

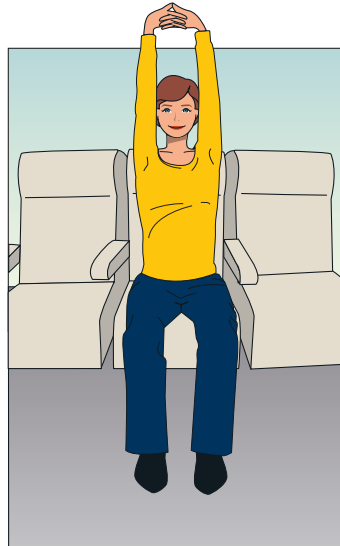
YOGA IN THE SKY shows you how to combat fatigue associated with the stress of flying and relieve tension en route to your destination. Expedia has worked closely with Iyengar Yoga Deutschland e.V. to compile ten simple yoga exercises suitable for beginners that can be completed even with restricted space. We hope you enjoy them and we wish you a pleasant flight.

Expedia

2 URDHVA BADDHANGULIYASANA

Upward stretching exercise with fingers interlocked

- Feet parallel and legs apart in line with hips
- Pelvis and chest straight
- Stretch your arms out in front of you and interlock your fingers
- Turn your hands so that your palms face forward with thumbs touching
- As you breathe in, stretch your arms up above your head
- After 5 breaths, stretch your arms out in front of you as you breathe out. Switch hands and interlock fingers again



This improves the torso's ability to stretch.

4 BHARADVAJASANA I

Twisting exercise whilst seated



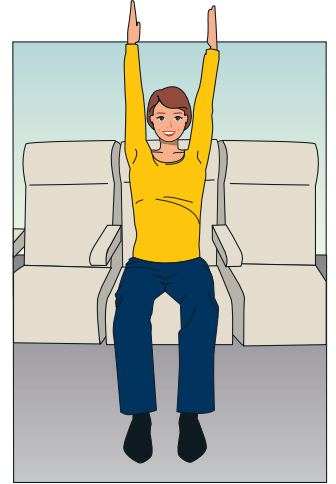
- Feet parallel and legs apart in line with hips
- Pelvis and chest straight
- Stretch your left arm up as you breathe in, rotate to the right as you breathe out
- Place left hand on right thigh whilst pushing against the back of the seat in front with right hand
- Return to original position as you breathe in. As you breathe out, rotate further. Rotate your head last. Keep knees in line.
- As you breathe out, return to the original position. Repeat rotation to the other side

This stimulates the spine.

1 URDHVA HASTASANA

Seated upward stretching exercise

- Feet parallel and legs apart in line with hips
- Pelvis and chest straight
- As you breathe in, stretch your arms up above your head, pulling the sides of your body upwards
- Keep head facing forward between upper arms
- After 5 breaths, lower arms again as you breathe out
- Maintain upright posture



This encourages shoulder flexibility and stimulates your spine.

3 BADDHA HASTASANA

Crossing arms behind the back



- Feet parallel and legs apart in line with hips
- Pelvis and chest straight
- Clasp your elbows behind your back
- After 5 breaths, release your elbows and switch arms
- Maintain upright posture

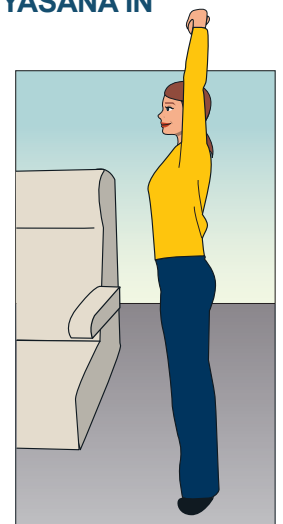
This improves flexibility of the joints in your arms.

5 URDHVA BADDHANGULIYASANA IN TADASANA

Stretching arms upwards with fingers interlocked in the mountain pose

Stretching arms upwards with fingers interlocked in the mountain pose

- Stand up straight
- Feet parallel and legs apart in line with hips
- Pelvis straight and your chest up
- Position your arms and fingers as in exercise 2.
- Lift your heels and stretch upwards
- After 5 breaths, bring your arms and heels back down
- Maintain upright posture
- Release your fingers and switch hands



This improves your sense of balance.



6 PASCHIMA BADDHANGU-LIYASANA IN TADASANA

Fingers interlocked behind the back in the mountain pose

- Stand up straight as in exercise 5
- Interlock your fingers behind your back
- Pull your arms and shoulders downwards
- Push your flanks, armpits and sternum upwards at the same time
- After 5 breaths, release your fingers and switch hands

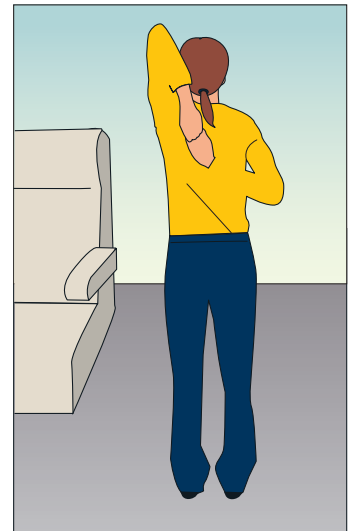
This helps to relieve tension in the shoulders and neck.



7 GOMUKHASANA IN TADASANA

Hooking fingers behind the back in the mountain pose

- Stand up straight as in exercise 5
- Work your left hand up your back until it is parallel to your spine
- Bring your right hand down from your shoulder blades, hook your fingers
- Pull your elbows away from each other, extending your right armpit
- Switch arms after 5 breaths



This encourages shoulder flexibility.

8 UTTHITA HASTA PADANGUSTHASANA I

Standing exercise with leg bent in front

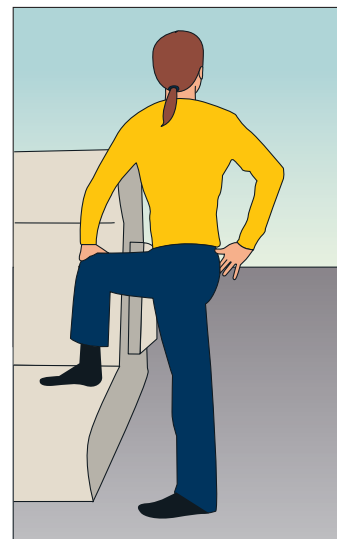


- Stand up straight as in exercise 5
- Place your right foot on the seat, keeping your shin and supporting leg perpendicular
- Keep your hip bones level
- Push your flanks, armpits and sternum upwards at the same time
- After 5 breaths, switch legs

This encourages flexibility of the hips.

9 MARICHYASANA III

Standing twist



- Stand up straight as in exercise 5 with legs and hips positioned as in 8.
- As you breathe in, stretch your left arm up high, rotating to the right as you breathe out with left hand pulling on the right thigh and right hand on lower back
- Improve upright posture as you breathe in, rotating further as you breathe out. Finally, turn your head
- As you breathe out, return to original position
- Switch legs and rotate in the other direction

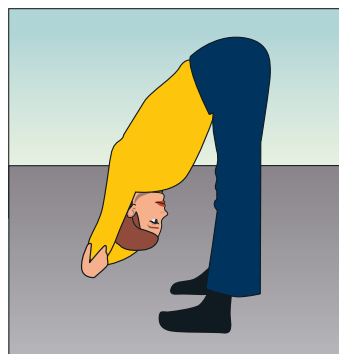
Increases flexibility of the spine.

10 UTTANASANA

Downward torso stretch with straight legs

- Stand up straight as in exercise 5
- Extend arms upwards and clasp elbows
- Stretch torso downwards
- Keep legs straight and extended upwards
- After 10 breaths stand up straight again with straight legs and body

This stimulates circulation and refreshes the mind.



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