

YOGA

AcuYoga, with its holistic approach to stimulate and balance all body systems, does not attempt to treat illness but rather to prevent it. It is helpful though in restoring the body to full and optimum health and functionality.

YOGA AND TAI CHI WARMUPS

Practices balance and stability with good postural alignment.

Balance in the morning; balance for the day.

- 1) Grasps hand, reach overhead, rotate side to side. (Stretches and opens spine)
- 2) Waist twists- rotating circles at waist (Warms and relaxes lower back)
- 3) Shoulder lifts (Relieves tension in neck and shoulders)
- 4) Reaching for outstretched toe on each side (Stretches muscles throughout the body)
- 5) Arm swing backwards and forward (Loosens shoulders)
- 6) Upper body twist (Opens and stretches spine)

RESTORATIVE YOGA- LEGS UP ON WALL

Benefits:

This pose is a mild inversion and one of the most powerful restorative poses. It helps to relieve tired feet, legs and mild backache. It also helps to gently stretch the back of the legs, front torso, back of the neck, and calms the mind.

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