

# AGRISAFE YOGA

## BEGINNING BASIC INSTRUCTIONS

When trying these poses, nothing should ever hurt. If there is new or sharp pain, move away from the pose. When you feel ready, slowly ease back into the pose and stop when it feels safe and "good". Breathe deeply in every pose, pay attention to the full inhale and complete exhale. Always keep a small bend in your knees, never lock them back when legs are straight. \*Every body will feel different in each pose. Listen to YOUR body.



Protecting the People Who Feed the World

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TWIST

**\*Spine \*Shoulders**  
Sit with one leg straight and one knee bent. Wrap opposite arm around bent knee and use free arm to support spine by placing it on the ground, behind you. Move in and out of the twist a few times, at first. Exhaling to twist, inhaling to untwist.



EAGLE ARMS

**\*Shoulders \*Upper Back**  
Cross arms at elbows, bring backs of hands together. If shoulders are flexible enough, you may be able to wrap arms around so palms of hands can come together. Experiment with lifting elbows and moving hands away from face to deepen stretch between shoulder blades.



CHILD POSE WITH BENT ELBOWS

**\*Hips \*Knees \*Back \*Shoulders \*Neck**  
Knees can be wider or closer together. Ease in and out of pose to warm up hips and knees. Head can relax onto ground or onto hands. Arms can be wherever is most comfortable.



COW FACE ARM

**\*Triceps \*Shoulders**  
Lift one arm straight up, then bend elbow so hand comes behind the head, grab the elbow with other hand and gently increase stretch to comfort level.



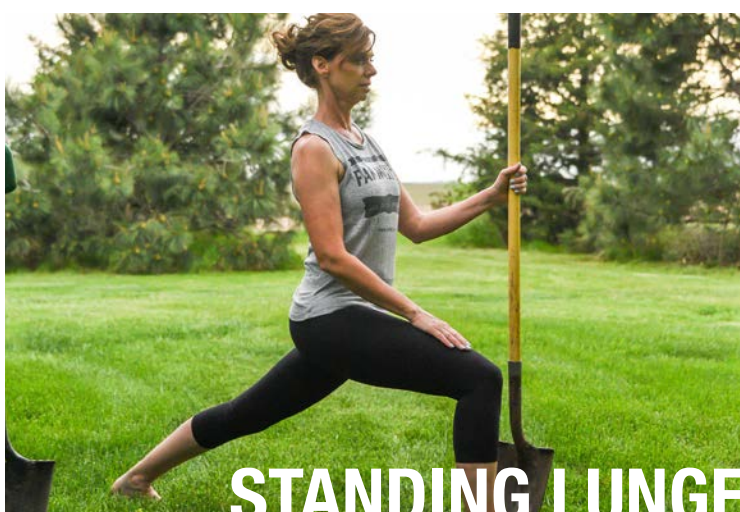
STANDING DOWN DOG

**\*Shoulders \*Back \*Biceps**  
Start standing close, with hands on bin or wall or table. Slowly walk backwards, leaving hands out in front of you. Keep leaning chest toward ground until you feel a comfortable stretch in the shoulders and backs of legs.



SIDE BEND

**\*Side of body \*Spine**  
Legs can be flat on ground or one leg can cross over the top of other. Lift outside arm and stretch toward tool or wall. Come in and out of stretch a few times.



STANDING LUNGE

**\*Hips \*Hip Flexors \*Calves \*Heels \*Feet**  
Make sure front knee stays directly over ankle (should be able to see toes). Back heel stays lifted. Use a garden tool to help with balance or practice next to a chair or wall for support.



SHOULDER STRETCH WITH SHOVEL

**\*Shoulders \*Pectorals \*Upper back**  
Arms can be as wide as is comfortable. Lift tool above head, then slightly back. Elbows can bend, stop and breathe where it feels good, can eventually deepen stretch or twist, as shoulders feel ready. Pull front ribs back toward spine to support low back.

**DISCLAIMER OF LIABILITY.** Injuries of all types can occur when participating in exercise, physical fitness and training programs, hence AgriSafe strongly encourages you to obtain a comprehensive physical examination by a licensed health professional PRIOR to undertaking any exercise demonstrated on this guide. You fully assume the risk of any resulting injury.



Funding for this project is provided by the Central States Center for Agricultural Safety and Health, NIOSH AFF Grant U54OH010162