

# YOGA MADE EASY

**Gemma Naylor** demonstrates some beginner-friendly poses for any level of flexibility to relieve stress and enhance recovery

"Connect your mind to your body by taking five deep breaths in each posture," instructs Naylor. "Allow yourself to relax on each exhale and notice how this improves your flexibility, all while you're building endurance and strength by remaining in the posture. Working deeply with the breath aims to stimulate your parasympathetic nervous system, which can help to decrease your stress levels and aid your recovery."



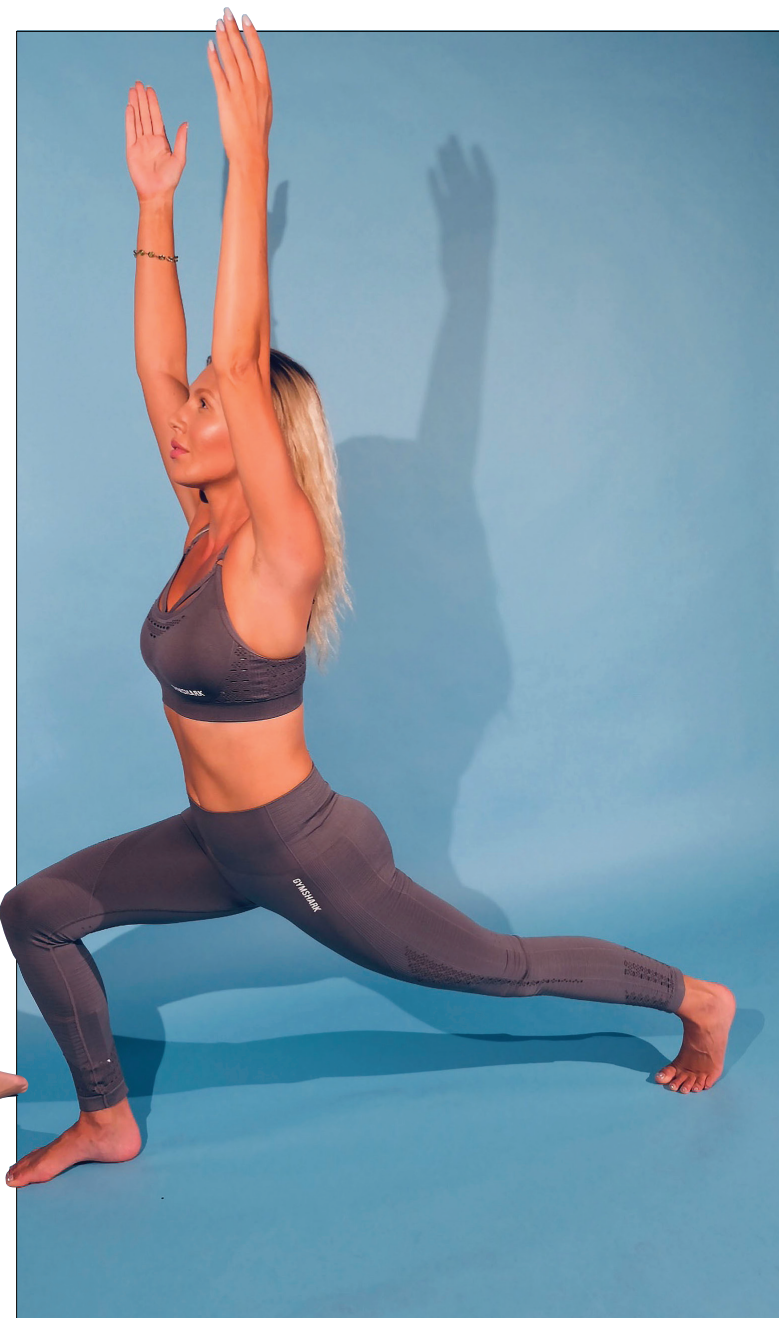
## 1. COBRA

### HOW TO:

- Keep your hands in line with your shoulders.
- Lift your chin 45° while keeping your neck lengthened.
- Relax your shoulders down your back.
- Engage your legs and glutes.

### BENEFITS:

- Strengthens the shoulders and arms.
- Strengthens the spine.
- Improves flexibility and decreases stiffness in the lower back.
- Opens up the chest.
- Stretches the abdominal muscles.



## 2. HIGH LUNGE

### HOW TO:

- Aim to bend your front leg to a 90° angle.
- Lengthen your back leg and engage the knee.
- Keep both hips facing forwards.
- Engage your abdominals.
- Relax your shoulders.

### BENEFITS:

- Improves mobility in the hips.
- Strengthens the legs and arms.
- Improves focus, balance and stability.
- Stretches the muscles within the groin.



## 3. WARRIOR II

### HOW TO:

- Bend the knee of your front leg to 90°.
- Turn your back foot out 45°.
- Keep your arms straight, in line with your shoulders.
- Engage your abdominal muscles.
- Relax your shoulders.

### BENEFITS:

- Builds endurance in the outer hips.
- Strengthens the glutes.
- Encourages outwards rotation in the shoulders.
- Relieves back ache.

## 4. CHATURANGA DANDASANA

### HOW TO:

- Bring your bodyweight forwards over your wrists as you lower from high plank.
- Keep your arms close to your body.
- Keep your shoulders, hips, knees and ankles in alignment.
- Keep your gaze an inch or two in front of you.

### BENEFITS:

- Builds full-body strength and endurance.
- Improves posture.
- Increases full-body awareness.
- Opens the hips.



Photography thestudiowizard.com



## 5. BOAT

### HOW TO:

- Engage your abdominal muscles.
- Lengthen your spine as much as possible.
- Open your chest and relax your shoulders.
- If straightening the legs is too challenging, build up to it by practising with your legs bent at the knees.

### BENEFITS:

- Strengthens the abdominal muscles.
- Strengthens the spine and hip flexors.
- Improves posture.
- Improves focus and stability.
- Stretches the hamstrings.

**FOLLOW GEMMA NAYLOR ON INSTAGRAM @IAMSTRESSBUSTER AND CHECK OUT HER WEBSITE: STRESSBUSTER.LONDON**