

# YOGA FOR GARDENERS

Stiff backs, tight shoulders, sore knees and aching hands? Maybe yoga can help!



## Before gardening

Warming up and focusing on specific areas of the body before you head into the garden will help prevent injuries, and will help you find ease as you garden. An example posture to help warm up the spine for movement in the garden is the cat-cow pose.

On hands and knees, keep wrists below shoulders and knees below hips. Inhale as you look up and lightly engage your abdominal muscles as your spine gently moves towards the earth. Exhale, as you release your head, gently rounding the spine upwards. Move mindfully between these two positions.



## Whilst gardening

Taking a few moments to perform a posture whilst gardening may bring some immediate relief from tightness. An example posture that can counteract the tightening effect of gardening on the shoulders is cow-face pose.

Raise the right arm overhead, bend it at the elbow and reach the palm down the back. Reach the left arm behind, bend at the elbow and move the hand up between the shoulder blades to touch the fingers of the right hand. Use a belt if needed to hold between the hands. Repeat to the opposite side.



## Relaxing after

There are many postures that can help you relax and rejuvenate after all that hard work in the garden. One simple posture is "legs up the wall or" pose. This posture can help with fatigue in the legs.

Lie on your side so that your bottom touches the wall. Roll onto your back and bring your legs up the wall. You can place blankets underneath to support your hips and lower back. After a few minutes, bend your knees, slide your feet down the wall and carefully roll onto your side to come up.



## Yoga Classes

Tuesday evening 7-8.15pm, Sandford-on-Thames Village Hall.

Mixed ability, all welcome

Email: [sopan66@hotmail.com](mailto:sopan66@hotmail.com) or [jozaremba66@gmail.com](mailto:jozaremba66@gmail.com) for details

## Look out for yoga taster sessions

Talking Shop Sandford-on-Thames Village Hall, Saturdays 9-12pm



Sophia Andeh  
[www.Yogalife360.com](http://www.Yogalife360.com)  
[sopan66@hotmail.com](mailto:sopan66@hotmail.com)

Ensure that you consult a doctor before embarking on any exercise regime to ensure it is suitable for you. This sheet is intended for general information purposes only.