



FREE SIMPLE WARM UP TO UNRAVEL TENSION

WITH DEB + RUSS YOUNG

THIS IS A SNEAK PEAK INTO THE KINDS OF RESOURCES WE SHARE IN OUR YOGA TEACHER TRAINING MANUAL.

IF YOU WANT TO DEEPEN YOUR PRACTICE, LEARN ABOUT SEQUENCING, ANATOMY, PHILOSOPHY, ALIGNMENT + MORE

GET MORE INFO ON THE LINK BELOW
WWW.YOUNGAYOGASTUDIO.COM.AU



RECLINE OVER BLOCKS

Start with 5mins reclining over two blocks.
 Place one block between your shoulderblades and one block under your head.
 Don't have blocks? Use a couple of rolled up towels to create a shape that opens your chest.

→ RPT OTHER SIDE ←



SUKHASANA

Cross your legs & lengthen the spine.
 Great to release the glutes.



SUKHASANA

As you exhale fold forward.
 Relax your shoulders.



SUKHASANA

Bring your hands behind you
 Thumbs turned outwards
 Inhale and lift the chest.



SUKHASANA

As you exhale, let your
 shoulders round forward &
 bring your chin to your chest



PARSVA SUKHASANA

Awaken the intercostal
 muscles with this easy
 side stretch.



PARSVA SUKHASNA

Alternate between sides.
 Turn top hand to face
 floor for external rotation.



SUKHASANA

Left fingers turn in - bring
 your left elbow forward - lean
 over right knee.



SUKHASANA

Alternative between
 sides - a great release
 for infraspinatus.

→ REPEAT 5-6 TIMES ←

→ 3 x THEN REPEAT OTHER SIDE ←

→ REPEAT 5-6 TIMES ←

→ RPT OTHER SIDE ←

→ REPEAT 5-6 TIMES ←

→ 3 x THEN REPEAT OTHER SIDE ←

→ RPT 5-6 EACH SIDE ←



PARSVA BALASANA

Change up your child's pose
 with this simple side stretch.
 Move hands to the left side of
 your mat and then wriggle the
 right hand even further
 forward.



COW POSE

This classic pose is a
 great one to awaken
 your front and back
 body, as well as connect
 with your breath and
 release neck tension.



CAT POSE

As you exhale - round
 your upper back, spread
 your shoulder blades and
 press your hands into the
 floor firmly.



KNEELING TWIST

Inhale + reach up. Turn the
 palm of your hand toward
 your face to externally
 rotate your upper arm.



REACH THROUGH

Exhale + thread your arm
 through. Bring your wrist,
 elbow or shoulder to the
 floor then hold on your
 3rd or 4th cycle.



EXTENDED HAND TO FOOT

Inhale to extend opposite
 hand and foot.
 Exhale and hug elbow
 and knee toward the
 front of body.



BALASANA

Extend hands forward, index
 fingers pressing down -
 elbows lifted. Come onto
 the balls of the feet to
 stretch out the fascia along
 the soles of the feet.



DOWNDOG

Lift the hips up and back.
 Engage the belly. If
 hammies are tight - try
 bending one leg while
 extending the other and
 alternate. Focus on deep full
 breathing.