

## Airplane yoga: Whole body

1		SEATED POSITION. 4 breaths	Sit still, eyes closed. Notice how you feel. Deepen your breath.
2		CAT-COW. Repeat 4x.	Place your hands on your knees. IN: Lift your chest forward and up, pulling slightly with your hands, lift your chin. EX: Round the back, tuck the chin in and pull your upper body away from your knees.
3		CHAIR PUSH. Stay for 4 breaths.	Place your hands on the chair in front of you and apply gentle pressure.
4		SHOULDER CIRCLES. Repeat 4x.	Sit up tall. Breathe deep and circle your shoulders up and back
5		ONE SHOULDER FORWARD. Repeat 3x on each side, alternating sides.	Bend slightly forward. EX: Move your right shoulder forward while still looking forward. IN: Return to the starting position.
6		SIMPLE BACKBEND. Repeat 3x, stay for 3 breaths.	Place your hands on the seat of the chair behind you. IN: Lift your chest forward and up, lifting your chin a bit. EX: Return to the starting position.
7		ARM LIFT. Repeat 4x.	Bend your elbows in front of you, keep your hands and elbows together. IN: Lift your arms slightly up. EX: Lower them down. Keep the back of the neck long.
8		CHAIR POSE WITH HEEL RAISES. Repeat 3x.	Sit up tall. Hold on to the chair in front of you or keep your hands on your knees. EX: Lift slightly off the chair. IN: Lift your heels up. EX: Put your heels down. IN: Sit back down.
9		ANKLES STRETCH. Repeat 3x	Extend your legs forward and lean slightly forward. IN: Point your toes. EX: Pull your toes toward your nose.
10		CHAIR LEAN. Rest for 6 breaths.	Fold your forearms on top of each other and rest them on the seat in front of you. Place your forehead over your arms and relax your neck. Close your eyes and breathe deep.
11		SEATED POSITION. 8 breaths	Breathe deeply. Feel the foundation of your pelvis. Sense your ribcage and align it over your pelvis. Then align your head over your ribcage. Continue to breathe deeply, notice the slight movement of your spine with every breath.

