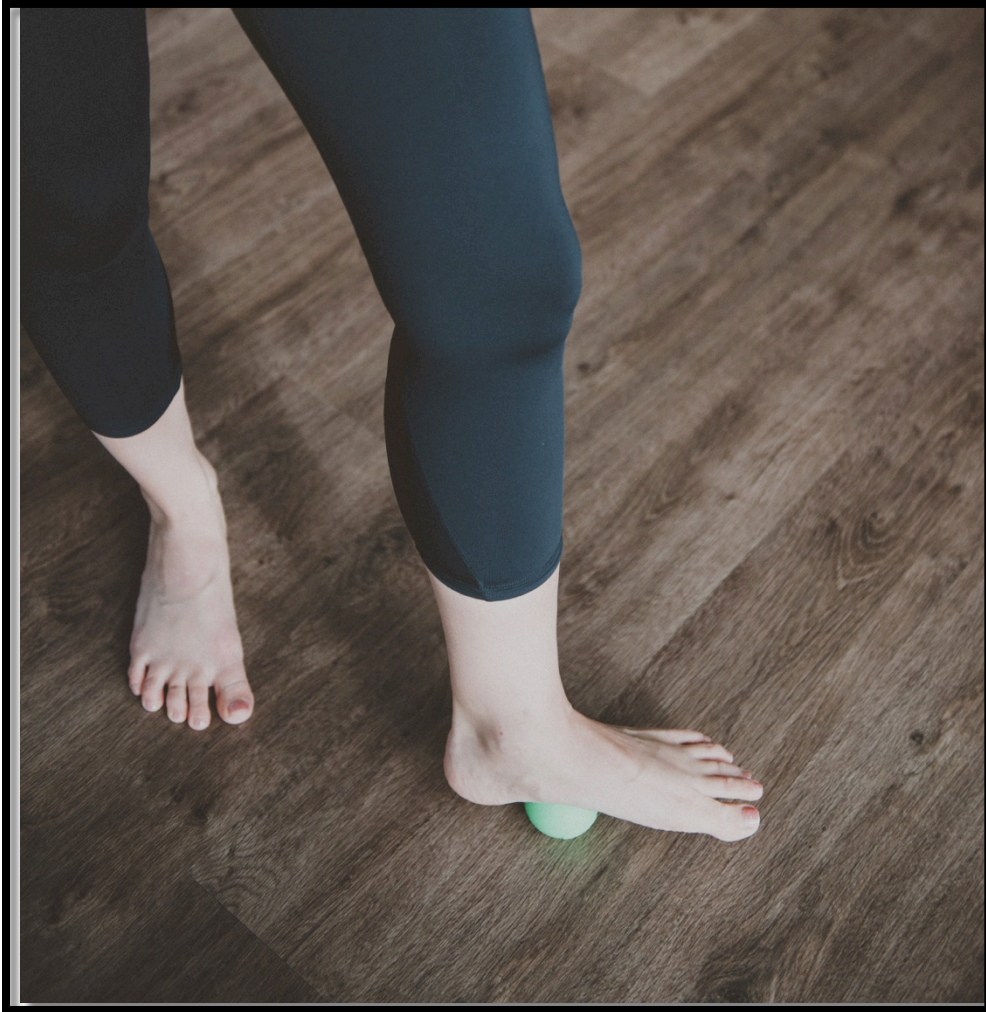




# YOGA FOR MOBILITY & STABILITY W/LAUREN ROEGELE

Saturday March 3<sup>rd</sup> 2018  
Special Olympics British Columbia



### **Release the feet**

Rolling the bottom of the foot helps to stimulate the plantar fascia & loosens the backline of body.

- Start with pin & hold (30 secs)
- Then roll ball side to side in a shearing motion
- Then roll up and down



## TRAIN YOUR FOUNDATION - FEET

Awakening your sensory receptors, strengthening your ankles, releasing tight calves, and creating more hip stability all starts in your feet. Using these balancing & release techniques is vital in creating a healthy body.





### Utilizing the wall

- The wall is a useful & easy prop that can assist you to find depth in your stretches.
- Often makes challenging stretches more accessible, helping you target specific areas of the body.
- Great for recovery

Picture – Legs up the wall – stretches hamstrings & helps body recover/rest.



Picture #1 – Figure 4 at wall – glutes & outer hip rotators



Picture #2 – Straddle at wall – groin & adductors



Picture #3 – Twist at wall – spine, pelvis & front organs

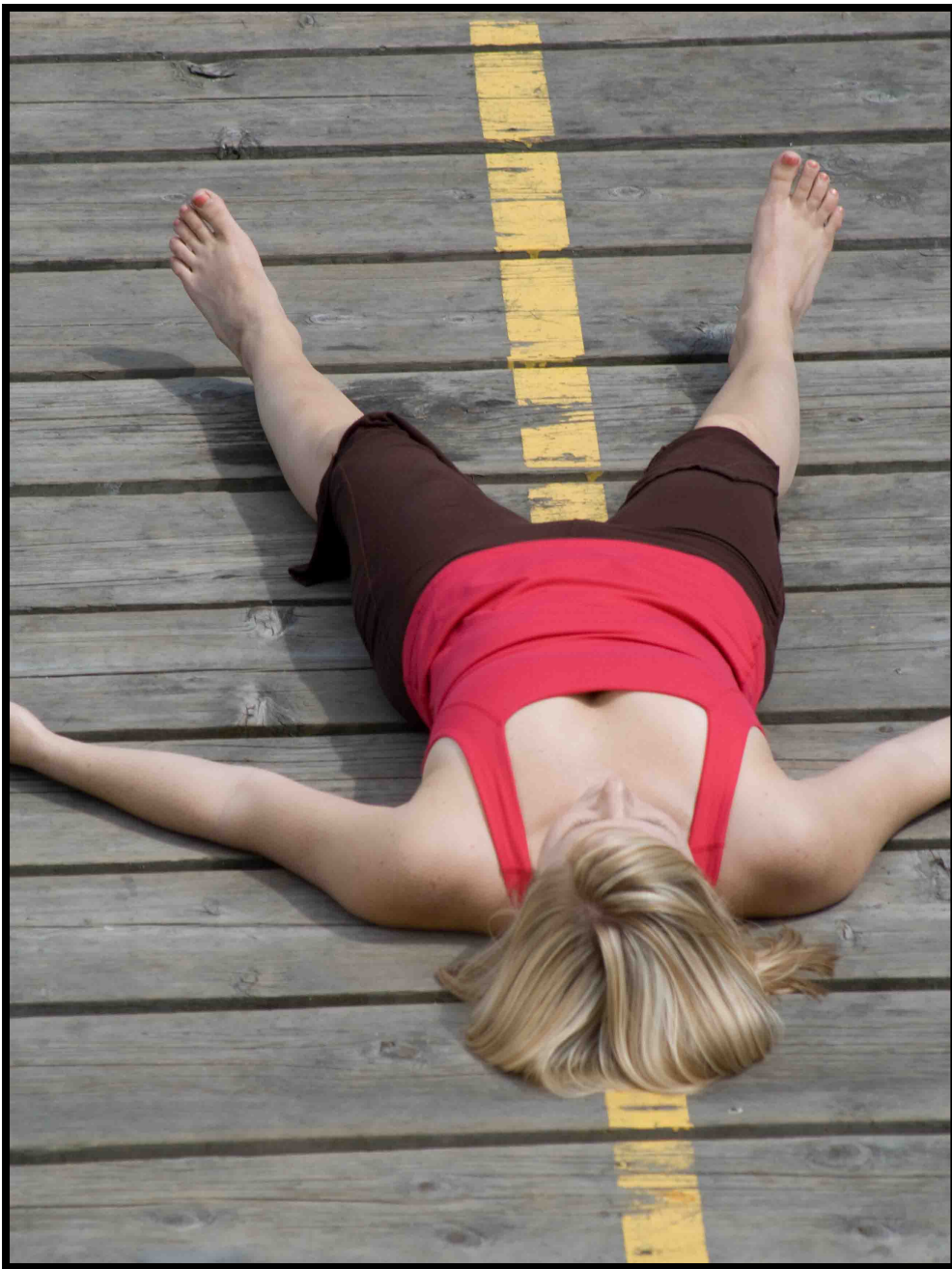




Picture #1 – Bridge pose – strengthens back body, releases front body

Picture #2 – Inner deltoid/Pec stretch (can do at wall)

Picture #3 – Locust posture – strengthens back body, release front body



## Relaxation

- Taking time to relax at the end of any movement routine is vital for the body to assimilate the movements & restore the nervous system back to a balanced state.
- Important to be comfortable & warm. Covering the eyes is often useful in the relaxation process as well.
- Starting with conscious breath work is a nice way to help the body/individual relax.

Picture – Final resting pose, often called Shavasana