

## Yoga during the Holidays

Holiday stress sounds silly, but it is real and can cause serious upset. There are countless reasons to get angry during your holiday: change in routine, over-spending, watching television too much, over eating, etc. Yoga offers several methods of reducing the effects of holiday stress in the form of meditation, basic stretches and pranayama. To help these joints maintain their healthy conditions Basic Movements are necessary also they are useful to make body fit during holidays.

### **Wide-legged Forward Bend (Prasarita Padottanasana):**

This is a good stretching exercise that reduces the stiffness, tiredness and tension in the muscles in your hind legs. At the same time, the muscles of the back and the neck are thoroughly stretched and you learn to deal with possible stretching aches.

#### **Procedure:**

- ❖ Start in Tadasana (Mountain Pose) with feet parallel to the end of the mat in the middle.
- ❖ Jump so that your feet are around four feet apart. Slightly turn the heels outward.
- ❖ Bend forward until the upper body stands halfway parallel to the ground. Place your hands right under your shoulders on the ground and see to it that your lower back is straight and still supports your position.
- ❖ Push, as it were, your pelvis upward, look to the ground and stretch from the neck towards the ground.
- ❖ If you can do this easily, you can grab the outsides of your feet and slightly pull at them so that the front part of your body feels long and you can stretch even further.

#### **Contraindications and Cautions:**

- ❖ Go easy on those hamstrings as the pose will not give you the calming benefits if you overdo the stretching in the back of the legs.
- ❖ Practitioner with lower-back problems; don't go too deeply in the pose but rest their heads and arms on a chair seat to make it easier on their back.
- ❖ Come out of the pose slowly particularly if practitioner has low blood pressure.