



# November Tips

## Some things you can do at home to release tension and increase mobility:



Grab a rolled up yoga mat or a thick beach towel and a couple of tennis balls.

- **To release tight calves:** come to your shins and tuck the rolled up mat or towel behind your knees. Sit up slowly onto your knees and lean back putting gentle pressure on the calves. After a minute or so, move the roll about 1/3 of the way down your legs and readjust your weight. Finally bring the roll all the way to the Achilles area and reposition. Stretch the knees out afterwards and rest.
- **To release tight hamstrings:** take the two tennis balls, and sitting with your legs out in front of you and slightly apart, place the balls under each sitting bone. Simply lean forward and back, allowing the sensations to present. Move the balls further down the back of the thighs after a minute or two, breathing deeply.
- **To release your back:** lie down with the two tennis balls positioned on either side of your spine in the area of the trapezius muscles. Feel your bodyweight pressing down. Bend your knees so that your feet are flat and gently roll the balls down the full length of the spine. After a minute or two, remove the balls and hug your knees in gently.

Don't miss our Myofascial Release workshop with Li Ling on **19th Nov.** Sign up at reception now!

**Yin Yoga** is a form of passive stretching that allows for myofascial release. This passive form of stretching works best when the poses are held from 2 to 5 minutes and the body is kept as relaxed and soft as possible. Using props such as pillows, blocks, blankets, bolsters and rolled up yoga mats help keep the body in position with as little muscle engagement as possible.



Easy Bent Knee twist, with hand on top leg.

Frog pose, with knees and ankles in line and legs cushioned by a blanket or mat.



Legs against the wall with back resting on the floor. Allow the legs to open to a natural position.