

If you are physically able to, try these yoga stretches to help you to connect mind and body.

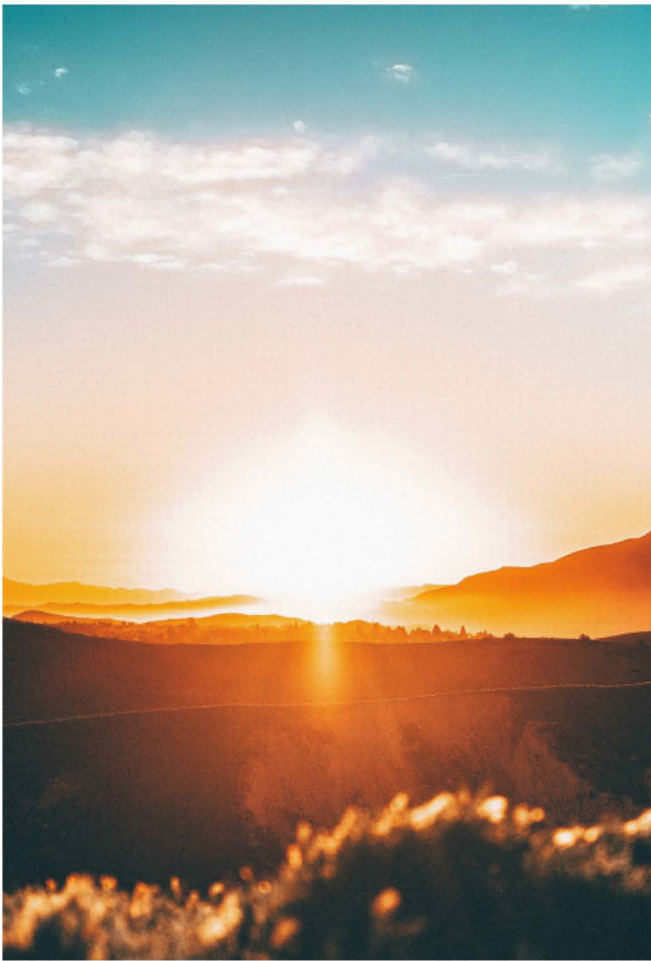


Mansfield District Council



Helping you to

feel good



Sun salutation yoga

Connect your mind and body with a sun salutation. A series of gentle poses, this sequence is a soothing way to ground yourself in the moment

Whether you're a complete newbie or a seasoned yogi, take your time – and remember to inhale to extend, and exhale to bend.

1 **STANDING MOUNTAIN POSE** | Tadasana
Stand with your feet hip-width apart

2 **UPWARD SALUTE** | Urdhva Hastasana
Raise your hands above your head and arch your back

3 **STANDING FORWARD FOLD** | Uttarasana
Fold forward from the hips

If you have a shoulder or neck injury, go slowly and only raise your arms as high as is comfortable

4 **HALF-STANDING FORWARD FOLD** | Ardha Uttarasana
Lift your torso halfway, keeping your fingers on the floor or on your shins

5 **FOUR-LIMBED STAFF POSE** | Chaturanga Dandasana
Jump or step back into plank pose
Your upper arms and forearms should create a 90-degree angle

6 **UPWARD-FACING DOG POSE** | Urdhva Mukha Svanasana
Straighten your arms and raise your head
Keep your elbows tucked in tight to your sides and draw your shoulders back

7 **DOWNWARD-FACING DOG POSE** | Adho Mukha Svanasana
Lift your hips and place your feet on the floor
Raise your belly and lengthen your spine

8 **HALF-STANDING FORWARD FOLD** | Ardha Uttarasana
Step both feet up to your hands
Keep your fingertips on the floor or on your shins

9 **STANDING FORWARD FOLD** | Uttarasana
Fold over from your hips
Bend your knees if necessary

10 **UPWARD SALUTE** | Urdhva Hastasana
Unfold and raise your arms above your head
Arch your back and look towards the sky

11 **STANDING MOUNTAIN POSE** | Tadasana
Bring your hands into prayer pose
Remember to always work within your own limits