



Travel Yoga

The following 30 minute travel yoga program can be done in any hotel/motel room on a bath or beach towel, on a yoga or gym mat. It is designed to relax the mind and body through the movement of key body parts. However, if you are pregnant you **should not** do this program or if you are suffering from an injury, then you **should not** do any of the following postures that engage the injured part of your body.

<p>1</p>	<p>Corpse Pose - Savasana</p> <ul style="list-style-type: none"> Lie on your back, hands by your side, palms facing up, head in neutral (positioned centre & aligned with the spine) feet slightly turned out. Hold for 5 breaths. 	<p>8</p>	<p>Knee to Chest - Vayu Nishkasana</p> <ul style="list-style-type: none"> Draw the right knee to the chest; use both hands to keep the knee secured to the chest. Hold for 5 breaths.
<p>2</p>	<p>Neck Stretches</p> <ul style="list-style-type: none"> Head in neutral, slowly roll your head forward, chin to chest, then slowly roll your head back - 5 repetitions. 	<p>9</p>	<p>Ankle Circles and Flexion</p> <ul style="list-style-type: none"> Starting with the right foot flexed - Keeping the hands around the right knee - rotate the right ankle 5 times to the right and 5 times to the left. Point and flex the right foot - 5 repetitions.
<p>3</p>	<p>Shoulder Lifts</p> <ul style="list-style-type: none"> Raise the shoulders to the ears, release your shoulders back to the natural position - 5 repetitions. 	<p>10</p>	<p>Leg Shake</p> <ul style="list-style-type: none"> Straighten the right leg and shake it 5 times.
<p>4</p>	<p>Stomach Stretch</p> <ul style="list-style-type: none"> Suck the stomach in, release - 5 repetitions. 	<p>11</p>	<p>Repeat Steps 6 to 10 using the left leg and alternate arms where appropriate.</p>
<p>5</p>	<p>Pelvic Placement</p> <ul style="list-style-type: none"> Bend your knees, feet flat on the floor and hip distance apart. Place your hands on the hip bone, with your fingers pointing down to your groin, your spine is in neutral. Exhale and push the pelvis (lower back) into the floor thereby imprinting the spine into the floor. Inhale and return the spine to neutral. 5 repetitions. 	<p>12</p>	<p>Cobbler's Pose and Back Stretch - Simplified Baddha Konasana</p> <ul style="list-style-type: none"> Whilst lying on your back bring the soles of your feet together and draw them towards your buttocks, so they form a diamond. Take your thumb and index finger and form an L shape. Place them at the top of your leg; your head is in neutral and on the floor. Inhale and as you exhale straighten your arms, this will straighten your spine. Hold the stretch for five breaths.
<p>6</p>	<p>Knee to Chest - Vayu Nishkasana</p> <ul style="list-style-type: none"> Draw the right knee to the chest, use both hands to around the right knee to keep the knee secured to the chest. Hold the posture for 5 breaths. 	<p>13</p>	<p>Hip Opener</p> <ul style="list-style-type: none"> Lift your bent legs off the floor so they form the top of a rectangle. The inside leg and arch of the foot should be facing the ceiling. Your feet are flexed. Place your right hand on the inside of your right knee and your left hand on the inside of your left knee. Your upper torso is on the floor with your head in neutral. Push down with your hands on the inside of your knees. Hold for 3 breaths - repeat 3 times.
<p>7</p>	<p>Morning Star - Jathara Parivartanasana</p> <ul style="list-style-type: none"> Using the left hand guide the right knee across to the left hand side of the body. The right arm is at shoulder height with your palm facing the ceiling, turn your head to look at the right hand. Hold the posture for 5 breaths. Lift the bent right leg using the right hand and guide the right knee to the right side of the body. 	<p>14</p>	<p>Hug Knees to Chest</p> <ul style="list-style-type: none"> Draw both knees to your chest. Secure your hands around your knees. Hold the posture for 3 breaths. Drop your feet to the floor in front of your buttocks.

- Hold the posture for 5 breaths.

15	Bridge - Set Bandha Sarvangasana <ul style="list-style-type: none"> • With bent legs, feet hip width distance apart, knees should be position above ankles, place arms along the side of the body with palms facing down. Inhale and tilt the chin towards the chest, exhale lift the buttocks and hips of the floor to the height of your knees. Hips should be level. Hold for 5 breaths - release buttocks to the floor. • Hug your knees to your chest - hold for 3 breaths. • Repeat the posture - place the hands over the head with palms facing up. Hold for 5 breaths. • Release the arms down by your side, before rolling the spine and buttocks down to the floor. 	20	Neck Stretches Forward and Back Neck Stretches <ul style="list-style-type: none"> • Starting in 'Easy Sitting Position', with the head in neutral, slowly drop the chin to the chest. Slowly raise the head up and roll it back. • Repeat posture 5 times. Side Neck Stretches <ul style="list-style-type: none"> • Tilt your right ear to your right shoulder. • Place your right hand over your left ear. • Drop your left shoulder. • Hold the posture for 5 breaths. • Repeat the posture on the left side.
16	Spinal Rotation and Leg Stretch <ul style="list-style-type: none"> • Place arms at shoulder height, head in neutral. • Draw the knees into the chest and then drop both legs to the right, endeavouring to place both knees under the right elbow. • Straighten the left leg and place the right hand on the left foot to stretch out the hamstrings in the left leg. • Turn your head to the left and look at your left hand. Hold the posture for 5 breaths. • Release the right hand and return the left leg to sit on top of the bent right leg, so the legs are aligned. • Lift both bent legs with knees stacked on top of one another to the left side. • Repeat posture on the left hand side. 	21	Breathing Forward <ul style="list-style-type: none"> • Place your hands on your knees. • Inhale and straighten your spine, drop your shoulders and raise the head high. • Exhale roll the spine back, bringing your shoulders over your hips, sucking in the stomach, and slowly roll your head down, bringing your chin to your chest. • Repeat the posture 5 times.
17	Dead Leg Drop <ul style="list-style-type: none"> • Bring bent knees back to centre. • Place feet on flat on the floor hip width distance apart. • Arms at shoulder height, palms facing up. • Drop both bent legs to the right. • Place the right foot on the left knee, drawing the left knee into the floor. • Turn your head to look at the left hand. • Hold the posture for 5 breaths. • Release the right foot and draw both legs up and drop them to the left. • Lift the left foot and place on the right knee thereby guiding the right knee into the floor. • Turn your head to look at the right hand. • Hold the posture for 5 breaths. 	22	Arms Movements <ul style="list-style-type: none"> • Arm lifts - Extend arms out by your side, palms facing down, and fingers extended. Inhale and lift your arms up over your head, joining the palms of your hands. Return your hands to your side. Repeat posture 5 times. • Arms over head - Raise your hands over your head, cross your fingers, then turn your palms to face the ceiling. Straighten out the spine, whilst the head is in neutral. Hold for 3 breaths. • Wrist Rolls - Lift arms to shoulder height, arms extended and palms facing the floor. Rotate the wrists 5 times back and then 5 times forward. • Arm Circles - with arms at shoulder height, rotate the arms forward in 5 small and 5 large circles. Repeat the posture backwards.
18	Back Rolls <ul style="list-style-type: none"> • Hug knees to chest and place hands around knees. • Tuck the chin to the chest. • Rock back onto the shoulders and roll forward onto the hips and buttocks. • Repeat the posture 5 times. 	23	Simplified Lord of the Fish Pose - Ardha Matsyendrasana <ul style="list-style-type: none"> • Starting in easy sitting position. Place the right hand on the floor behind the right hand side of your body. • Place the left hand onto the right knee. • Inhale and straighten the spine and head. • Exhale and twist the spine to the right whilst turning the head to look over the right shoulder. • Hold the posture for 5 breaths. • Repeat the posture on the left side.
19	Easy Sitting Position <ul style="list-style-type: none"> • Sit with legs crossed, back straight, head in neutral, chin up, gaze straight ahead, and hands resting on knees, knuckles facing down and palms facing up with your thumb and index finger joined. 		

<p>24</p>	<p>Bend Forward</p> <ul style="list-style-type: none"> Starting in easy sitting position - Bend your body forward whilst stretching your arms out as far as possible and dropping your head to the floor. If you can't get your head to the floor, clench your fists and place one hand on top of the other and rest your forehead on your hands. Hold the posture for 5 breaths. 	<p>29</p>	<p>Side Plank (Optional Posture)</p> <ul style="list-style-type: none"> Starting from the 'Side Curl' position, straighten the legs and place the left hand down the side of your body. Lift the whole body off the floor. Taking the weight in the right arm and your feet. Hold for 5 breaths. Repeat the posture on the left hand side.
<p>25</p>	<p>Sphinx</p> <ul style="list-style-type: none"> Roll onto your stomach. Your elbows tucked into your lower ribs. Your shoulders sitting over your elbows, with the palms of the hands flat on the floor. Legs extended and together. Ten toes nails on the floor. Your head is in neutral and your gaze is forward. Suck the belly in and lengthen the spine. Hold the posture for 5 breaths. 	<p>30</p>	<p>Front Leg Lift and Stretch</p> <ul style="list-style-type: none"> Roll on to your back. Lift your legs into the air and bent your legs to form a 90 degree angle. Your feet are flexed. Place your hands by your side, palms facing down or under the back of your head with fingers entwined and palms facing your head. Inhale drop the right leg about 8 cm (4 inches) of the floor whilst straightening the leg. Exhale - return the right leg to the start position. Repeat the posture with the left leg. Repeat the posture 5 times alternating right and left legs. For a more intense practice undertake the posture with straight legs.
<p>26</p>	<p>Cobra</p> <ul style="list-style-type: none"> From the Sphinx position move your hands back under your shoulders, still hugging your elbows into the side of your body. Straighten the arms whilst keeping a slight bend in the elbows. Rise up to extend the spine without the hips leaving the floor. Keep the elbows slightly bent to prevent the shoulders from rising. Hold the posture for 5 breaths. 	<p>31</p>	<p>Side Leg Lifts</p> <p>Single Leg Lift</p> <ul style="list-style-type: none"> Roll onto your right side. Extend the right arm over the head and place the head on the arm, or fold the right arm back so right hand rest palm facing up above your right shoulder to form a pillow to support your head. Straighten your legs with feet flexed. Your ankles, knees, hips and shoulders are stacked on top of one another. Your left hand is resting in front of you for support or on your left hip or down the left side of your body. Inhale and suck in the belly and as you exhale lift the left leg half a metre of the floor. Repeat the posture 5 times. <p>Double Leg Lift – Lift both legs together.</p> <ul style="list-style-type: none"> Repeat the posture 5 times.
<p>27</p>	<p>Plank</p> <ul style="list-style-type: none"> Whilst lying down, bent your arms and bring your elbows under your shoulders. Cross your arms - right hand to left elbow and left hand to right elbow – this is to check that your arms are shoulder distance apart. Place your fore arms out in front – join palms and cross fingers. Extend your legs. Legs are hip width distance apart. For a more intense practice keep feet together. Lift the whole body off the floor, taking the weight into the arms and the toes of the feet. The body should appear straight like a plank. Hold the posture for 5 breaths. 	<p>32</p>	<p>Down Face Warrior - Adho Mukha Virasana</p> <ul style="list-style-type: none"> Come to a kneeling position with hands on the floor Separate the knees about half a metre, with all ten toes touching the floor and the big toes connected for form a half diamond shape. Bring your buttocks back onto the heels. Walk the arms forward as you bring the upper body down towards the floor, and rest the head on the floor. If you can't get your head to the floor, clench your fists and place one hand on top of the other and rest your forehead on your hands. Hold the posture for 5 breaths. Bring your knees together.
<p>28</p>	<p>Side Curls</p> <ul style="list-style-type: none"> Roll onto your right side with knees slightly bent. Bring the right elbow under the right shoulder with the palm of the hand flat on the floor. Place the left hand is in front of you for support, or on your hip, or down by the left side of your body. Head is in neutral or tucked into your chest. Inhale and suck the belly and extend the spine Exhale and lift the torso from knees off the floor, creating a c curve with the spine. The weight is carried in the knees and arm secured to the floor. Repeat posture 5 times. 	<p>33</p>	<p>Balasana - Child's Pose</p> <ul style="list-style-type: none"> From a kneeling position with buttocks on heel. Bend forward gently from the hips bringing the torso to rest on the thighs and rest the forehead on the floor. If you can't get your head to the floor, clench your fists and place one hand on top of the other and rest your forehead on your hands. Place the hands back beside the feet, with palms facing upward and elbows bent. Close your eyes. Hold the posture for 5 breaths.

Enjoy your journey!