

DIGITAL DETOX

Yoga Session



Yoga is an excellent form of body movement that strengthens the relationship between your mental and physical states of being. Although basic yoga may not burn through energy like a workout would, there are some serious neural benefits which directly impact your physical wellbeing. Age, weight, fitness status and experience do not matter here; it is for everyone to benefit from.



TIME
10 mins minimum



EQUIPMENT
Carpet, rug, towel, cushion - anything to aid comfort

Perform each pose for 5 nice deep breaths - roughly 30 seconds. If it feels good - hold as long as you like! Go through the sequence as many times as you like!

CHILDS POSE

Focus on relaxing your upper, middle and lower spine whilst mindfully breathing

GOOD FOR:

- Stretching neck, spine and hips

MODIFICATIONS:

- Cushion under head or towel under ankles



Avoid if pregnant or current knee/ankle injuries

COBRA POSE

Focus on breathing deeply, lowering your shoulders and drawing your belly upwards

GOOD FOR:

- Back strength, flexibility & neural engagement

MODIFICATIONS:

- Bend your elbows for a more shallow lift
- Only rise as high as comfortable to start



Avoid with spinal arthritis, back injury or carpal tunnel syndrome

DOWNWARD DOG

Avoid if pregnant, have BP issues or shoulder/wrist instability

Keep your hips up and back. Evenly distribute weight through palms

GOOD FOR:

- Stretching hamstrings, calves and feet arches
- Relieving back pain

MODIFICATIONS:

- Elbows on ground or palms on higher surface than floor



BRIDGE POSE

Focus on keeping your chest high with sternum facing your neck

GOOD FOR:

- Opening chest, back and neck
- Strengthening hamstring stability

MODIFICATIONS:

- Cushion under pelvis and cushion between your legs (squeeze for alignment)

Avoid with neck injury



HAPPY BABY

Focus on keeping a neutral spine whilst bringing your knees to your chest, relaxing your hips

GOOD FOR:

- Stretching hamstrings, groin, inner and rear thighs
- Hip flexibility and balance

MODIFICATIONS:

- Use an exercise band as an extension of your arms to reach feet



Avoid if pregnant or if you have knee instability

CORPSE POSE

End with this pose - Relax, be still and sink into physical and mental peace

GOOD FOR:

- Being present and meditative - winding down
- Body awareness and breathing

MODIFICATIONS:

- Rolled towel under neck, lower back or knees if comfortable



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Mindfulness and Breath Session



Did you know that we breathe around 23 thousand times per day? 80% of our breathe is meant to take place in the diaphragm, but we tend to breathe too shallowly through day to day tasks. If we practice taking deep and steady breaths it can help to have: better sleep, improved focus, less brain fog, more stamina, and reduced anxiety.

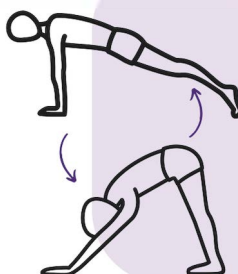
Perform each of the in sequence for one minute each

MASSAGE



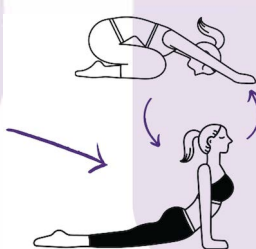
Sit in a relaxed pose and squeeze the shoulder muscle and shrug your shoulder, release the pressure as you relax your shoulder. Then apply firm pressure and move your fingers closer to your neck in a circular motion.

DOWNWARD DOG FLOW



Start in a plank / table top pose, and stay here for 5 breaths. Lift the hips and ground the heels, and form an inverted V-shape. Roll the shoulders away from the ears and look towards the navel, stay in this pose for 5 breaths. Return to plank and repeat x 5

CHILD POSE INTO COBRA



Lie face down, and push through your elbows and raise your torso. Ensure your hips touch with the floor, then lower back to the start. Push your body into the child's pose by bending your knees and sitting on your heels, with your arms stretched out in front. Return to the start and repeat x 5.

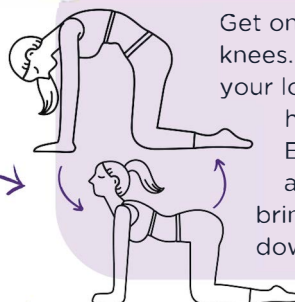
4-7-8 BREATHING



Adopt a comfortable sitting position

- empty the lungs of air
- breathe in quietly through the nose for 4 seconds
- hold for a count of 7 seconds
- exhale through the mouth, pursing the lips, for 8 seconds
- repeat the cycle up to 4 times

CAT COW STRETCH



Get on the floor on your hands and knees. Inhale deeply while curving your lower back and bringing your head up, tilting your pelvis up. Exhale deeply and bring your abdomen in, arching your spine bringing your head and pelvis down. Repeat x5.

SLEEP CADENCE BREATHING



Cadence breathing is calming because it's repetitive and gives your brain something to focus on

- breathe in for 5 seconds
- breathe out for 5 seconds
- ensure your breaths are deep but quiet (shouldn't be able to hear it).

MEDITATION



Lie on your back or side (whatever is the most relaxing or comfortable). Spend 3 mintues taking log slow deep breaths. While breathing, think about 3 gratitude points.

What are you grateful for?