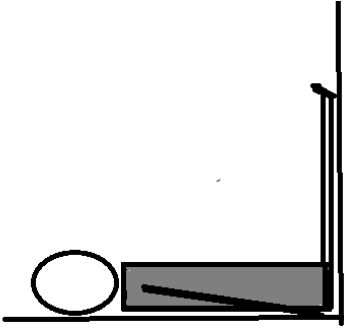


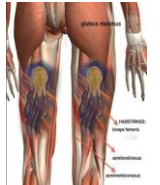
# Wall Yoga

The bottom doesn't have to be right up against the wall. Just straighten the legs to get a hamstring stretch. The angle doesn't matter.

The CRUCIAL thing is the breathing: gentle long inhalations and exhalations. That speaks directly to the muscles and tells them to let go and stretch.



1. Legs straight up the wall for **hamstring** stretch. You can also point and flex the feet and rotate the ankles. Mostly just let the legs relax into the stretch.



2. Then → Second position for **adductor** stretch – part the feet as wide as comfortable for an inner-thigh stretch. Pretend you're doing the splits!



3. To come out of the adductor stretch, take the hands behind the knees and draw knees towards chest – roll gently from side to side to massage the back. **Then twist:** Take the arms out to a 'T' and drop the knees/legs to the right. Put the right hand on the top knee. Look to the left. Settle the left shoulder down.



4. Repeat other side. Walk the feet up and over to the other side.

5. Then → Legs up the wall again, one ankle/heel on opposite thigh, not directly on the knee – **Pigeon Pose**. Feel the stretch in the glutes/hamstring/IT Band. Perhaps you stay there; perhaps the foot on the wall can slide down slightly so that the knee comes towards you. Just feel the stretch.. Keep spine/tailbone/back of the pelvis fully on floor.



6. Repeat other side.

7. Iron out the spine: Place the feet on the wall and push the wall away. The knees and the hips lift up. (This is a modified **shoulder stand**.) Roll down the spine vertebrae by vertebrae. To get into the lower back - which might be lowering in one solid block - lift the head and shoulders half-way down so that you 'iron out' the Lumbar Spine.

8. **Keep all of these postures as long as it takes to feel the benefit. Return to the one you like.**

**Focus on your long breathing.**

9. For feeling nauseas/shaky/dizzy/headache and migraine, just legs up the wall is enough. Relaxing and restorative, calms the nervous system and the mind.



**Roll side to side for a massage to finish.**