

Yoga Poses

What is yoga?

Yoga is a combination of poses, breathing and relaxation. Breathe deeply when you do the poses. Practicing yoga does not mean that you are adopting any faith.

Can I do yoga at home?

Yes. When you first get home from the hospital, you need to rest and keep your activity minimal. However, the poses in this booklet are recommended for you by your physiotherapist and they are safe for you to do at home.

Why do yoga at home?

Doing yoga can help relax your body and mind. You can try these poses at times of stress.

Are there different types of yoga?

Yes, there are a number of types of yoga. These types of yoga are **not** recommended for you:

- Bikram Yoga or Hot Yoga. This yoga is done in a hot, humid room.
 - Ashtanga Yoga or Power Yoga. This is a vigorous type of yoga.
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Lying poses



Twist. "Jathara Parivrtti"

- Lie on your back with knees bent, feet flat on the floor.
- Spread your arms out, shoulders and back of the hands flat to the mat.
- Roll on your left side, stacking knees and ankles, turn your head to gaze along the line of your arm in the opposite direction.
- Stay in this position for several slow, deep breaths.
- Repeat on the other side.

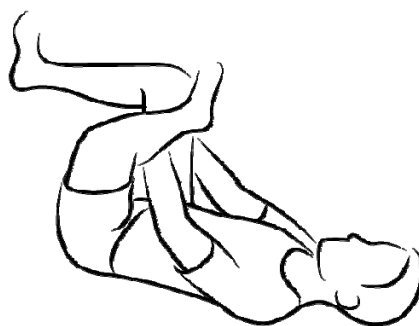


Knee to chest

- Lie on your back.
 - Pull your knee toward your chest.
 - Push your other leg down towards the floor.
 - Stay in this position for several slow, deep breaths.
 - Repeat with the opposite leg.
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Two-Legged Table. "Dwi Pada Pitham"

- Lie on your back, bend your knees, and place your feet flat on the floor, hip-width apart.
- Inhale and lift your hips up.
- Pull your shoulders close together.
- Raise your hips.
- Either let your hands rest on the floor beside your hips or clasp your hands together.
- Stay in this position for several slow, deep breaths.
- As you exhale, slowly roll down out of the pose.

Modified Supine Pigeon

- Lie on your back and bend your knees.
- Place your feet on the floor.
- Lift your left leg and cross your left ankle over your right thigh.
- Bring your right knee halfway toward your chest, and clasp both hands around your right thigh.
- Draw your right knee into your chest and gently push your left knee away.
- Feel the stretch in your left buttocks.
- Stay in this position for several slow, deep breaths.
- Repeat on the other side.

Sitting poses



Seated Twisting Pose. "Ardha Matsyendrasana"

- Bend your left leg and place the heel near the right buttock.
- Bend your right leg over the left leg, ankle by the knee.
- Keeping your back straight and top knee upright, twist toward the right to take your left arm over your right knee.
- Hold arm in stop position.
- Stay in this position for several slow, deep breaths.
- Repeat on the other side.

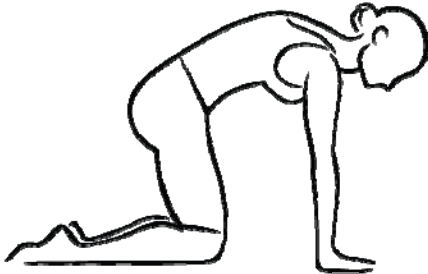


Seated Forward Bend. "Janu Sirsasana"

- Bring your right foot to your left thigh, and place the sole of your foot on your inner thigh.
 - Rest your right leg on the floor.
 - Raise your arms overhead to lengthen your back, and then lean forward with your chest and lower your hands to a point that is comfortable for you (your thigh, lower leg or foot).
 - Stay in this position for several slow, deep breaths.
 - Repeat on the other side.
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Four-Point Poses

Cat. "Chakravakasan"

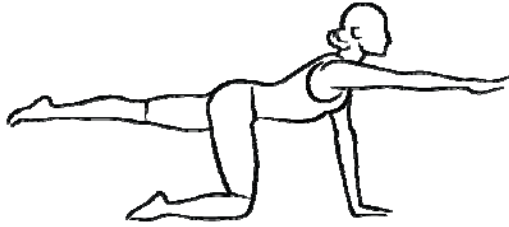


- Start on your hands and knees, shoulders over wrists, knees under hips.
- Breath in.
- As you breathe out, curve your back upward so it is as rounded as possible, your tailbone is tucked under, and your head is dropped down.
- Imagine that you are curving the front of your body over a big ball.

Cow. "Bitilanana"



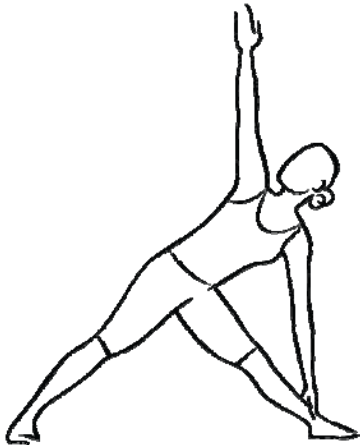
- Start on your hands and knees, shoulders over wrists, knees under hips.
- Breathe out.
- Lift your head to look upwards.
- Drop your belly down, curving your back in the opposite direction.
- Keep the Cat and the Cow moving, arching upward on the in-breath and downward on the out-breath.



Superman. "Bilikasana"

- Start on your hands and knees, shoulders over wrists, knees under hips.
- Breathe in and lift your right arm and left leg.
- Breathe out, stretch your fingertips forward and point your toes away.
- Breathe in and return to starting position.
- Repeat on the other side.

Standing

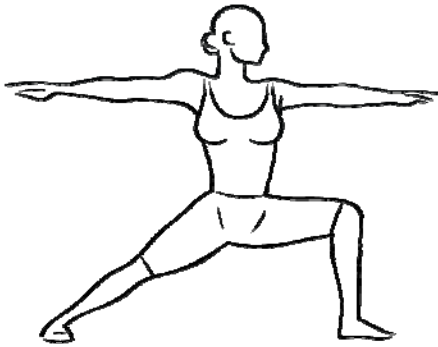


Triangle Pose. "Trikonasana"

- Step your feet apart.
 - Point your front foot straight ahead.
 - Angle your back foot out.
 - Keep your legs straight.
 - Extend your arms parallel to the floor, palms facing down.
 - Reach forward and down to a point that is comfortable for you (your leg, ankle, foot or floor), lean your upper body over your leg and reach your opposite hand toward the ceiling.
 - Look at your hand extended upwards.
 - Stay in this position for a few deep breaths.
 - Repeat on the other side.
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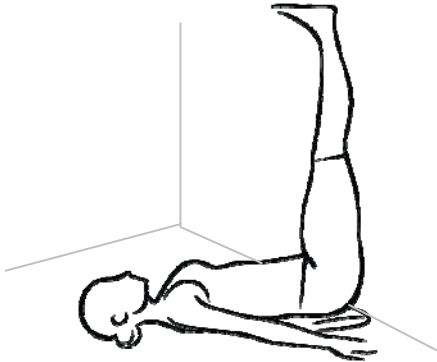
Warrior 1. "Virabhadrasana I"

- Step your feet apart.
- Point your front foot straight ahead.
- Angle your back foot out.
- Bend your front knee over the ankle.
- Keep your shoulders and hips facing forward.
- Extend arms overhead, with palms together.
- Look upwards.
- Stay in this position for a few deep breaths.
- Repeat on the other side.

Warrior 2. "Virabhadrasana II"

- Step your feet apart.
- Point your front foot straight ahead.
- Angle your back foot out.
- Bend your front knee over the ankle.
- Extend your arms parallel to the floor, palms facing down.
- Look forward, past your fingertips.
- Stay in this position for a few deep breaths.
- Repeat on the other side.

Resting poses



Legs-Up-Wall Pose-Upward-Stretched Legs. "Sarvangasana variation"

- Lie with buttocks and back against a wall, legs outstretched.
- Support your lower back within a folded blanket.
- Practice deep breathing in this position.



Child's Pose. "Balasana"

- Begin on your hands and knees.
- Place your knees a little wider than hip-width apart.
- Lower your chest toward your thighs.
- Rest your arms overhead or at your sides.
- Allow your forehead to rest on the floor.
- Stay in this position for a few deep breaths.