

WISDOMROOTS YOGA WINTER 2011

WEEK 1 JANUARY 17TH

- 6 motions of the spine
- Opening Gate

6 Motions of the spine:

Back and forth

Side to side

Twist (both ways)

All work to lengthen the spine and create space in the body.

Opening Gate: opening the hips

- wide legged child pose
- frog kicks (also strengthen the back, glutes, piriformis)
- egg beater knees
- Crocodiles
- Wide legs up the wall

