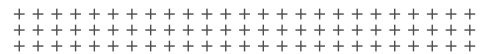


BASIC YOGA STRETCHES FOR CYCLISTS

Words by Yvette Tee | Pictures by Jeremy Hu
Venue courtesy of Wabi Sabi

Here are 5 basic yoga workouts to start you off that will help to stretch and warm up your core and leg muscles. You can do these stretches before and after training or races.



About the Instructor: Yvette Tee

In her classes, Yvette promotes mindfulness by reminding her students to stay focused on their breathing and keep their minds within their bodies, a discipline that has helped her students with their movements effectively. Yvette currently gives yoga classes at Wabi Sabi, True Yoga and at major international corporations, including BP, AVIVA and Apple's Asia Pacific HQ. She also conducts yoga retreats and private one-on-one sessions. Even for interested individuals who know nuts about yoga, she has classes that suit starters as well as those recovering from injuries. With a wide range of clientele, her students come from all walks of life, from teenagers to seniors over the age of 70, from homemakers, working professionals and sportspeople, to even foreign diplomats and high-level CEOs.

To find out more about her services, head on over to www.yogawithyvette.com

BACK/CHEST STRETCH

This is a great stretch for opening the chest and relieving stiffness in the upper back.

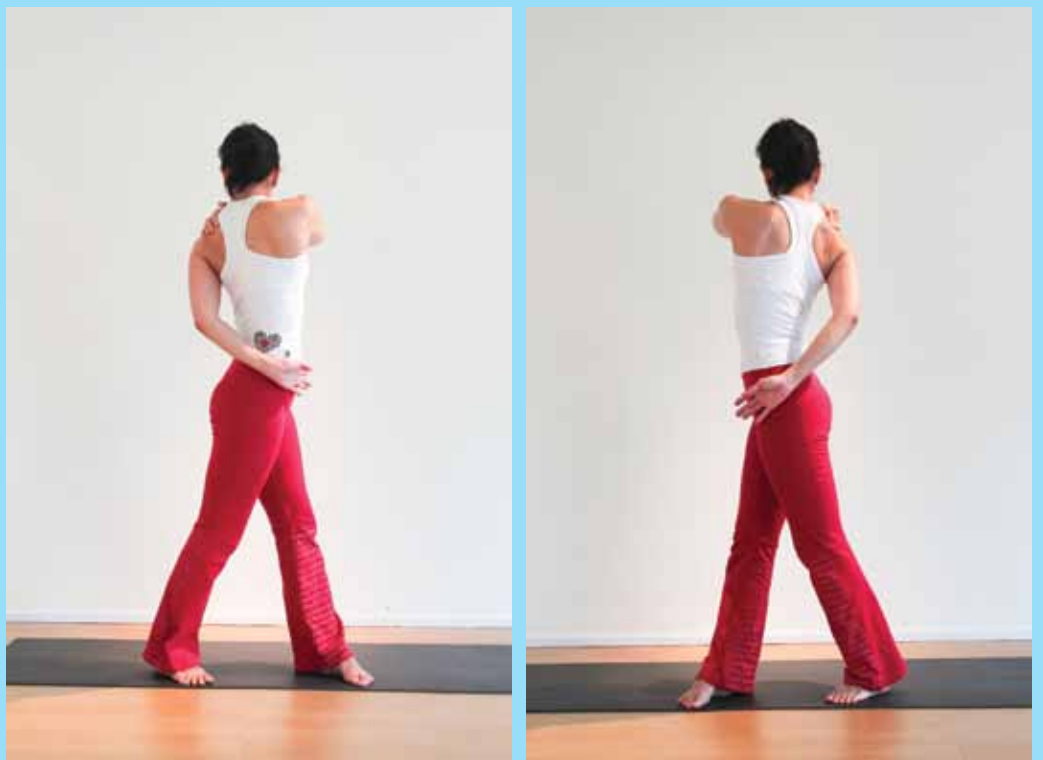
1. Stand tall with your legs apart and feet firmly grounded to the floor. Bring your arms in front of you at shoulder height and press your palms together.
2. As you inhale, open your arms to the sides and gently push your chest forward.
3. As you exhale, gently round your spine while tucking your tailbone in and press your palms together.
4. Practice this for 10 rounds



SPINAL TWIST

This exercise is great for improving flexibility of the spine and tones the waist, back and hip.

1. Stand tall with your legs hip-width distance apart.
2. As you inhale, lift your arms up sideways, and as you exhale, twist your torso to the left while placing your right hand on your left shoulder and left hand on your right hip from behind.
3. As you inhale, return to the centre and as you exhale, repeat on the right side.
4. Practice 10 rounds of this. On the last set, hold and bring in the final pose and take about 5 deep breaths on both sides.



FORWARD/BACK BENDS

This exercise is great for loosening and promoting flexibility of the spine.

1. Stand tall with your legs about hip-width distance and hands on your hip.
2. As you inhale, move your hands back to support your back and arch back gently while pushing your hip forward.
3. As you exhale, bend forward while lengthening your spine and lifting your sit-bones up.
4. Practice this for 10 times.

SIDE BENDS

This is great for toning the waist and improving digestion.

1. Stand tall with your feet together.
2. As you inhale, raise your right arm up while lengthening the spine and pulling your tummy in. As you exhale, push your hip to the right while bending to the left.
3. As you inhale, return to the centre and raise your left arm up, as you exhale, bend to the right.
4. Practice 10 sets and during the last set, hold and breathe slowly for about 5 breaths on each side.

HIP ROTATION

This is great for loosening stiffness in the hip.

1. Stand tall with your legs about hip-width apart and place your hands on your hip.
2. With your feet firmly grounded to the floor, make clock-wise rotations with your hip for 10 times.
3. Repeat anti-clockwise for 10 times.

