

Blessed are the Yogis

For they shall not be bent out of shape while skiing. *By Margaret Brown, RYT*



If you're a sporadic skier or tend to hit the mountains with cold muscles, you're basically asking for it. Bridge the gap between old routines with some yoga moves to keep your muscles limber; you can use the same poses to stretch out before and after ski. Here are some of my top yoga poses picks for the ski season.



Yoga Push-Ups

Skiing is lower-body intensive, so in the true spirit of yoga, we need to balance that with some upper-body work.

- Start in downward-facing-dog with your hips up, neck relaxed, while your arms between your arms.
- As you inhale, come forward into plank pose (push-up position). Don't let your hips drop; keep your body in one straight line as you lower down to hover above the floor.
- Heave the tough part: Inhale, straighten the arms, and push

the floor away to come back up to plank. Do everything you can to keep your body one straight line—pay attention to the position of your hips.

- Exhale as you push the hips up and back into downward-facing-dog. Keep your neck relaxed and your gazing point between your feet. Hold for three deep breaths.
- Repeat this sequence five to six times.

Tree Pose

Let your breath be your source of balance; if you hold your breath, you're more likely to fall (the same applies on the ski slope).

- Stand in mountain pose and gaze softly at a fixed point in front of you on the floor, about four to five feet away.
- Shift your weight to the left foot, keeping the standing foot firmly centered on the floor, and bend your right knee.
- Reach down with your right hand and grab your right ankle.
- Draw your right foot up and place the sole as high up on the inner left thigh as possible; press the right heel into the inner left groin, toes pointing toward the floor.
- Firmly press the right foot into against the inner thigh and rotate with the outer left leg.
- Press your hands together at your heart center. Maintain your gazing point on the floor. If you fall out of the pose at any point, slowly and deliberately go through the process again.
- Stay in the pose for 30 seconds to one minute. Breathe to maintain pose and repeat for the same length of time on the opposite side.

