

Dance/Cheer/Yoga!

(For Dancers, Gymnasts & other Female athletes ages 8-16)

**For a Customized Evaluation & Yoga Conditioning Program Please contact:*

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Spine, Hips & Core Set

The yogis say that youth is measured by the flexibility of your spine. One of the most important ways to keep your whole body healthy & young is to keep your spine flexible. Low back pain & upper back tightness are some of the most common health complaints among teens & adults. The best way to avoid backaches is to stretch & strengthen your spine every day. There are no easy answers for curing back pain, however this exercise set is a good way to maintain strength and flexibility in your spine & reduce or eliminate tightness & pain.

Dancers, gymnasts and runners although flexible in many ways, usually have tight hip rotators (muscles on outside of hip) because they demand a lot from these muscles. Dancers, for example, need stable rotators when standing on one leg and lifting the other leg up in an 'arabesque'. Tight rotators can prevent the body-especially the lower back, hamstrings & spine-from allowing forward bending movement so its important to work on stretching these muscles. Hip flexors (across the front of the hip) are just as important. Sitting for long periods of time-such as at a school desk or at your ocomputer, will add to lower back pain and tightening of these muscles . If not stretched, those shortened hip flexors will affect the movement of the pelvis & lower back, which can cause headaches, and neck pain & will interfere with body posture & Health.

A strong center, (located around the stomach-also called our "core") is important for a healthy back. The core is more than just the abdominal (stomach) muscles. They are involved in everything we do. These muscles help hold up the whole body, from our feet up to our heads, & help move most of the other muscles of the body. The core muscles cooperate with the back and spine muscles to stabilize our posture-and keep it strong- when we walk, sit or stand. Abdominal muscles help every time we take a breath. Also in our center-in our core- is lots of energy stored & just waiting to be found and used! It is also in this spot that we find our *intuition*-our "gut" feelings-and we also hold our most personal fears, those very things that stop us from knowing our truth, following our dreams & reaching our full potential.

This set is designed to help stretch and strengthen the spine, hips & core. It will help you breathe better, have better posture, dance and move more easily, prevent injuries to your back and feel more confident!

Remember to breathe during each movement! When we hold our breath we hold on to all those things we don't need: tension, stress, drama, fear. So breathe! We can always use our breath to release our muscle tightness & our fears in our minds, whether dancing, doing gymnastics, playing sports or taking a test in school. Just do your best & rest & drink some water when you are finished.

Please contact me with any questions!

Namaste!

Miss Barb

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**Remember to focus on your body & move slowly and 'on purpose'. Breathe into each movement.*

Pranayama (Tune In with Breath): Deep Breathing lying in Starfish Pose (3-5 minutes)

Asana (Movement): 15 minute flow-One movement flows into the next.

knees to chest
spinal twist (L)
knees to chest
spinal twist (R)
knees to chest
feet to ceiling with ankle rotations (10 each direction)
bridge
knee to chest with knee rotations (5 each direction)
yoga sit up
boat balance
seated forward bend
Forward bend-(R leg in a '4')
cobbler's pose (butterfly)
Forward bend-(L leg in a '4')
cobbler's pose
spinal twist (L) (seated)
cobbler's pose
spinal twist (R) (seated)
forward bend (seated)
pigeon pose (L)
cobbler's pose'
pigeon pose (R)
cobbler's pose
cat/cow stretch
child's pose (extended arms)
down dog
forward bend (standing)
forward bend-twist to (L) side (hands grab outside of L ankle)
forward bend-twist to (R) side (hands grab outside of R ankle)
forward bend (front)
chair pose
mountain pose
triangle pose (L)
warrior pose (L)
triangle pose (R)
warrior pose (R)
mountain pose
chair pose
forward bend
downward dog
cat/cow stretch
child's pose
hero's pose (clapsed hands out in front-thumbs up- with slow deep breathing-1 minute)

Restorative/Relaxation: Feet up the wall pose with deep breathing & imagery. (5-10 min.)



