

Before you begin any exercise routine, you should talk to your doctor about any limitations or contraindications.

Please note that **all of these “yoga poses” can be modified** to be made easier or harder depending on your individual needs.

Please **don't ever give up on your body's ability to grow and change-** to get stronger, and more flexible.

You **CAN** feel good in your body.

The secret to yoga is to **put your attention on your breath** and to keep a regular rhythmic breath in and out through your nose (if possible).

Let's get started!

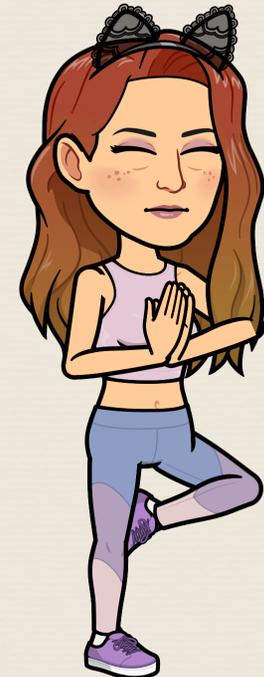


Please consider checking out the **videos** on my website, and practicing alongside me! Your support is **greatly appreciated** and I wish you all the best in your yoga journey
~ Kelly

Y4SP.com

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YOGA for Stiff People



A Daily Practice for people who want to feel happy and healthy in their bodies.

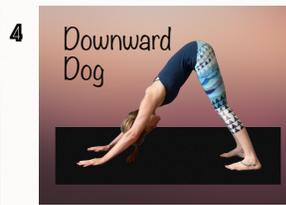
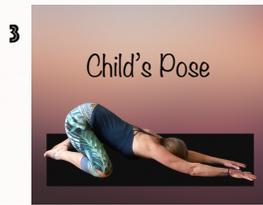
Yoga for STIFF PEOPLE is for you!



Follow the numbers, or pick poses that you want to work on. Be patient with yourself. Breathe In, Breathe Out!



Inhale as you reach your leg up (squeeze the butt muscle) Exhale as you bring your knee into.



In child's pose, take your knees wide and reach your arms forward. Breathe into your belly. For Down Dog, bend your knees if you can't keep your back straight. Hold each 6+ breaths.



Great core strengthener! Make sure in Plank you engage your abdominal muscles. Hold for 5-6 slow breaths or challenge yourself to hold longer!



On your hands and knees, Exhale the left arm under the right arm first. Breathe into the belly to feel the twist.



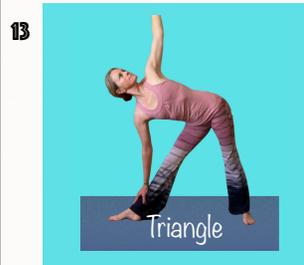
Extra Credit: You can do these three poses in succession over and over again. This is called "vinyasa" or flow. From Down Dog, inhale into Plank, lower to the ground on your exhale, inhale up into Upward Dog, exhale back into Down Dog, and repeat 3-10 x.



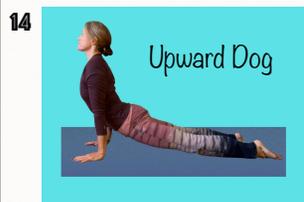
You might need to pad your back knee on this one. Lean forward into your front knee... even let it go past your ankle if you can.



It's important to keep your front knee in line with your hip and foot/ankle. Feel the hip stretch and the leg strengthening.



Your hand does not need to be on the ankle. Most people put their hand further up or on a block. Try to get your side body parallel to the ground.



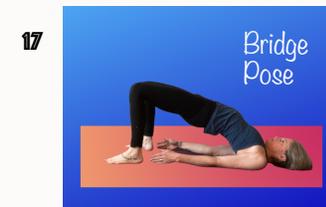
Just come up as high as you feel comfortable. Breathe up into your chest. Keep shoulders down away from ears. Hold only for 1-3 breaths.



Focus on sitting up straight and breathing down into your belly to feel the breath putting pressure on the twist.



Sit on your heels or in any other comfortable position. Fingers on the shoulders, make big circles with the elbows.



It's important to push down into your heels and squeeze your buttocks muscles. Breathe into your belly. Hold for 5-6 breaths.



Make sure your knee feels ok in this stretch. You should feel it in the outside of your hip. You do not have to bring your leg all the way in.