

Yoga for Surfers

This yoga sequence was designed especially by **ATEEKA** for YogaEverywhere. With the asanas demonstrated by **TARA ANGIOLETTI**. Best of all, with Yoga for the Surfer you can feel like you've been to the Islands even if you do only one or two of the poses. Imagine how great you'll feel after the entire sequence!



Half Downward Facing Dog - *Ardha Adho Mukha Svanasana*

With your board's tail firmly planted in soft sand, allow the hands, arms, shoulders, spine and hips to form one straight line. Feel the sand beneath the soles of your feet – hip distance apart. Feel lengthening from the crown of your head to the tail! Long deep breaths in and out through the nose, in tempo with the nearby surf, starts to open and warm the spinal muscles and bring you in tune with the flow of the ocean nearby.



Downward Facing Dog - Adho Mukha Svanasana

Open the central channel of the spine, shoulders, hamstrings and lower back in this foundation pose. Use the aid of the sand to find rooting through the heels and the palms. Look towards your navel and gently extend the ribs towards the thighs, hips towards the open sky and heels deeply towards the earth. Allow organic movement through your limbs and neck.



Kneeling Pose with Shoulder Stretch *ajrasana with Garuda Arms*

Many a longboarder will paddle out on her knees . . . this pose prepares the hips and knees as well as allowing deep opening underneath and between the shoulder blades. Lace the left elbow beneath the right and ultimately wind the palms together. Inhale and draw the elbows away from the heart and up towards the nose softly. Direct your smooth and steady breath into any areas of constriction or tightness for 5 – 10 deep rounds of breath. Switch sides to maintain balance between both sides of the body.



Crescent Moon - Anjaneyasana

Allow this low lunge to awaken the quadriceps and psoas. Begin with the right knee forward and directly over the right ankle if possible. Soften the left knee down into the sand and raise the torso and arms overhead. Maintain a strong core by snuggling the sacrum slightly inward and lifting the heart with vibrancy! Breathe smoothly for 5 –10 breaths and mindfully switch sides. As the moon affects the tides, allow this crescent moon pose to affect the fluid nature of your Yoga and surfing practices.

