

# 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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