

DIY Hot Yoga

When you're already hot just from the weather, it's the perfect time to **work on your flexibility** and get your stretch on! Here are 3 easy yoga poses for an active stretch that will also help you develop your balance and coordination.

For a warm up, simply go out for a walk around your neighbourhood. It's enough to prep your muscles for injury-free stretching without breaking a sweat!

For your back

Cat-Cow Pose

This exercise can help relieve some of the tension in your back. Start on your hands and knees, with your back flat and neutral. Begin movement by inhaling and *gently* dropping your back towards the floor, looking up towards the sky. Then exhale, arching your spine up towards the sky and looking at your belly button as you do so. Do 10 cycles of inhalation-exhalations.



For your butt

Seated Twist

This pretzel of a pose is also a good full-body stretch! Start with knees bent and feet on the floor, then slide your left foot under your right leg to the outside of your right hip. Lay your left leg flat on the floor. Your right leg should be over the left with your right foot standing on the floor outside your left hip. Twist around as far as you can (if you need a bigger stretch, press against your knee with your arm). Hold for about 30 seconds and then stretch the other way.

For your legs

Downward Dog

The basis of all yoga flow classes! Start on your hands and knees, with the balls of your feet firmly planted on the ground, and then press your heels to the floor (if you can't go all the way, no worries!). As you straighten your legs, your hips should naturally lift up and you'll feel a stretch in the back of your legs. Keep your back and neck straight, and hold for 30 seconds!



Reference and Images: "Yoga Basics: A Great Way to Start Your Day." *EverydayHealth.com*. Web. 5 July 2015.