

# Exercise of the Month

November 2017

## Yoga Exercises to Promote Relaxation

**Purpose:** Relax, restore and rejuvenate tired muscles

**Target Muscles:** Lower Back, Hamstrings, Hip Flexors, Glutes, Core

**How it Works:** Exhale when bending forward, opening or lifting. Hold poses for 4-6 breaths.



1. **Forward Bend:** Forward bends are great for calming the mind. Sit on the floor with your legs extended in front of you. Inhale as you reach your arms out to the side and above your head. While exhaling, bend forward from the hip. Reach and hold onto your shins, ankles or toes.



2. **Bridge Pose:** A beginner restorative backbend. Lie on your back, bend your legs and place your feet hip-width apart. Keep your arms beside your body, palms facing down. Press your feet into the floor and push your tailbone towards the ceiling. While holding your buttocks off the floor, roll back onto your shoulders. Maintain a line from your shoulders to your knees.



3. **Legs on Wall Pose:** This move is thought to rejuvenate the entire body. Begin by sitting with your left side against the wall. Turn your body and bring your legs up onto the wall. Lower your back to the floor and lie down. Rest your shoulders and head on the floor. Move your buttocks towards the wall. Let your arms rest open at your sides, palms up.



4. **Corpse Pose:** A great posture exercise to relax and rejuvenate the mind and body. Lie down on your back. Allow legs to separate about hip-distance apart. Allow arms to relax on either side of body, palms up. Close your eyes and focus on your breath.



From Corporate Fitness Works Team Leader, Becky McGraw

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