

FOREST YOGA

WITH SIRKKU

Relax and recover in 30 min



VITAL SCHOOLS



howest
SPORT & BEWEGEN



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LERARENOPLEIDING
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WHAT IS FOREST YOGA?

- 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

DID YOU KNOW...

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 WARRIOR



- 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 HUG



- 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



TRIANGLE



- 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 ROTATION



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



FOREST 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 FORWARD 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



TREE



- **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



FROG



- 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 above the right elbow joint
- 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 MOTION



- 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 POSE



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



EXTRA: ALTERNATE NOSTRIL 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

3: 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.

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2

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