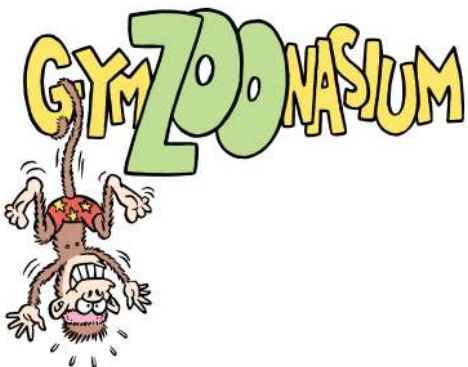




LAND AND SEA

6m 05s

Let's swim and crawl. Let's snap and swim.
This yoga session will take you across the land,
into the sea and back again.



Movement	Seated modifications	Other modifications	Progressions	Watch points
Alligator Snap	Put your hands on the outside of each knee. Push outwards with your knees and inwards with your hands.	Do the Alligator Snap with your hands on the floor beside you, to help you balance.	Try the Alligator Snap with... - Your eyes closed - Your bottom leg held up off the floor - Your arms lifted up off the floor - Your legs and arms both 'snapping' up and down together	* Body in a straight line (like a plank of wood) * Tummy muscles and buttocks squeezed
Shark Scare	Lean forward from your hips with your back straight. Clasp your hands behind your back (to make a shark fin). Lift your hands up and back. Gently arch your upper back to reach your chest up and forwards.		While doing the Shark Scare, lift your legs off the floor also	* Legs straight and feet squeezed together



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. Step your hands and feet to slowly Crab Crawl around in a circle or side to side.	* 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
Snake Strike	Squeeze your tummy and lift one leg up off your chair	Do steps 1 to 2 of the Snake Strike and hold that position. Keep both feet on the floor rather than lifting your foot.	Get into the Snake Strike position (with one leg lifted). Instead of lowering your leg, lower your hips down almost to the floor and push them back up again. Repeat 10 times then repeat with the other leg raised.	* Feet and knees hip-width apart * Neck and shoulders relaxed * Bottom staying up, keeping your body in a straight line from shoulders to knees. Achieve this by pushing your heels into the floor and keeping tummy squeezed.



Movement	Seated modifications	Other modifications	Progressions	Watch points
Elephant Trunk Swing	Sit up tall and lift your left arm (your elephant trunk) to shoulder height. Twist your upper body to the left and reach your arm as far around to your left as you can. Then twist to the right and reach as far across to the right as you can. Repeat 3 times, then switch arms.		Lift your opposite leg off the floor (when your left hand is off the floor, lift your right leg). Keep it still and straight (off the floor) while you do the Elephant Trunk Swing. When you switch arms, switch the lifted leg too.	* Pelvis/hips still, and upper body twisting
Sloth Snooze	Sit on a chair and curl your body forward into a "C" shape. Move one foot forwards, straighten that leg & flex your toes towards you.	Do the Sloth Snooze with... Just one leg at a time stretching up into the air Your legs up against a wall	While doing the Sloth Snooze, flex your toes back towards you	* Bottom ideally against the wall * Legs straight * Neck and upper body relaxed