



sport • inclusion • ireland

..... 10 minute

Home Exercise Circuit

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Yoga - Circuit 2

Perform each exercise for 30 seconds.

Repeat 4 times.

All exercises can be completed seated or standing.



Supported By

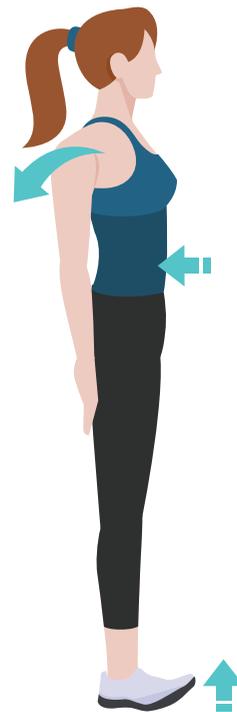
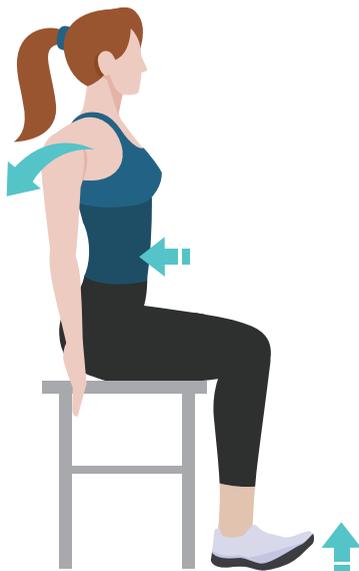
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1

Mountain Pose



Begin seated with your hands on top of your thighs or standing with your arms by your sides with the spine long and both feet on the floor hip width apart. Take a deep breath and sit up/ stand up straight, extending your spine. As you exhale, root down into the chair / the ground. Take a deep breath and as you exhale, roll your shoulders down your back, pull your bellybutton in toward your spine, and relax your arms down at your sides. Engage your legs by lifting your toes and pressing firmly into all four corners of your feet.



Seated

Standing

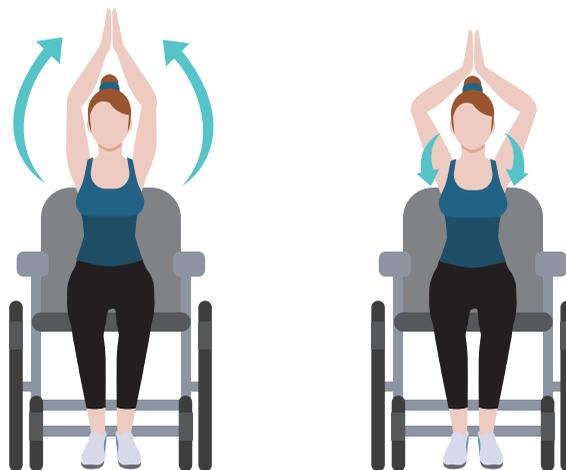
2

Warrior 1

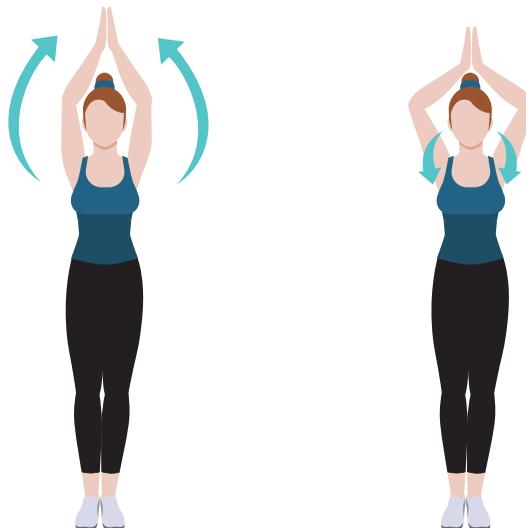


Take a deep breath. As you inhale, lift your arms out to the sides, then raise your hands up to meet above your head. Link your fingers together with your fingers pointing up directly over your head. As you exhale, roll your shoulders away from your ears, letting your shoulder blades slide down your back. Take at least 5 deep breaths before you release your clasped hands on an exhale and let your arms gently float back to your sides.

Seated



Standing



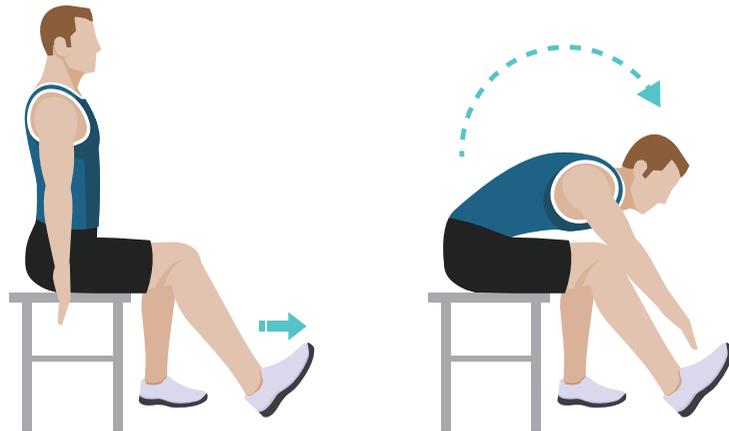
3

Single Leg Stretch

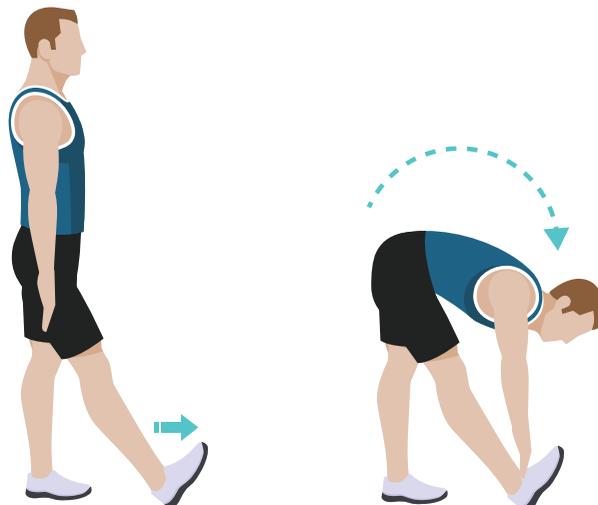


Start with both feet together. Stretch your right leg out, resting your heel on the floor, toes pointing up. As you inhale, raise up through your spine, and as you exhale, begin to slowly bend over your right leg with your breath, sliding your hands down your leg as you exhale. Reach as far down your leg as is comfortable, whilst not straining or forcing anything. Inhale and exhale slowly 5 times in this position, and then release the pose by using an inhale to help you rise. Repeat this pose with your left leg outstretched.

Seated



Standing

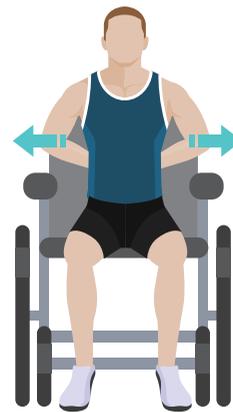


4

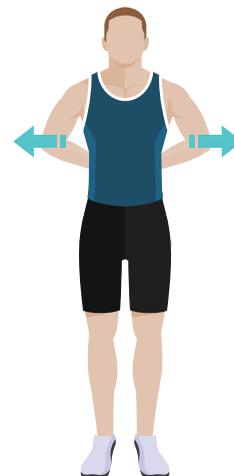
Reverse Arm Hold



As you inhale, stretch both arms out to your sides, palms down. As you exhale, roll both shoulders forward a little and bring both hands behind your back. Clasp your hands in any way you like and gently pull your hands away from each other without releasing your hold. Take 5 slow, even breaths with arms clasped this way, then release and clasp the other wrist or elbow and hold for 5 breaths.



Seated



Standing

5

Sun Salutations



Start with your arms down by your sides. As you take an inhale lift your arms forward and up directly over head, looking up at your fingers. As you exhale lower the arms down in front of your body, bringing your palms together in a prayer position in front of your chest. On an inhale open your arms and extend your arms either side of your body, making a T shape. On an exhale lower your arms down by your sides again. Repeat this 5 times.

Seated



Standing

