

Broome Bash

5-minutes

This session is categorised as: Quick Brain Break, Yoga, Beginner, Lower Limb, Breathing Exercise, Small Space



Join us as we visit some of the unique sites, and the exercises they inspire, around Broome, in the Far North of Western Australia.

Movement	Seated modifications	Other modifications	Progressions	Watch points
Brachiosaurus Reach	Sit very tall. Reach your arms above your head and arch your back to look up towards your hands. Tuck your bottom under (tail between your legs).		While doing the Brachiosaurus Reach... - Lift your front heel off the floor, to challenge your balance, or - Gently lean your arms and upper body over to the side of your front leg	* Feet hip-width apart, rather than straight in front of each other * Knee of your bent leg above your ankle * Back leg long and straight
Llama Stretch	Lift your left ankle and place it on top of your right knee. Gently lean forwards, keeping your back long and straight. Use your left hand to gently press your left knee down.	Do this stretch standing by taking a big step forward. Tuck your "tail" (bottom) down and bend your front knee slightly. Reach your hands to the sky.	While doing the Llama Stretch, lift your back foot and use your hand to pull the foot towards your bottom	* Bottom tucked down (like a naughty puppy) * Hips/pelvis facing straight forwards



Movement	Seated modifications	Other modifications	Progressions	Watch points
Crab Crawl	Place your hands on the sides of your chair. Push down with your hands (and also with your legs or feet if possible) to lift your bottom	Lie on your back with your knees bent and feet flat on the floor. Push your feet into the floor to push your bottom off the floor. Hold for as long as you can, breathing normally.	In the Crab Crawl position: - Lift one foot, so just your toes are touching the floor or the foot is just off the floor. Keep your hips still and bottom up. Hold for 10 seconds, then change legs. Or - Step your hands and feet to slowly Crab Crawl around in a circle or side to side (without dropping your bottom).	* Correct start position (arms by the side, not over the shoulders) * Right angles at the shoulders and knees * Bottom pushed up, so your body is flat like a table
Cross Country	Do Cross Country in your chair, with your arms (and legs too if possible)	Do Cross Country just with your legs	Speed it up	* Keep switching which foot crosses in front * Keep switching which arm crosses on top * Standing tall, with eyes looking forward
Pufferfish Puff	Do Pufferfish Puff in your chair	Do Pufferfish Puff lying down on your back: 1. Lie on your back, with your hands gently resting on your belly 2. Take a deep breath in through your nose. Breathe the air all the way down into your belly, to puff your belly up like a balloon. 3. Breathe the air back out from your belly and out through your mouth. (As you do this, let your belly lower back down).	Take longer, slower breaths	* Belly expanding as you breathe in, and deflating as you breathe out