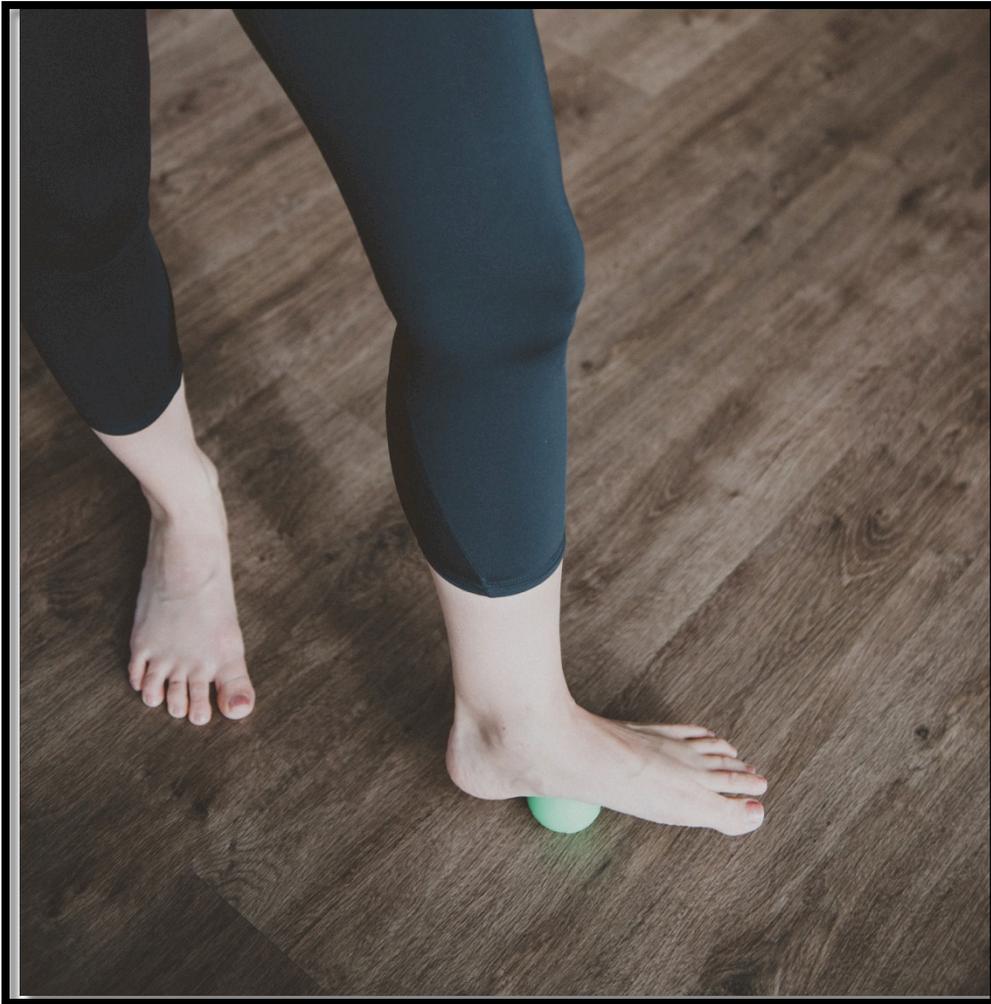




YOGA FOR MOBILITY & STABILITY W/LAUREN ROEGELE

Saturday March 3rd 2018
Special Olympics British Columbia



Release the feet

Rolling the bottom of the foot helps to stimulate the plantar fascia & loosens the backline of body.

- Start with pin & hold (30 secs)
- Then roll ball side to side in a shearing motion
- Then roll up and down



TRAIN YOUR FOUNDATION - FEET

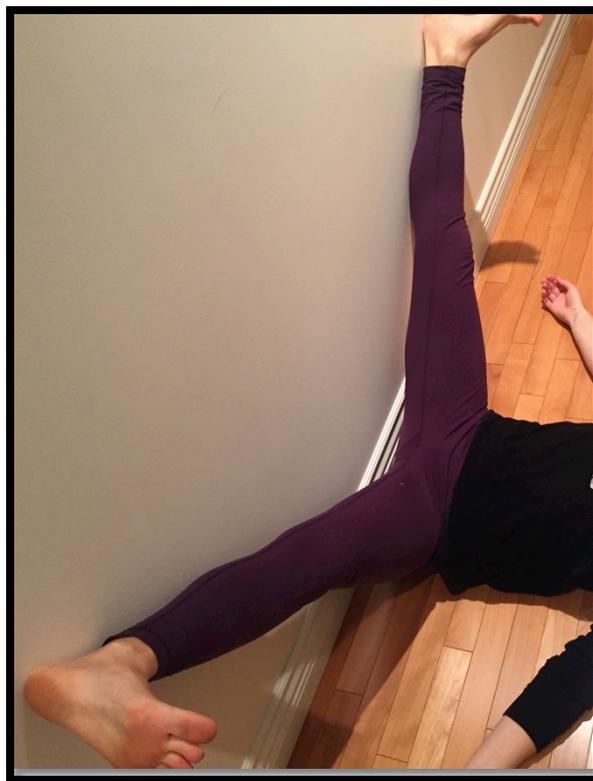
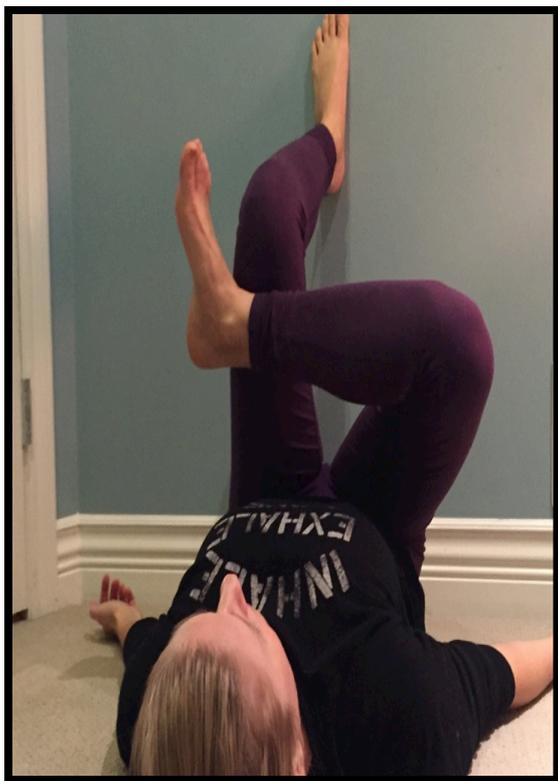
Awakening your sensory receptors, strengthening your ankles, releasing tight calves, and creating more hip stability all starts in your feet. Using these balancing & release techniques is vital in creating a healthy body.



Utilizing the wall

- The wall is a useful & easy prop that can assist you to find depth in your stretches.
- Often makes challenging stretches more accessible, helping you target specific areas of the body.
- Great for recovery

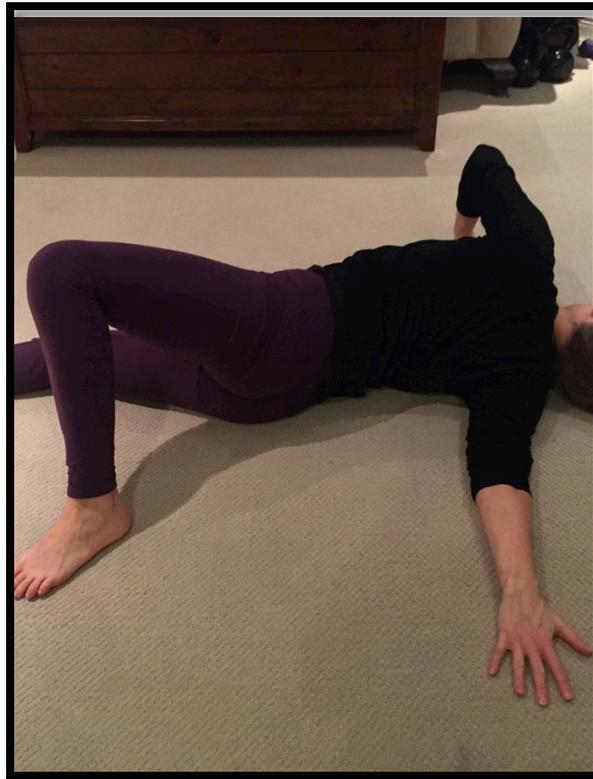
Picture - Legs up the wall - stretches hamstrings & helps body recover/rest.



Picture #1 - Figure 4 at wall - glutes & outer hip rotators

Picture #2 - Straddle at wall - groin & adductors

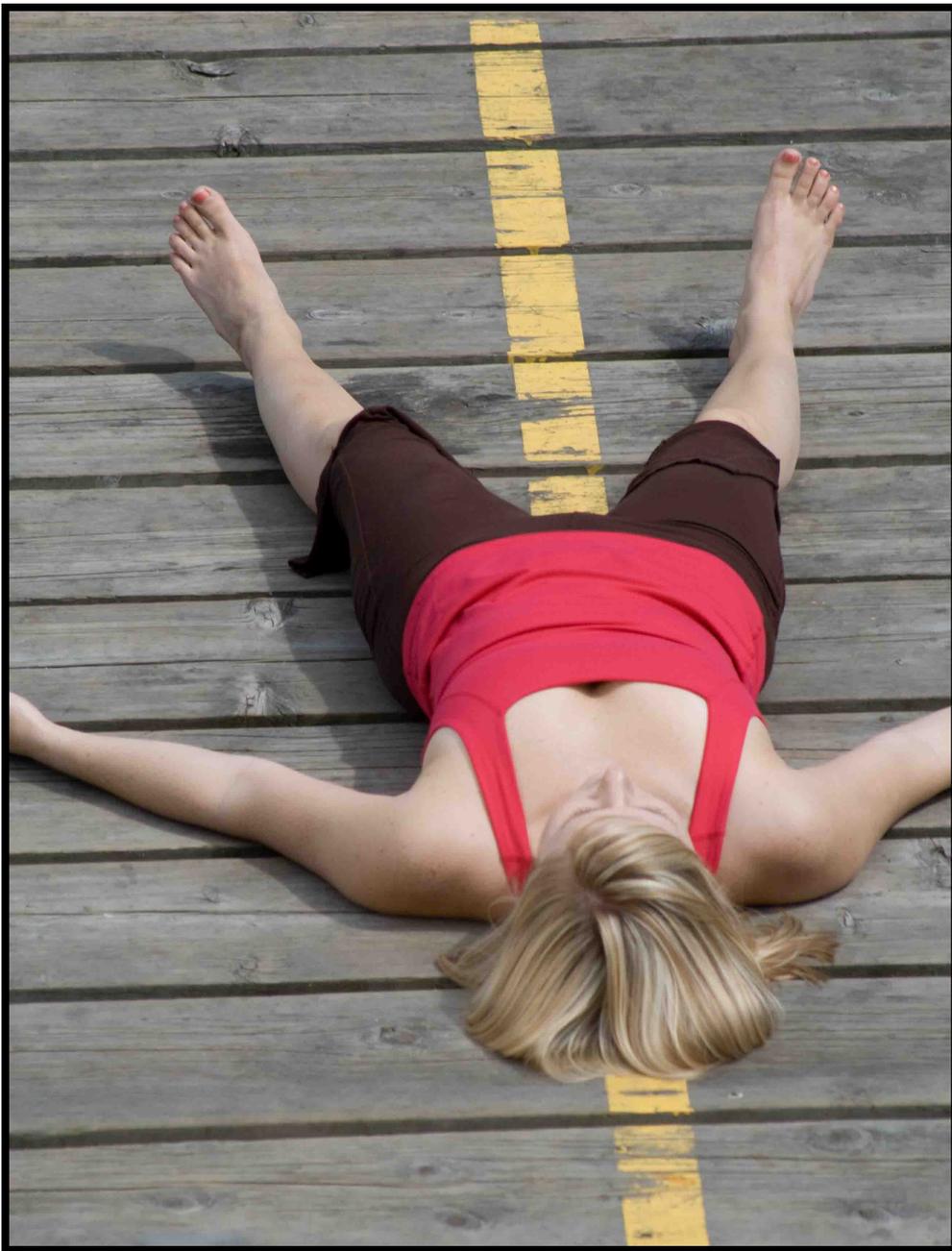
Picture #3 - Twist at wall - spine, pelvis & front organs



Picture #1 - Bridge pose - strengthens back body, releases front body

Picture #2 - Inner deltoid/Pec stretch (can do at wall)

Picture #3 - Locust posture - strengthens back body, release front body



Relaxation

- Taking time to relax at the end of any movement routine is vital for the body to assimilate the movements & restore the nervous system back to a balanced state.
- Important to be comfortable & warm. Covering the eyes is often useful in the relaxation process as well.
- Starting with conscious breath work is a nice way to help the body/individual relax.

Picture – Final resting pose, often called Shavasana