

Kristen Bell's Yoga Workout

1/ MOUNTAIN (TADASANA), WITH STRETCH



Start with your feet parallel and pressed firmly into the mat. Imagine you are hugging a block between your feet. Draw your shoulders up to your ears like you are saying "I don't know," then move them down your back. Draw in your ribs. Bring your arms to your chest, palms together, then take them up overhead. Stretch up and over to the right, keeping your left foot solid on the ground as you stretch a little farther on your right side. Slowly bring your outstretched arms over to your left side. Repeat the stretch on the left side (remember to keep your right foot firmly planted). That's one rep. Do two reps.

2/ SUN SALUTATION



Inhale as you rise onto your fingertips, straighten your arms, and lift your torso, broadening across your collarbones and lengthening your spine (as shown). Look forward as you exhale and step your right foot back into a low lunge and lower your hips toward the floor. Place your palms flat on the floor.

Inhale and step your left leg back into plank pose.

Exhale as you bend your elbows in close to your rib cage and lower your body into low pushup, as shown.

Inhale as you lower your hips and thighs, press the tops of your feet into floor, and come into upward-facing dog pose.

Exhale as you lift your hips and press back into downward-facing dog pose. Hold for five breaths.

Inhale as you look forward and step your right foot up between your hands, coming back into a lunge. Exhale and step your left foot to meet your right foot and straighten your legs.

Inhale and rise onto your fingertips, straighten your arms, and lift your torso, broadening across your collarbones and lengthening your spine.

Look forward. Then exhale as you lower your palms to the floor and bring your torso and head toward your legs in a standing forward bend.

Inhale as you come back up to standing, sweep your arms overhead, and bring your palms together. Exhale as you lower your hands in front of your chest to prayer position. Take a breath here.

Exhale and release your arms to your sides, returning to mountain pose. Inhale to switch sides and repeat.

3/ LOW LUNGE, WITH FORWARD BEND



Bring your right leg forward between your hands (make sure that your knee is vertically aligned with your ankle).

Lift your torso off of your thigh, use your fingertips for balance.

On an inhale, straighten out your front leg. Keep your back leg straight and heel lifted.

On an exhale, remain folded over, facing your knee.

On the next inhale, raise your head and look forward. Keep your front leg straight.

On the next exhale, come back into a lunge position.

That's one rep.

Do 3 reps in a row with the right leg forward.

Do 3 reps in a row with the left leg forward.

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4/ EXTENDED SIDE ANGLE

Step your legs about 120-centimetres apart and extend your arms out to the sides at shoulder height, palms facing down. Then turn your right (or forward) foot and leg out 90 degrees, lining the heel of your forward foot up with the arch of your left (or back) foot.

Inhale, and as you exhale bend your right knee, forming a right angle with your thigh and shin. Stack your knee directly above your ankle in line with your second toe. Lower your right (or forward) hand down to the floor inside of your right (or forward) foot and reach your opposite arm up. Rotate your raised arm by pulling your shoulder blade down onto your back before reaching that arm forward alongside your ear. Extend your body in one long line from the outside of your back foot through the fingertips of your outstretched hand.

Open your chest by turning your torso up toward the ceiling from the bottom of your waist, moving your ribs away from the top of your hip. Turn your gaze up. With each inhale lengthen your right side more and with each exhale rotate your torso further. If you feel like you're collapsing rather than lengthening, try placing a block under your bottom fingertips, directly under your shoulder.

Hold for three to five breaths then return to extended side angle pose and switch sides to repeat both poses.



5/ WARRIOR II

Step your legs about 120-centimetres apart and extend your arms out to the sides at shoulder height, palms facing down. Then turn your right (or forward) foot and leg out 90 degrees, lining the heel of your forward foot up with the arch of your left (or back) foot.

Inhale, and as you exhale bend your right knee, forming a right angle with your thigh and shin. Stack your knee directly above your ankle in line with your second toe.

Relax your shoulders away from your ears and turn your head to gaze out over your right (or forward) hand. Reach through your arms, feeling a line of energy from the tips of your right fingers through the tips of your left. Relax your jaw.

Hold for 3 to 10 slow, deep breaths.

To come out of the pose, turn your head back to face forward, straighten your leg, and rotate it back, bringing your feet to parallel.



6/ CAMEL

Begin by kneeling. Stack your hips directly above your knees, your shoulders above your hips, and your ears over your shoulders.

Curl your toes under.

Place your palms on the small of your back, fingertips facing up. If that's uncomfortable, turn your fingertips toward the floor.

As you inhale, lengthen your spine, expand your chest, and let your breastbone and ribcage float up away from your waist.

Lift your upper back and imagine you're bending back over a beach ball. Reach one hand at a time towards your heels (or towards the blocks placed next to your ankles).

Now arch your upper back to its maximum bend. Keep your hips aligned over your ankles by pushing your pelvis forward and tilting your hipbones up, as you reach your big toes back. Take five full breaths here, letting your head drop back; if that strains your neck, tuck your chin toward your chest and relax your face.

This pose should not hurt your back. If it does, try again or don't go all the way back to your heels.

To come out of the pose, bring both hands to your lower back and on an inhale use your core to lift your body back up.



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7/ PIGEON

Step your right leg forward between your hands. Drop your back leg to the ground. Keep the back leg turned under. Keeping your front leg bent, place its shin down on the floor behind your right wrist.

Tip: Align your right knee straight in front of your right hip and your right shin parallel to the front of your mat. Lower your hips, bringing your left knee to the floor and walk your left foot back a few inches to straighten your left leg directly behind your left hip. Then rest the top of your left foot on the floor. Walk your fingertips out to 18 inches in front of your right shin and bring your elbows to the floor, forearms parallel to each other. Draw your right hip back, and your left hip forward. Take quite a few breaths in Pigeon (as much time as you can allow). Make sure your front foot is well flexed. You may feel something in your hips as they open up.



8/ MONKEY

From the previous pose (pigeon), walk your hands back by your side. Bend your back knee and transfer your weight to the back knee, keeping your toes curled under. Push into the mat with both hands to lift up as you straighten out the front leg. Flex the front foot, toes pointed straight up. Make sure your right hip is back and your left hip forward. Use blocks to support your hands, if you cannot come down very far. If you want to, try walking the front leg forward and the back leg back. Keep your core tight and your feet firmly planted (so much so that you might be able to take your hands off the floor or the blocks.) Stay here for 3 breaths and then switch sides. Lie on your back and bring your knees into your chest. Use your hands on top of your knees to move them in circles to the right and left. This will release and relieve your lower back.



9/ LEG STRETCH AND TWIST

Hug your right knee into your chest. Extend your left leg straight to the floor. Make sure left toes are flexing straight up to the ceiling. Clasp your hands behind the right thigh and try to straighten out your right leg. Flex your feet. Push your right thigh away from you and resist back with your hands and draw your shoulders in to your mat.



10/ SAVASANA

Lie down on your back. Move your arms a comfortable distance away from your body and anything else around you. Turn your palms to face up. Then separate your legs a natural distance apart. Relax your feet and let them roll open. Close your eyes. Do a mental body scan from head to toe: Where are you holding built-up tension in your body? Release it from every part of your body.

