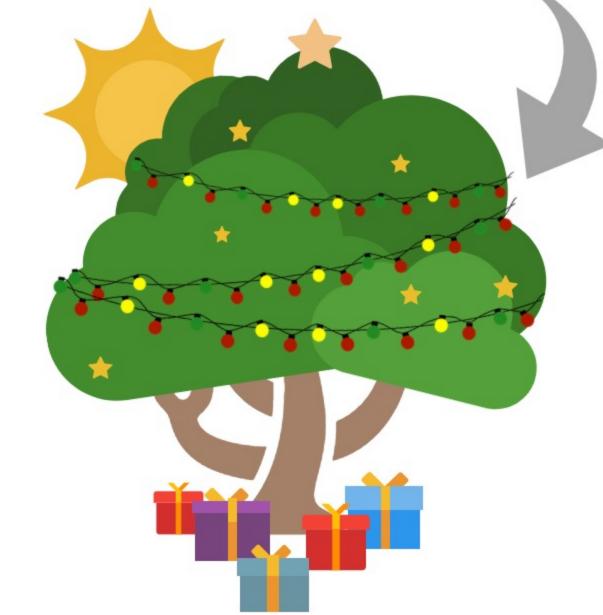


The holiday season should be held in the summer when our body requires less sleep and hydration!

#### most stressful, busiest

Winter is the happiest time of the year. In addition to growing to-do lists and more activities on the calendar, our bodies are programmed to hibernate. Remember, your body doesn't know that you no longer live in a cave....



# Quick Thriving Typs



### Drink Water

You may not feel as thirsty in the colder weather, but your body actually needs more hydration as cells try to regulate temperature, and that takes water!



### Slow Down

Your metabolism speeds up in the winter so your body needs slower, calmer activities as it tries to find homeostasis.



### Stretch

In the winter, your arteries constrict, so you lose some flexibility. Get on your mat.



### Sleep

The change in sunlight/time has a direct impact on the pineal gland, which secretes melatonin. You need more sleep in the winter!



It takes more effort to be negative and anxiety makes us sick.

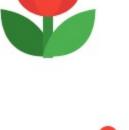
# Take What You Do on the Mat, Off the Mat













Something I am grateful for: \_\_\_\_\_

Song I never change if it comes on:

Pleasing smell: \_\_\_\_\_

I can't wait until:

# Quick Poses to Ground You

**Mountain:** Roll shoulders up, down and back. Breathe.

**Staff:** Seated with legs out in front of you, engage legs, flex toes. Breathe.

Energizing Flow: Up on knees, push hips back towards ankles, and then come forward again. Breathe.

Sun Salutations: I dare ya. Just do three. I promise you'll feel better. Breathe.



### I am going to sit in the car or plane

- Calm moment of centering
- · Seated, palm face down under bum, stretch away from yourself
- · Side, wrist and neck stretches
- Seated cat and cow
- Seated eagle arms
- Hands to prayer at heart center, palms together, lower hands as far as can go with palms together
- Hands to prayer overhead, bend elbows and reach fingertips (still in prayer mudra) between shoulder blades
- Eye exercises
- Seated figure 4, pigeon, square pose
- Dandasana: point flex toes, point flexed toes to side, mini leg lifts (goal here is circulate blood)

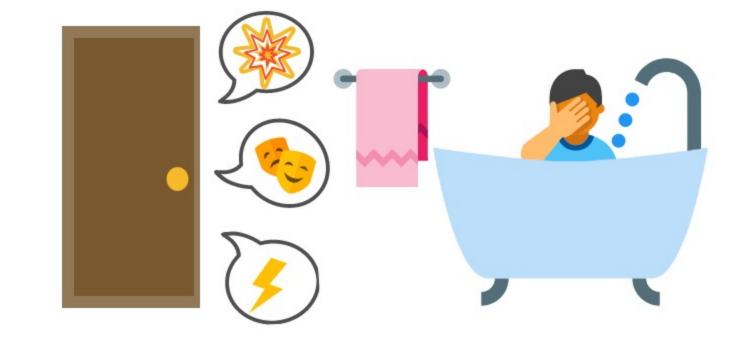
## Mother-in-law prep (she's coming today... help!)



- Tabletop spinal extension (tall spine gives you strength) and Figure 8s to wake up those hips
- Downdog
- Forward fold
- Sun Salutations with variety (deep lunges, twists, be playful)
- Warrior 1, 2 and end with peaceful warrior
- Figure 4 (open those hips, where we hold stress)

## I have three minutes in the bathroom (need to escape from the crazy people)

- First and foremost, breathe. Close your eyes.
- Stand tall and side stretch
- Shoulder stretches and push-ups against the wall for shoulders
- Calf raises





### I am standing in line (still...)

- Clasp hands behind back, roll shoulders back, maybe even stretch neck.
  Open/close jaw.
- Hands clasped behind you, bring them to left hip, then to right hip. Roll shoulders back.
- Balance pose (balance on one foot)
- Calf raises

### My to-do list tomorrow is crazy (my mind is racing and I need to sleep)

- Psoas release and butterfly knee lifts
- Legs up the wall
- Body scan
- Meditation





