



YAMBA JAMBA

6m 35s

Focus and centre yourself with this calming yoga routine.

This routine is inspired by a lifelong family friend who has been a pillar of strength amidst the roughest of seas.



Movement	Seated modifications	Other modifications	Progressions	Watch points
Eagle twist	Do the upper body part of the Eagle Twist only.	• Raise your left arm out in front of you. Use your right forearm to gently pull your left arm across your body and towards your chest. Hold for 5 deep breaths, then switch sides. • Do the Eagle Twist standing on two feet (instead of lifting one foot).	Try the Eagle Twist with your: - Eyes closed, to challenge your balance - Foot lifted higher off the floor and twisted around the opposite leg	• Standing tall (chest upright) • Shoulders down and neck relaxed • Focusing on something still (at eye height in front of you) • Breathing deeply



Movement	Seated modifications	Other modifications	Progressions	Watch points
Pterodactyl take-off	Sit with your arms out straight and lean over towards one side. If possible, slide the leg you're leaning towards out wide to the side.		While doing Pterodactyl Take-off... • Lift the heel of your bent leg off the floor. • Move your back arm down along your straight leg and reach your front arm up towards the ceiling. Arch your body over towards your straight leg, looking up towards your hand.	• The foot on your bent knee facing to the side and the foot on your straight leg facing forward. • The knee of your bent leg above your ankle • Shoulders down and back • Chest upright • Arms straight out to the sides
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. • 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
Dragonfly zoom	Lean forward with a straight back. Stretch your arms out wide like wings. Squeeze your shoulder blades down and back to hold your wings high for 5-10 deep breaths.	Do the Dragonfly Zoom with: - Your hands on the desk in front of you, or - Your hands pressing against a wall in front of you	While doing the Dragonfly Zoom: - Lift your leg and/or arms slightly higher, or - Put your arms out in front of you, instead of out to the sides	• Hips and shoulders parallel to the floor • Arms and legs straight • Actively stretching head and lifted foot away from each other



Movement	Seated modifications	Other modifications	Progressions	Watch points
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
Snail Curl	Curl your upper body forwards like a snail hiding in its shell	Do the Snail Curl with... - Your arms by your side - Your head resting on your fists or a firm pillow, or - A folded towel or blanket on top of your feet	Move your knees wider apart to feel a deeper stretch in your hips	• Head down and arms stretched forward • If your head can't reach the floor, rest your head on your fists instead