



Car Yoga



- ★ *An introductory yoga program to counteract the effects of prolonged sitting and driving.* These effects include but are not limited to: neck tightness, poor posture, and tight hip flexors
- ★ The following **five poses** (and accompanying options) can be completed individually or as a series
- ★ It is recommended to **stay with each pose for 5-10 full breaths**

Remember:

1. Yoga is a *personal practice* and is intended to be a journey of learning, this starts by meeting ourselves where we are
2. Listen to your body, practicing yoga should not be painful*

1. Seated mountain

- a. One hand over chest, one hand over the low belly
- b. Focus on the breath, feeling the body relaxing with each exhale



Image retrieved from <https://tinyurl.com/y2z3md2d>

2. Shoulder Shrugs

- a. Hands in lap, resting gently
- b. Breathe in and lift the shoulders toward the ears
- c. Breathe out and let the shoulders roll down and back
- d. Complete 5-10 times
- e. **Options**
 - i. Lift the arms overhead on the inhale, reaching as far up/back as comfortable, return to a resting position with hands on lap on the exhale
 - ii. “Eagle” arms, holding and stretching each side through 5-10 rounds of breath



Image retrieved from <https://tinyurl.com/y64wxgno>

3. Seated Cat/Cow

- a. Place the hands in the lap, palms down
 - i. With the inhale, tilt the pelvis forward and draw the shoulders back
 - ii. With the exhale, tuck the pelvis and round the shoulders forward
 - iii. Move the spine through its full range of motion



Image retrieved from <https://tinyurl.com/y2ux9sqa>

4. Seated/Standing Pigeon

- a. Breathe in sitting tall, breathe out hinging forward at the hips



Image retrieved from <https://tinyurl.com/y3nabhva>

b. Options

- i. Add a twist, keeping the trunk long, positioning the hands at heart center
- ii. Legs in neutral position while the twist is complete

5. Neck Release

- a. Seated with hands gently resting in the lap
- b. Let the neck relax to one side, gently alternate drawing the ear and chin toward the shoulder
 - i. After 5-10 breaths, lean forward to let gravity bring the head back to center and return to neutral
- c. Repeat on the other side

Created by Heidi Carpenter, OTD, OTR/L © June 2019. Embody Occupational Therapy, LLC

*This handout is for educational purposes and is not intended to be a substitute for professional medical advice, diagnosis or treatment. Always seek the advice of your physician or other qualified health care provider with any questions you may have regarding a medical condition or treatment and before undertaking a new health care regimen.