

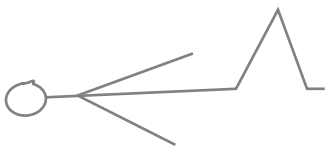
yoga fundamentals

Ideas for gentle home practice 1 (Belinda Rhodes)

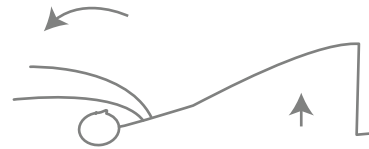
The following sequence is nice and easy and a good one for mobilising the spine, hips and shoulders and working towards strengthening the lower abdominals. Make sure you lower the legs slowly and carefully at the end, engaging the lower abs as you do it. You can practice this 8 to 10 times as a gentle morning or evening routine.

Note: If you have any **lower back issues** or if the sequence causes you any pain please consult a professional before starting or continuing.

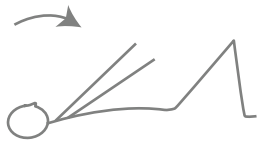
1. Lie flat with knees bent.



2. Inhale and raise arms all the way to the floor behind you. Raise hips as high as is comfortable at the same time.



3. Exhale and lower arms and hips.



4. Inhale, bring the knees in and place hands on knees.



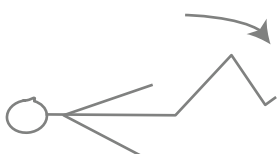
5. Exhale and squeeze the head and shoulders towards the knees, using abs.



6. Inhaling, lower head back down.



7. Exhaling, slowly lower the legs down, really using the lower abdominals to control the movement.



8. Back in the starting position, inhale before beginning again.

