# FOREST YOGA WITH SIRKU

#### Relax and recover in 30 min



#### VITAL SCHOOLS





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#### WHAT IS FOREST YOGA? DID YOU KNOW...

- Main characters
  - Softness
  - Calmness
  - Physically easy & relaxing practice
- Less strict in alignments
- Helps to reconnect with nature
- Uneven ground challenges the balance in a new way

#### Merely being in nature:

- Lowers the heart rate
- Lowers the blood pressure
- Decreases muscle tensions
- Calms the mind
- Increases stress-recovery





#### BEFORE YOU START

- As a warm-up:
  - You can have a small walk in the forest
  - You can make five sun salutations (if familiar with them) and get in touch with the ground
- Find
  - a tree to lean on
  - a trunk/stump to sit on

#### DURING THE SESSION

- Make sure you feel comfortable in all the postures
  - Do not push too far
  - Search for a stretch in your body & avoid pain
- Listen to the needs of your body
  - vary the time being in the posture according to how you feel
  - Note: this may vary from day to day



### BELLY AND CHEST BREATHING





Sit on a trunk in a comfortable position and place right hand on your belly and left hand on your chest.

#### **BELLY:**

- On inhale: feel your belly expanding
- On exhale: belly shrinking
- Chest doesn't move
- Repeat for five breaths

#### **CHEST:**

- On inhale: feel your chest expanding
- On exhale: chest shrinking
- Belly doesn't move
- Repeat for five breaths



# STANDING SIDE BEND







#### 1. Move from side to side:

- On exhale bend to the side
- On inhale come up
- Repeat with continuous movement: 5 times to the right, then 5 times to the left

#### 2. Stay in the pose for 5 breaths:

- Touch the tree with both hands
- Look up, open the chest slightly towards the sky
- Step closer to the tree to make it easier if needed

# WIDE-LEGGED BEND WITH A TWIST





- Aim to have a straight line with your arms: from the ground towards the sky
- Gaze up (if pain in the neck, gaze down)
- Stay for 5 breaths each side

 If more comfortable, you may bend your knees to reach the ground

## WARRIOR II





- Keep the weight in the middle
- Keep the neck relaxed
- Gaze forwards
- Hold for 5 breaths, then repeat to the other side



## REVERSE WARRIUR





- Place the back arm on the outer thigh and extend the other arm towards the sky
- Bring shoulder blades together and push chest up
- Gaze up into the sky (if pain in the neck, gaze into the back foot)
- Hold for 5 breaths, then repeat to the other side



# REVERSE TREE 1116





- Aim to bring shoulder blades together
- Open the chest
- Feel the inhales and exhales moving freely as the chest is opening
- Hold for 5-10 breaths
- NOTE: in case of not finding a proper tree, interlace the fingers behind the back and the open chest



### BACK BEND WITH A TREE





- Aim to lift the chest up
- Hands remain above the head or at the head level (not lower)
- Hold for 5 breaths



### MOUNTAIN





- Contract your leg muscles
- Push the tailbone forward
- Engage the core
- Lengthen the spine
- Bring shoulder blades together
- Rotate upper arms outwards
- Let forearms hang freely
- Hold for 10 breaths



## IRANGLE





- Front foot pointed forward, back foot slightly inwards
- Hips remain open to the side
- Gaze up (if feeling pain in the neck, gaze down)
- Hold for 5 breaths, then repeat to the other side



# STANDING RUTATION





- Take an arm-distance from the tree
- Stand your back against the tree
- Pull the knee inwards, aiming for rotation
- Hold for 5 breaths



# FUREST BALANCE





- Stand close to a tree in case need help with the balance
- Contract the muscles of the core and the standing leg
- Hold for 5 breaths

 If looking for more challenge: straighten the leg



# STANDING FURWARD BEND





- Grab from your elbows or forearms
- Let your upper body hang freely towards the ground
- Relax and let the gravity pull you towards the ground
- Make yourself comfortable; flex your knees if needed
- Hold for 10 breaths







#### Either

- place toes on the ground **OR**
- sole of the foot on the inner thigh **OR**
- foot on the groin
- Contract the standing leg
- Push the tailbone forward
- Lengthen the spine
- Point outwards with the flexed knee
- Hold for 10 breaths
- Repeat to the other side

## FRUG





- Hold ankles flexed, toes pointing outwards
- Stretch the inner thighs
- Do not go so deep in the stretch to make the posture easier (Leave your inner thighs higher from the ground)
- Hold for 5 breaths



# EAGLE ARMS













#### **ARMS:**

- Place your left elbow <u>above the right</u> <u>elbow joint</u>
- Bend the arms
- With the right hand, grab from your left thumb (or wrist)

#### **MOVEMENT:**

- ON INHALE: Bring your arms up, back is straight
- ON EXHALE: Curve the back down, press arms against the chest
- Perform 5 times

Repeat to the other side



# FORWARD BEND WITH MUTION





- Place your left ankle above the right knee
- ON EXHALE: Bend forward
- ON INHALE: Come up with a curved back
- Perform 5 times

Repeat to the other side

# EASY PUSE



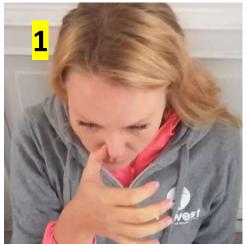


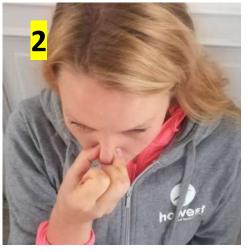
- Sit with legs crossed and a straight back
- Palms downwards
- Listen to your breathing
- Hold for 10 breaths



#### EXTRA: ALTERNATE MUSTRIL BREATH











SIT IN EASY POSE and USE YOUR RIGHT HAND TO:

- 1: Close the right nostril with your right thumb and inhale through the left nostril on a count to 5
- 2: Close both nostrils (with your thumb and little+ring finger) and count to 5
- <u>3</u>: Release the right nostril (thumb up) and exhale on a count to 5 and inhale on a count to 5
- 4: Close both nostrils (with your thumb and little+ring finger) and count to 5
- 1: Release the left nostril (little and ring fingers up) and exhale on a count to 5
- → This completes one round (continue from pic 1 by keeping the right nostril blocked with the thumb and inhale...)
- Perform for 3-5 minutes

NOTE: Over time the counts can gradually be built up (e.g. inhale on 8, hold for 16, exhale on 8), however, start cautiously to avoid unpleasant body sensations.