

Yoga Poses Flexibility Guide

This guide provides a sequence of yoga poses specifically designed to promote flexibility. It explains each pose and gives instructions on how to perform them safely to improve flexibility over time.

Step 1: **Pose Selection**

Select yoga poses known for enhancing flexibility such as Forward Bend, Cat-Cow Stretch, Butterfly Pose, and Seated Straddle Stretch. Ensure to include a mix of poses targeting different areas of the body.

Step 2: **Warm-Up**

Begin with a 5-10 minute warm-up to prepare your body for deeper stretches. This can include gentle movements like arm swings, leg lifts, and torso twists.

Step 3: **Alignment Focus**

As you move into each pose, pay close attention to your alignment. Make sure your body is positioned correctly to avoid injury and receive the full benefits of the stretches.

Step 4: **Breathing Technique**

Use deep, slow breaths to help relax muscles and deeper into each pose. Inhale to prepare, and exhale as you move further into the stretch.

Step 5: **Hold Poses**

Hold each pose for at least 15-30 seconds to allow the muscles to stretch properly. With time and practice, you may increase the duration for better results.

Step 6: **Transition Smoothly**

Move smoothly and slowly from one pose to the next to maintain a flow and keep the body engaged.

Step 7: **Cool Down**

After completing the series of poses, finish with a cool-down session to bring your heart rate back down and relax your muscles, such as a seated meditation or lying in Savasana.

Step 8: **Consistency**

Repeat this yoga routine regularly, aiming for at least three times a week, to notice improvements in flexibility.

General Notes

Safety

Always consult a healthcare provider before starting any new exercise regimen, especially if you have any pre-existing health conditions or concerns.

Modifications

Use props like yoga blocks, straps, or bolsters to modify poses as needed for your comfort and flexibility levels.

Mindfulness

Focus on being present during your practice and be mindful of your body's limits; never force a pose.

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