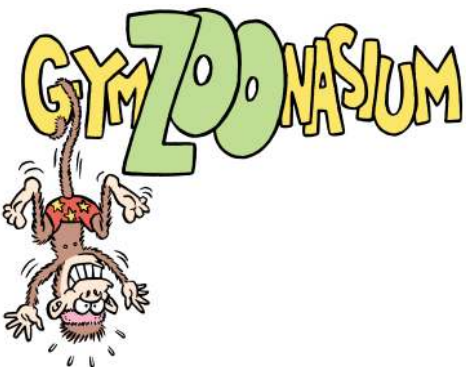




WEATHER
WATCH

GYM ZOO NASIUM

WEATHER WATCH

5m 06s

5:06
YOGA - INTERMEDIATE



How does the weather make you feel? Let's try some moves that match different types of weather.

Movement	Seated modifications	Other modifications	Progressions	Watch points
Dragon Breath	Do Dragon Breath in your chair		Make each dragon breath longer and more powerful (trying to breathe your fire out further each time)	* Breathing in through your nose and out through your mouth * Shoulders kept down and back
Bat Hang	Stretch your body out (towards the ceiling) and then bend over to touch your toes.		* In the Bat Hang position, hold your ankles and gently pull your body closer to your legs. * Start standing, with your left foot crossed over the right. Do the Bat Hang with your legs crossed like this.	* Knees straight
Forest Floss	Do the Forest Floss in your chair	* Slow it down * Practise the Forest Floss hip movement by itself. Then practise the Forest Floss arm movement by itself.	Speed it up	* Arms swinging in the opposite direction than hips * Legs and arms straight



Movement	Seated modifications	Other modifications	Progressions	Watch points
Starfish Superstar	Lift your arms up straight out to your sides (like a 'star' or wings). Lean your body slowly over to one side, keeping your back long and tummy strong. When you lean to the left you will feel the muscles on the right side of your tummy switch on. Lean for as long as you can, then change sides.	* Do the Starfish Superstar with your knees bent and your bottom knee on the floor. * <u>Standing</u>: Stand side-on to a wall. Place your closest hand at shoulder-height on the wall. Take a large step away from the wall until your arm is straight and your feet are further away from the wall than your shoulders. Lift your furthest arm and leg to make a 'star'.	Try the Starfish Superstar balancing on your hand (with your arm straight) instead of on your elbow	* Lower elbow directly under the shoulders * Abdominal muscles squeezed * Whole body kept in the same plane of movement * Normal breathing (avoid holding your breath)
Praying Mantis Plank	Put the palms of your hands together. Push them together strongly for as long as you can.	Do the Praying Mantis Plank... - On your knees (instead of toes) - With a ball under your tummy	Try lifting one foot slightly off the floor. Change legs each each 10 seconds.	* Body in a straight line (don't let your bottom drop down or lift up in the air) * Tummy muscles switched on * Shoulders down and neck relaxed
Swan Glide	Do the Swan Glide in an upright seated position, or leaning forwards from your waist.	Do the Swan Glide with... - Your feet hip-width apart on the floor - Your body more upright	In the swan position, hold your wings up for as long as you can	* Back straight * Tummy muscles switched on * Shoulders down and relaxed