

The August Five

Lion Drinking:

- From hands and knees, spine in neutral.
- Inhale as you slowly bend your elbows to lower your nose towards the ground. Exhale to press back up (this is a smaller move than a push up, keep your back flat).
- Shoulder and hip stabilization, upper body strength.

Thread the Needle:

- From hands and knees.
- Inhale as you extend right arm out to the side. Exhale and reach under your left arm twisting and stretching your upper back. Switch sides.
- Spinal twist, upper back stretch, hip stabilization.

Bridge:

- Lying on your back.
- Exhale as you press into your heels and curl your pelvis up towards the ceiling. Inhale here then exhale to slowly lower back down.
- Spine articulation, back strength.

Scissors:

- On your back.
- Round head and shoulders off the mat and hold on behind your right leg, extend left leg out away from you. Legs can be bent or straight.
- Inhale as you bring your left leg towards you, scissoring your legs. Exhale switch sides.
- Active hamstring stretch, hip and shoulder stabilization.

Yoga Dancer:

- Stand on your left foot and extend your left arm to the ceiling. Square your hips and shoulders to the front of the room.
- Grab the inside of your right foot with your hand or a strap. Pull your foot straight back behind you allowing your hip and quad to stretch.
- Hold for one minute then switch sides.
- Hip and quad stretch, balance.