

2017 Georgia Lupus Summit

Gentle Yoga

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EVERYTHING YOU DO MATTERS – AND EVERYTHING YOU DON'T DO ALSO MATTERS.

In general:

- Check with your physician before you begin any exercise program
 - Drink plenty of water before and after you practice
 - Be mindful of your limits on any given day – don't overdo
 - In general, try to hold each pose for a few breaths and build up to longer periods of time
 - You can practice these poses in any order and repeat as many times as you like
 - Soften your face – relax – smile - breathe
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- Wrist Rolls – be sure to roll in each direction – do at least 5 times
 - Finger Pullbacks –straighten your arm and gently pull fingers back – 2 times per side



- Neck and Chin Tilts: Resist head into hand – Relax – Restretch. Repeat twice



- Rolling Spine – go slowly – inhale in cow and exhale in cat

Cow Stretch



Cat Stretch



- Cow Face Arms and Legs– Do both sides



- ROAR! Interlace your fingers – reverse your palms and straighten arms overhead – fold forward



- Shoulder Opener – Use an old necktie and repeat a couple of times.



- Twists – keep your chin in line with the middle of your chest – go slow – repeat twice

Turn Sideways and Twist



Elbow to Knee



Hip Opener - do both sides

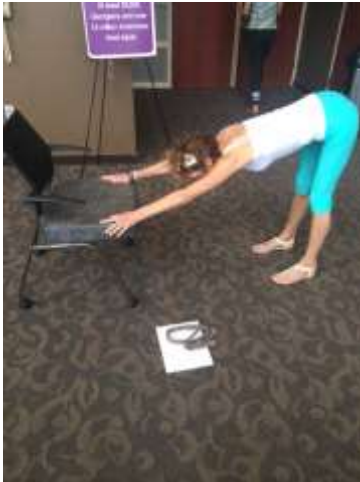


Turtle Pose – hold the rungs of the chair



Standing:

Half Downward Facing Dog - Hold sides of the chair – step back and make your legs strong here.



Stretch your arms over the back of the chair



Forward Fold – rest your head on the seat of the chair – use your arms as a cushion.



Legs Up The Chair – ah – rest! You can do this in bed with a box or laundry basket as well



How to Find a Good Teacher:

Registered Yoga Alliance is the certifying body for Yoga teachers – you want someone who has had formal training.

<https://www.yogaalliance.org/>

My contact information:

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