

Living Yoga with Stella

Yoga and Relaxation and 1-2-1s in Southampton, Eastleigh & district

The Tiger

BENEFITS: Exercises the whole length of your spine - flexes and extends; strengthens the lower back, abdominals (trans abs & obliques) and gluteal (buttock) muscles, so it's great if you sit for long periods of time; can help you develop a sense of inner strength, willpower and determination. Nurture the ability to become both strong and flexible in facing life's challenges!



1. Adopt a Cat stance i.e. on all fours with your knees underneath your hips, knees hip-width apart, and your hands are directly beneath your shoulders.
2. Breathe out and engage your core by gently pulling in your lower tummy muscles, then bring your left knee towards your forehead, arch your upper back and drop your head slightly.
3. Breathing out, stretch the left leg back out behind, lengthen through your spine and look forward - feel an extension through your entire body from the top of your head, along your neck, spine and your leg, to the tip of your toes
 - a. NOTE: keep your hips level as you raise your leg - engage the buttock muscles of the raised leg.
 - b. Focus on elongating the spine and leg.
 - c. CHECK YOUR WEIGHT DISTRIBUTION: you might tilt over to place more weight on one hand than the other - try to keep the weight equal through both arms and hands.

4. Alternate between these two positions following rhythm of your breathing - breathe in as you bring the knee through to your nose, breathe out as you extend the leg behind you.
5. Return to Cat position then repeat to the other side.
6. To finish, lower your hips back down onto your heels and your forehead to the floor to rest in Child's Pose.

CAUTIONS:

- AVOID if you have hiatus hernia or serious wrist / knee joint problems
- AVOID bringing your knee through to your nose if you have sciatica

The information in this guide is not intended to be taken as a replacement for medical advice. The exercises are safe provided the instructions are followed carefully. However the author does not accept any responsibility in connection with the use of the information in individual cases. Any practice of yoga or any other suggestions contained in this guide are done at the reader's sole discretion and risk. If you have any doubts about the suitability of the exercises please consult a doctor.