



## Chair Travel Yoga – 10 Minutes Exercise Program

### When travelling any distance it is advisable:

- **Clothing** - to wear comfortable clothing and shoes that can easily be removed. If you are travelling for a lengthy period of time wear compression stockings **which may** help to prevent Deep Vein Thrombosis.
- **Water** - to drink plenty of water.
- **Drink** - to limit the intake of alcohol, tea or coffee.
- **Fatty Foods** - to limit the intake of foods that are high in fat content, such as: chocolate, chips, crisps and cheeses.
- **Walk** - to get up and walk up and down the aisle, or stop the car and walk a short distance.
- **Things to Take** – to carry ear plugs as you **may not** enjoy the sounds of others, a travel pillow and blanket as not all planes, trains and buses provide these necessities and when you are cold and uncomfortable your body will cramp.
- **Moisturiser** – to rehydrate the skin with a moisturiser.
- **First Aid Kit** – to take a first aid kit that might include some of the following medications: travel sickness, nausea, diarrhoea, constipation, pain relief, sinus, hay fever, eye hydration or infection, an analgesic balm such as Deep Heat, Tiger Balm or Voltaren, a few band aids, and a few antiseptic sachets.

### Some suggestions if you are feeling anxious:

- **Water** - sip water.
- **Suck a travel sweet or boiled lolly** - such as a barley sugar **if you are not a diabetic** - the sucking motion is calming.
- **Eyes** - keep your eyes fixed on a non-moving object to prevent motion sickness.
- **Watch** - a comedy movie or television program, as laughter relaxes you.
- **Read** - some light reading material, as this will divert your attention.
- **Music** - play some music that you are familiar with and enjoy.
- **Talk** - to someone about something pleasant, like your proposed travel plans.
- **Advise** the steward or someone near you that you are feeling a bit anxious. Human nature is such that people will support you. Particularly if you have not travelled to your intended destination before.

### Injuries and Muscle Cramp

- **Injury** - if you are suffering from an injury, then you **should not** do any of the following exercise that engages the injured part of your body.
- **Muscle Cramp** - if you experience a muscle cramp use your thumb and index finger and firmly stroke the affected area. Then squeeze the skin above and below the cramping muscle. Follow this by drinking water as the muscle may be dehydrated and apply an analgesic balm such as ' Deep Heat, Tiger Balm or Voltaren.

### Exercise Preparation

- Remove your shoes and loosen your belt, ensure your travel tray has been returned to its position and your chair is upright.

- Start with legs bent at a 90 degree angle, feet flat on the floor, knees together, back flat against the chair, shoulders dropped and arms bent and hands resting palms down on your thighs, with your head in neutral.

### **Head Movements - commencing with your head upright and aligned with your spine:**

- **Head and Hands** - form your hands into knuckles, bring your hands to your head and lightly tap your head with you knuckles for one minute. Release your hands and rest them on your thighs.
- **Forehead** - raise your forehead high - release - repeat 3 times.
- **Eyes** - squeeze your eyes tight and release - repeat 3 times.
- **Eyes** - bring your eyes to centre, then roll your eyes up, then roll your eyes down - repeat 3 times.
- **Eyes** - bring your eyes back to centre, then roll your eyes up to the right, then down to the right - repeat 3 times.
- **Eyes** - bring your eyes back to centre, and then roll your eyes up to the left, and then down to the left – repeat 3 times.
- **Nose and Thumb** - place your thumb against the bridge of your nose and push, hold for 3 seconds. Let go - repeat this movement 3 times. This will assist those who are unable to sleep on long flights.
- **Lips** - squeeze your lips really tight - repeat 3 times.
- **Mouth** - open your mouth wide to work the jaw, then close your mouth - repeat 3 times.
- **Ears** - if your ears are blocked, try pinching the nose closed and gently blowing - repeat 3 times.

### **Neck Movements - commencing with your back against the chair:**

- Slowly move your chin to your chest. Then slowly roll your head back so your chin is pointing to the ceiling - repeat 3 times.
- Return the head to a neutral position.
- Slowly move your head, to the right, dropping your right ear to your right shoulder. Then slowly move you head to the left, directing your left ear to your left shoulder - repeat 3 times.
- Return the head to a neutral position.
- Slowly move your head to the right, so your gaze is looking behind. Then slowly move your head to the left where your gaze is looking behind – repeat 3 times.

### **Shoulder Movements - commencing with your back against the chair:**

- Raise your shoulders to your ears, then release and return them to their natural position - repeat 3 times.
- Roll your shoulders forward, and then roll your shoulders back pushing out your chest - repeat 3 times.

### **Stomach Movement - commencing with your back against the chair and feet flat on the floor:**

Breath in and at the same time suck your stomach in, as you exhale push your stomach out - repeat 3 times.

### **Arm Movements**

- Clench your fists really tight - hold for 3 seconds then release - repeat 3 times.
- With clenched fists lift your fists to your shoulders, and then return them to your thighs - repeat 3 times.

- With clenched fists - roll your wrists 3 times in one direction, then 3 times in the other direction.
- With clenched fists and your arms tucked by your torso, stretch out your fingers, then clench your hands back into a fist - repeat 3 times.
- Interlock your fingers and push the palms of your hands down onto your thighs, whilst trying to straighten your arms. Release by bending your arms and joining the palms of your hands together - repeat 3 times.

**Buttocks Movement** - commencing with back against the chair and feet flat on the floor:

- Squeeze your buttocks really tight, hold for 3 seconds and then release - repeat 5 times.

**Leg Movements**

- Open your legs by separating your knees about 2 cm (10 inches), then closing your knees - repeat 5 times.
- Securing your hands to the edge of the seat, lift your **bent right leg** up about 10 cm (4 inches), whilst contracting your thigh muscle, then return it to the chair. Repeat 5 times. Repeat movement using the left leg.

**Feet Movements** - commencing with your back against the chair, hands resting on your thighs, palms facing down, and elbows resting against your upper body:

- Lift your right foot off the floor; roll your ankle 5 times to the right than 5 times to the left.
- Point your right foot then flex your right foot - repeat 5 times. Repeat the movement using your left foot.
- With feet flat on the floor, lift your heels off the floor and roll your feet forward onto the balls of your feet. Hold for ten seconds, then return your heels to the floor - repeat 5 times.
- Return your heels to the floor.
- Squeeze your toes really tight and release – repeat 5 times.
- With feet flat on the floor, roll your feet out, then roll your feet in, then secure your feet to the floor.

**Affirmation** - Close your eyes and **repeat to yourself**: I am relaxing, I am relaxed, my entire body is relaxed.

**Enjoy your journey!!!**