
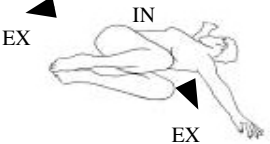


**Breathing + core lock**



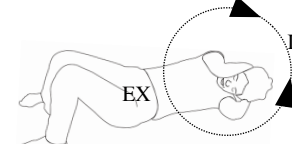
Breathe into belly: end of exhale draw navel in and downwards and feel pelvic floor lift, hold 1-2 secs, relax, inhale. Repeat 3-4 x then hold lock 5 breaths

**Supine spinal twists 2**



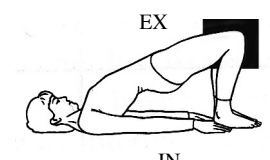
Knees to chest, exhale knees to side, rolling head to opp side, inhale to centre. 5-10 x Hold twist with slow deep breathing into side chest

**Abdominal / core strengthening**



Interlace fingers at base of skull, curl up off ground. Circle 5-10 x each way, inhaling elbows up, exhaling down

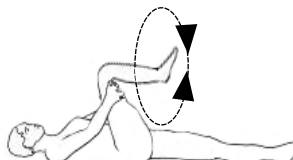
**Bridge pose**



EX  
IN


Exhale roll pelvis and spine up, inhale roll down (+/- arms up on inhale, down on exhale ie opposite to torso). +/- block between knees. Hold 3-5 breaths

**Ankle/knee circles**



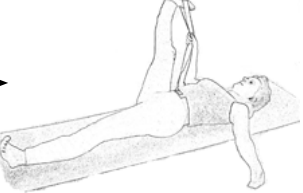
Clasp behind R knee. Circle lower leg and ankle 3-5x each way +/- apply pressure with thumbs to points along sides of joint

**Supine leg stretch**




Strap around ball of R foot. Stretch leg up. Relax abdomen, groin and back. Gently stretch back of leg. Release whole spine & neck. 3-5 breaths...

**Supine side leg stretch**



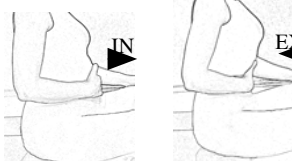
...hold strap in R hand. Take R leg up out to R, elbow to floor. Keep L buttock on mat. Lengthen R side of waist 3-5 breaths...

**Deep hip stretch**



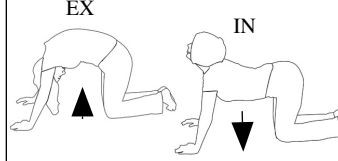
...R ankle on L thigh close to knee. Bring L thigh towards chest and R knee away to stretch R deep hip muscles. 5 breaths

**Abdominal pumping breath**



Inhale into abdomen, exhale squeeze navel in, relax, inhale - 30-100 fast pumping exhalations (>1/sec)-exhale-full inhale-complete exhale- 3/4 inhale-short hold, then 3-5 normal breaths.

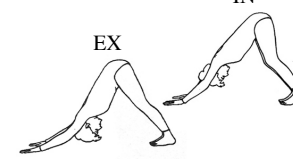
**Bidasana - Cat pose**



EX  
IN

Exhale flex spine into convex curve from tail bone upwards. Inhale lift tail bone extending spine into back bend from tail bone upwards


**Downward dog**



EX  
IN


Tuck toes under, feet hip width, exhale lift & extend knees, move hips back. Inhale stretch upper body, exhale stretch legs 2-3 x then hold

**Spine release & hamstring stretch**



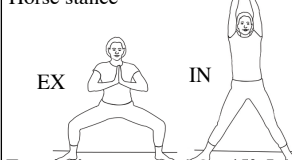
Walk feet to hands. Hang with palms on ground or hold elbows 2-3 breaths...

**Chair pose**



... bend knees into semi squat stretch arms forward, raise torso & arms to vertical, 3-5 breaths, inhale straighten, exhale to previous pose. Repeat both.


**Horse stance**



EX  
IN

Feet 4-5' apart turned out 45°. Inhale arms out & up, palms together exhale palms down centre bending knees & keeping even weight on inner & outer feet. 3-5x +/- gradually turn feet out more. Hold in prayer position 1-2mins

**Wide leg stretch**




Turn toes in, bend forward, place hands on ground, exhale move hands back in line with feet, extend head towards ground between hands

**Sun salutations**


See separate sheet

**Warrior 1**




From lunge lift torso and arms stretching up and back, move tail bone down and forwards 3-5 breaths...

**Warrior 2**




...turn torso to L keeping R knee in line with middle toe, bring L heel down, turn toes in, lower arms to sides, gaze over bent knee

**Side angle stretch**



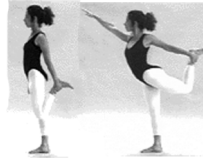
...bring R forearm onto thigh or hand to ground behind or in front of R ankle, stretch L arm diagonally over head, gaze upwards.

**Vrksasana - Tree pose**




Place R foot on inner L thigh, take knee out to side and down, pressing R foot into L thigh, squeeze thigh into foot to lock together. Palms in prayer position

**Dancer's pose**




Hold R ankle drop knee down, bring heel to buttock and move tail bone forward to stretch thigh & groin. Pull R ankle back and up, stretching L arm forwards and up

**Knees to chest back stretch**



Lie down bring both knees to chest to stretch back

**Relaxation**



Stretch out with legs slightly apart and arms away from side of body, lengthen neck and low back. Relax completely 5-10 mins.

**BOOKS:**

Inner Skiing - W. Timothy Gallwey & Robert Kriegel

The Centered Skier - Denise McCluggage