

## WOMEN'S WELLNESS

"As modern women, we face the increasing stress of work and family responsibilities, while living in a society of quick everything, we run faster, work harder, make more decisions, and have a never ending "to do list". What remains deep inside is a need for quiet, solace, comfort. We long for 'freedom' not from our lives, but to live within our lives." The Woman's book of Yoga and Health"

Increasing research in the fields of health and well being indicates that the stress-reducing effects of yoga practice, breathing techniques and meditations are significant and powerful. Women have shared how symptoms have decreased, energy increased, aches and pains subsided, blood pressure and cholesterol have been reduced, sleep has improved, hormones have become balanced and the list goes on. Simply becoming more flexible in your body, improves posture compensates for long hours sitting, at computers, driving and just too much stress in your body.

### Best poses for women's bodies

#### 1. Child's-- opens hips, soothes low back tension

Your breathing technique throughout all the following poses provides a very important ingredient. Breath in through the nose and breath out through the nose. Concentrating on your breathing, builds your strength and concentration. DO NOT hold your breath.

The BEST place to learn good breathing techniques is in a class or with a private or semi-private session.



#### 2. Down Dog--Builds upper body strength & heart circulation

At first keep knees bent and heels lifted off the floor. Slowly start to straighten your knees--but don't lock them. Gently begin to move your chest back toward your thighs until your ears are even with your upper arms; don't let your head dangle. Keep your hips lifting and push strongly into your hands. Lengthen your spine, spread your fingers apart, and breathe for 10 deep breaths.



### 3. Warrior II--Strengthens hips, inner thighs, chest, quads, abs & shoulders & reduces stress

When this pose is done on the beach it adds to the stress reducing capabilities.... :)

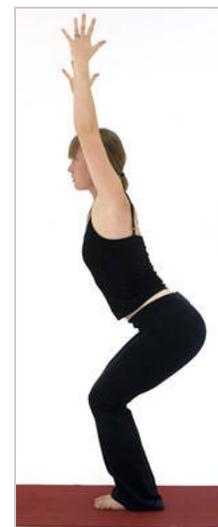


### 4. Plank--Improves all major muscle groups, core, arms, legs, using your own body weight, good for bone density breathing capacity, strengthens abs & pelvic floor.



Be careful to keep your abs and back strong.  
Do NOT sink or arch you back. Keep you joints stacked  
Shoulders over elbows, elbows over hands, fingers spread.

### 5. Chair--Insurance for body strength, knees flexibility and strength, builds better posture



## 6. Tree--Centers your minds, helps clarity, gives a sense of balance and empowerment

Yoga begins with stability and balance, and no yoga poses teach them better than the one-legged balancing Tree. Patience, please: Trees take hundreds of years to become strong, rooted, and stable, so it will take you some time to get grounded, too.



## 7. Garland/Squat--regulates internal systems, digestive and female organs

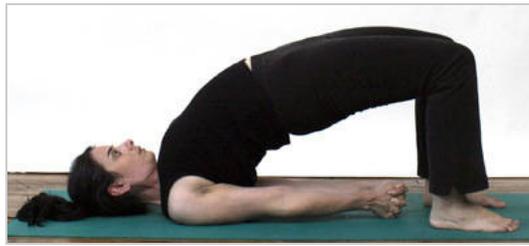


## 8. Boat--Core strength without the neck stress of crunches, helps belly and waistline



Start your practice holding this pose for only 10 seconds and build up to a minute. You can also lower your legs and lower your back and then bring them back up into this position. This is a more advanced step and takes some strength, so work up to each level as your body indicates.

9. Bridge--Opens chest, improves circulation, soothes tired legs



10. Twist--aids digestion, blood flow in belly, aligns spine.



or



And just some additional photos in case you want to play



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