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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



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



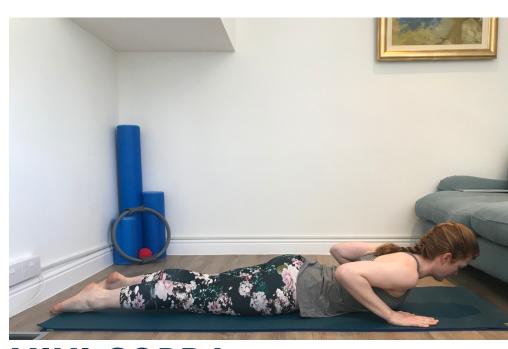
WINDSHIELD WIPERS

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



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



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



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

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

If you are interested in group pilates classes, please contact 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 to recommend the most appropriate therapist to assess your concerns.