

# Yoga for a Gym Cool Down



**T**his sequence helps stretch and reset the body after a workout, but it's also great for when you're feeling stressed or to give yourself a boost, body and mind.

Before you start, stand up and take three big, slow sighs. Concentrate on the feeling of the breath flowing in and out of you. As you practise, keep your attention on your breathing, which should be slow and deep. This will help keep you focused.



## 1. Shoulder circles

Roll your shoulders in time with your breath. Ten going forwards, ten going backwards.



## 2. Eagle arms

Wrap one arm over the other, only as far as is comfortable. You will feel a stretch in the upper back. Hold for five breaths each side.



## 3. Cow arms

Hold for five breaths on each side. Use a sock if it makes it easier.



## 4. Dancer

Stretch for five breaths each side. You can use the wall to help balance.



## 5. Standing forward fold

Hang loosely for five breaths.



## 6. Child

Relax like this for ten slow breaths, or longer if you like.



## 7. Seated forward fold

Stay here for ten slow breaths. Use every out-breath to help you relax your back muscles and soften down.



## 8. Seated twists

Twist for five breaths on each side.



## 9. Head-to-knee forward fold

Sink into this pose for five breaths on each side.



## 10. Rest

You can lie on your bed or the floor. Try to remain still. Focus on the feeling of your breath, then count each breath up to ten then starting again at one. Do this for five minutes. If your mind wanders off, bring your attention back to your breath.