

Wood Chopper 1

Level 1 / Posture 63



Start by standing straight, hands in line you're your hip bones. (See Mountain Pose)

Take a deep breath while bringing your hands up over your head.

Link your fingers together.

Fill your lungs to bursting! Right to the top!

Hold your breath briefly

Slowly let the air go while you draw a large circle with your hands, forward and down, until your hands touch the floor.

Bend your knees if you need to.

Breathe out through your mouth. This is OK for beginners and will help you pace your breathing.

Pause Reverse your steps to come up.
Repeat Do 3 repetitions or as many as you like!

Yoga Snack The Wood Chopper feels good any time: first thing in the morning; at the office for quick stress relief; at the end of a long hard day while; while you're waiting for the bath to run; just before bed to take the knots out; or as a cool down or warm up with your work out.

All yoga routines start with a good, warm up breath and stretch. The Wood Chopper is one of the simplest. It's a good, quick stress reliever. It's an excellent way to refresh your body with lots of good oxygen and quickly stretches away stress!

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Variations

- ?When you can easily touch the floor – try reaching your hands behind your ankles as you finish breathing out.
- ?Do the Wood Chopper with your legs separated. As you breathe out, bring your hands forward and down, finishing with your hands in between your legs. (Now you're chopping wood!)
- ?As your back gets stronger, try stretching up and back when you breathe in.

Safety Tips Keep your knees slightly bent during the entire exercise so that you don't strain your back. As you stretch up and back, stop before you feel pressure in your lower back.

Chest Breathing 2

Level 1/ Posture 20



Can be done lying down, sitting in a chair, against a wall.

Have your neck, spine and hips lined up.

Arms by your sides.

Press your elbows firmly into the floor / chair / wall.



Hold for 6 breaths.

Notice the muscles at the sides of your rib cage working hard while you hold the pose. This is developing your breathing muscles.

You might even feel muscles in your back, around your shoulder blades working hard. If you do



this pose well, your shoulder blades will come closer together while you're in the pose.



As you master this exercise, see if you can create the same feeling in your ribs and back, without actually using your elbows. Just use your chest muscles to do this.

Benefits Builds breathing muscles in the sides and back of the chest. Improves awareness of breathing.

Try warming up with Side stretches like Elbow to Knee 1, Side Bends, Triangle Poses.

This Posture is Good Before Yoga sessions; relaxation; bed

Good After Yoga sessions

Builds you up for Breathing with the whole body; postures that require strength in the sides of the body.

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