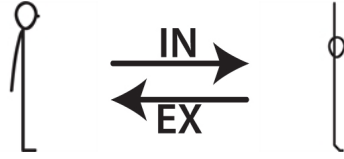
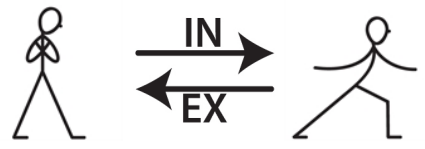
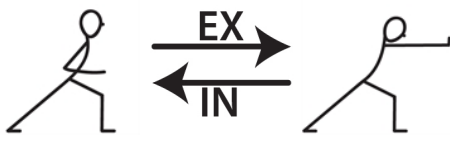
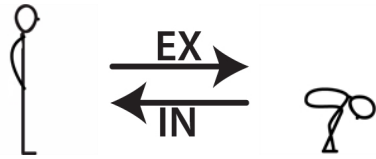
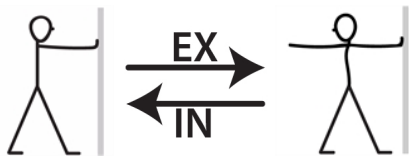



Yoga for Gardening

Intention: Mobilize the upper back, neck and shoulders, low back, hips and knees before or after gardening. Cultivate balance. This sequence can be done in the garden!

1.		Sweep arms wide. Repeat 4x, stay 4 breaths.	Mobilize the shoulders and cultivate balance.
2.	<p>A. </p> <p>B. </p>	A. Repeat 4x B. Repeat 4x Switch sides.	Warm up the muscles of the neck and upper back, gently stretch the front of the chest/shoulders.
3.		Repeat 2x.	Mobilize the hips and knees and gently stretch the low back.
4.	 <p>Stay</p>	Repeat 4x, stay 4 breaths. Then switch sides.	Integrate the muscles of the shoulder girdle and the spine.
5.		Repeat Posture #3 - 2X, then stand, 6-8 breaths	Deepen the breath, notice how your neck, upper back, shoulders, low back, hips and knees feel.

Please feel free to copy and share with a gardening friend!

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