

Resting Cycle with YOGILLI™



Who is Yogilli?

Yogilli is a happy and friendly yogi who loves mindful and healthy living, making friends, and learning new things. Yogilli is especially interested in learning and teaching techniques for balance and focus. Yogilli is excited to share cyclic yoga for everyone to enjoy.

How to Do the Poses

1. Sit with legs crossed. Place one hand on your belly and one hand on your chest. Take a big deep breath to fill your belly and blow out as far away as you can.
2. Stretch out your legs straight in front of you. Raise straight arms up high and reach your fingers to the sky.
3. With your legs extended and arms straight, bend at the waist and touch your toes. Lower your head down gently toward your knees.
4. Place your palms to the floor behind you and flatten your feet the floor. With bent knees lift your hips, keeping your gaze upward.
5. Sit back down and lay flat on your back. Raise your legs straight up to the sky. Hold them up with your hands.
6. Bend your knees down toward your chest and hug them tight. Rock slowly for a gentle massage.
7. Extend your legs again and rest them on the floor. Place palms on your belly and feel your breath fill in and go out.

Age

+2 to +99 😊

When to Use this Cycle

- Getting ready for a nap
- Just after waking up in the morning, or just before bedtime at night

Benefits

- Calms the nervous system, helping the body to rest
- Relieves fatigue
- Stretches and tones the spine muscles
- Stimulates the core for balance and stability

Time needed

Total time will vary by age group and familiarity with the cycle. Try to hold each pose for the same amount of time. Start with 3 seconds, and go up to your comfort level (up to 15 seconds).

www.yogilli.com

Please contact us with your suggestions and feedback once you have utilized our yogilli poster. Email us at info@yogilli.com