

Take Home Flow 1-2809

Yoga for Skiers and Snowboarders

Skiing and snowboarding require focus, balance, flexibility and strength. Sound familiar? Just what yoga has to offer! This flow can help prepare you for participating in winter sports safely.

Come to your center

Sit comfortably. Begin with a few moments to listen to your breath, becoming quietly centered. As you connect with your breath, begin to let your arms flow up and down with each wave of breath, *May I be present*

Awaken your body

For a few breaths, play with a few poses to awaken your body and your connection to your movement. Release the neck, open the spine with cat/cow flows, stretch into downward facing dog, release into a standing forward bend... When you are ready, make your way to standing for your flow.

Flow

1. From standing, raise arms to the sky. Either with hands together or dropping right arm to right side, lift and then side bend to the right. Repeat on the other side. Give each side a few nice stretches
2. Once your sides feel nice and open, bring hands to prayer at the heart. Step feet and legs together and sink hips down into a strengthening chair pose with hands still in a prayer. After a few breaths here, twist your chair to the left by hooking the right elbow either between the knees or outside the left knee.
3. Unwind your twist and reach your prayer to the sky, coming high on the toes to balance. (not pictured)
4. Repeat the twisting chair pose to the other side, then the tiptoe balance.
5. Walk or jump your feet back for a vinyasa – feel your strength as you come to plank or kneeling plank. With that strength, exhale and lower slowly and powerfully down. Inhale and arch up in a little backbend, then with a strong breath, push back to down dog,
6. From downward facing dog, step the right foot forward. Lay the left knee to the floor. Scoot the left knee back a little deeper if you body can take a little more stretch. Reach arms to the sky joyfully.
7. Step back for another vinyasa, then repeat the lunge on the other side.

Receive

Close your practice with a few moments in final relaxation, receiving the benefits of your flow.

I am focused, balanced, flexible and strong. namaste

