

~~SURVIVING~~ *Thriving* the Holiday Season

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 Tips



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!



Smile and be Happy

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

Take What You Do on the Mat, Off the Mat



Someone who makes me smile: _____

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.



FIND YOUR EDGE
YOGA

1 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)

1 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



1 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

