

**Thurston County Master Gardeners: Fall Education Day, 2018**

Laura Westrup, Certified Master Gardener and Certified Yoga Instructor  
laurawestrup@att.net; 360 915-6662

Yoga Stretches for Gardeners: Poses to help release stress, tension and increase blood flow to make your gardening experience enjoyable.

Resources:

Gardener's Yoga: 40 Yoga Poses to Help Your Garden Flow  
Veronica D'Orazio

Chair Yoga: Sit Stretch, and Strengthen Your Way to a Happier, Healthier You  
Kristin McGee

Simply Yoga Mind Body Spirit  
Yolanda Pettinato

Om Yoga Today: Your Yoga Practice in 5, 15, 30, 60 and 90 Minutes  
Written and Illustrated by Cyndi Lee

Secrets of Yoga  
Jennie Bittleston



The Kayaker



standing  
Crescent  
Both sides



Chest  
expander



Quad  
Stretch



Chair



Forward  
Fold



Leg swings  
and ankle  
rolls



High lunge



Knee lunge



High lunge



Rotating  
lunge both  
sides  
twist



Chest  
opener



Forward  
Fold



Shoulder and  
hand stretches



Neck stretches  
towards ear and  
rotations



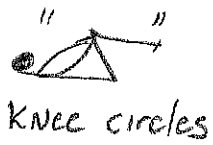
Flex wrists  
Bird flaps



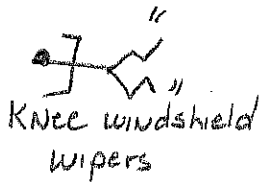
Arm rotations  
lifting alternative



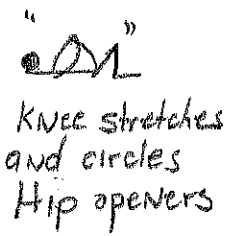
Forward Fold  
to straight  
back



KNEE circles



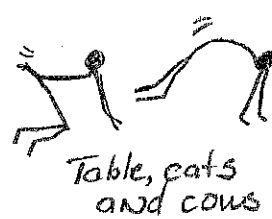
KNEE windshield wipers



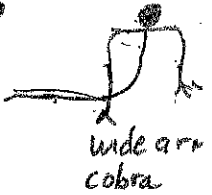
KNEE stretches and circles  
Hip openers



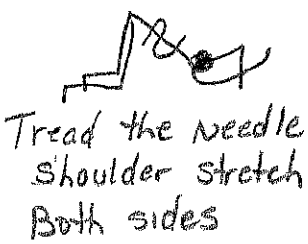
Table  
Hip circles



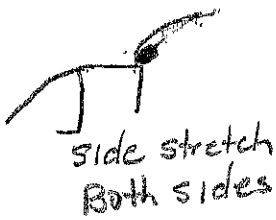
Table, cats and cows



wide arm cobra



Tread the needle  
Shoulder stretch  
Both sides



side stretch  
Both sides



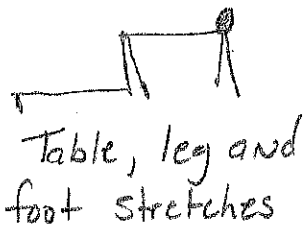
Downward Dog



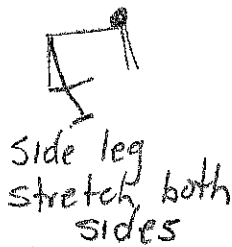
plank



Hands and Knees  
Table, Rotate  
hands & feet



Table, leg and  
foot stretches



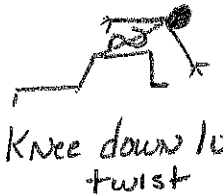
side leg  
stretch both  
sides



Downward  
Dog



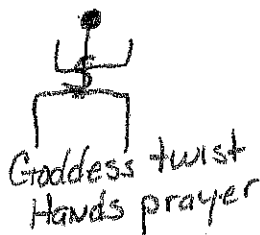
3 leg dog



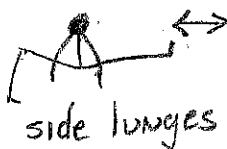
Knee down lunge  
twist



Goddess



Goddess twist  
Hands prayer



side lunges



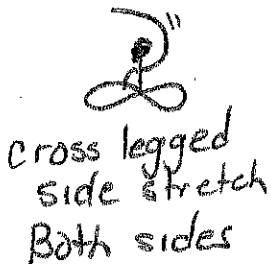
Flow



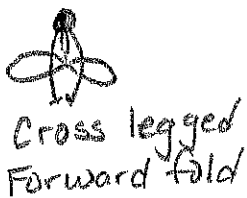
squats



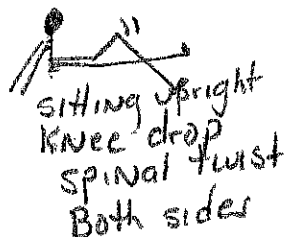
cross legged  
sitting



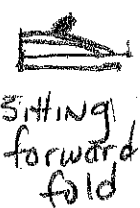
cross legged  
side stretch  
Both sides



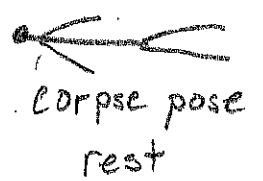
cross legged  
forward fold



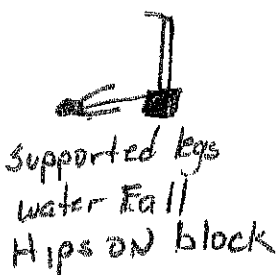
sitting upright  
knee drop  
spinal twist  
Both sides



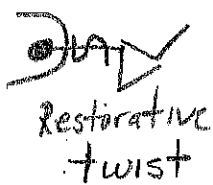
sitting  
forward  
fold



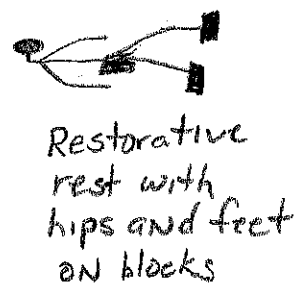
corpse pose  
rest



supported legs  
water fall  
Hips on block



restorative  
twist



Restorative  
rest with  
hips and feet  
on blocks

Yoga Benefits: From Timothy McCall, M.D., August 2007, [Yogajournal.com/lifestyle](http://Yogajournal.com/lifestyle)

1. Improves your flexibility
2. Builds muscle strength
3. Perfects your posture
4. Prevents cartilage and joint breakdown
5. Protects your spine
6. Better your bone health
7. Increases your blood flow
8. Drains your lymphs and boosts immunity
9. Ups your heart rate
10. Drops your blood pressure
11. Regulates your adrenal glands
12. Makes you happier
13. Foundation for a healthy lifestyle
14. Lowers blood sugar
15. Helps you focus
16. Relaxes your system
17. Improves your balance
18. Maintains your nervous system
19. Releases tension in your limbs
20. Helps you sleep deeper
21. Boosts your immune system functionality
22. Gives your lungs room to breathe
23. Prevents IBS and other digestive problems
24. Gives you peace of mind
25. Increases your self-esteem
26. Eases your pain
27. Gives you inner strength
28. Connects you with guidance
29. Helps keep you drug free
30. Builds awareness for transformation
31. Benefits your relationships
32. Uses sounds to soothe your sinuses
33. Guides your body's healing in your mind's eye
34. Keeps allergies and viruses at bay
35. Helps you serve others
36. Encourages self care
37. Supports your connective tissue
38. Uses the placebo effect, to affect change