

Home practice during lockdown for email subscribers to Genius Wellbeing Yoga & Pilates



1. Dog Pose

Bend elbows and rest forearms on the couch



2. Hand

Cross forearms and rest them on the couch, rest head on arms or let it hang lower. Soft neck.



3. Mountain with Backbend

Reach for the sky and bend gently back



4. Palm Tree



5. Puppy

Let head hang lower. Bring elbows towards each other behind your head



6. Tortoise

Knees wide and shoulders nestle between knees. Keep breath flowing



7. Seated Twist

Spine tall, shoulders descending.



8. Seated backbend

Lean back over the couch, base of your shoulderblades touch the couch (works well in a stable office chair)



9. Pecs stretch

We did this sitting on a cushion in front of the couch. Can be done anytime during couch-time.



10. Wide forward Bend

Keep feet active, flexed, and let lower back lift and lengthen.



11. Big Toe Pose Variation

The bent leg can rest on the couch.



12. Relaxation

Put the timer on for 6-8 mins. Whole body grounded and resting.