

Live Life Lightly

Wellbeing



'Live Life Lightly' - gentle Yoga practice as taught by Sarah Partridge

Yoga has a lot to offer everyone, and contrary to what you might think, you don't need a super-flexible body to get started. It is a strengthening and deeply relaxing practice that everyone can enjoy – and one that will make you feel better immediately.

I've been teaching a gentle form of Hatha Yoga in and around Ipswich since 1993. I'd like more people to be able to enjoy the huge benefits of this simple form of exercise, so in my monthly column I'll be encouraging you to try out new ways of moving and stretching.

You'll quickly see improvements in your flexibility and overall well-being. Yoga is particularly helpful in increasing suppleness, but if you suffer from any back, mobility or blood pressure

problems, check with your doctor before starting the exercises.

Want to make a start? Stand tall, putting equal weight on to both feet and stretch your spine up towards the ceiling while still looking ahead. Imagine a piece of string lifting you upwards from

with Sarah Partridge BWY Dip

the crown of your head. Hold that position. Breathe deeply, shoulders relaxing, arms by your sides with palms facing behind you. Then lift your arms overhead, stretch upwards with palms forward, then widen your elbows. Breathe as you hold this position. Notice how your breath affects your body. On your inner breath you may find you can lift and expand your rib cage, and, on

your outer breath your body will naturally relax. Now relax both arms down and gently shake your whole body.

Now try stretching one side of the body at a time. Stretch your right arm upwards with palm facing to your left. Lengthen just that side of your body. Release and then repeat the other side. Now stretch up with both arms together again.

Finally, bend both your knees and hinge your body gently forward from your hips, then use your knees and hips to return to standing tall. Welcome to Yoga!

For more information about Sarah's classes visit www.livelifelightly.co.uk or ring 01473-658193.

Next month – how to boost your immune system by roaring like a lion! Until then – I invite you to enjoy the way in which your body moves.