steady to find calmness
- Enter poses slowly and mindfully with full body awareness
- Find your EDGE moving into stretch slowly until you feel mild/moderate sensation, not pain
- Support your body with props like bricks, belt, bolster, blanket
- Stretch front and back, left and right of the body to keep things balanced
- Use dynamic stretching that involves movements and static stretch when you hold the pose
- Don't force the stretch or rush your body
- Listen to your body's signals

Stretching poses

- Cat and Cow
- Low lunge
- Downward dog
- Puppy
- Half split
- Worrier 2
- Extended mountain
- Happy baby
- Reclined pigeon