

## SPENDING MORE TIME ON THE COUCH?

As we all spend more time at home over the coming week,s, we are likely to be spending extra time on our trusty couch. Whilst this is very comfortable, it does encourage us to stay in one position for longer periods of time, and particularly a slumped position. To combat this, I have put together a short routine of yoga and pilates based exercises. They are aimed for beginners so are safe for anyone without any injuries or health conditions. If you feel any pain with any of the exercises, we recommend you cease that exercise and consider obtaining more guidance before you continue.



### BRIDGING

Breathe in to prepare  
Breathe out to lift the bottom, rolling up through the spine until your shoulders, hips and knees form a diagonal line  
Breathe in at the top  
Breathe out to lower down  
Repeat 6-8 times



### WINDSHIELD WIPERS

Rest hands to the side, palms facing down, bend knees, feet flat on the floor  
Drop the knees to one side, allowing the hips to lift, but keeping the shoulders on the ground, return to the centre and repeat to the other side  
10 each side



### MINI COBRA

Lying on your tummy, hands flat either side of your shoulders  
Breathe in to press through hands and lift upper body slightly  
Keep lower back relaxed  
Breathe in to lower down  
Repeat 4-6 times



### CHILDS POSE

Rest bottom gently back towards heels  
Stretch arms forward along the floor  
Hold for 6 relaxed breaths  
Feel the air moving into the back of your lungs



### WARRIOR 1

Step forward into a lunge, keeping the feet hip distance apart and the back knee straight with heel on the floor  
Reach the arms up to the ceiling  
Hold for 4 relaxed breaths  
Transition to warrior 2



### WARRIOR 2

Step your feet further apart, this time, make sure your heels are in a line, feeling more of a stretch in the legs  
Stretch the arms out to the side, hands at shoulder height, palms facing down  
Hold for 4 relaxed breaths  
Swap to warrior 1 on other leg

## INTERESTED IN MORE ADVICE?

If you are interested in 1:1 yoga sessions, please contact [andrea@complete-physio.co.uk](mailto:andrea@complete-physio.co.uk)

If you are interested in 1:1 pilates sessions, please contact [annabel@complete-physio.co.uk](mailto:annabel@complete-physio.co.uk)

If you are interested in group pilates classes, please contact [info@complete-pilates.co.uk](mailto:info@complete-pilates.co.uk)

If you had any pain or concerns during these exercises, we would recommend an online physiotherapy consultation. Please contact [info@complete-physio.co.uk](mailto:info@complete-physio.co.uk) to recommend the most appropriate therapist to assess your concerns.