

poses to calm down

They'll prep you for some R&R – all while toning you up at the same time.

Finding it hard to wind down? Master Kamal swears by the calming effects of the Moon Salutation Series and incorporates them into Kryoga Ananda. Here are two postures to try before bed.

1 HORSE POSE

» Stand straight with your feet together. Bend forward and place your palms by the sides of your feet (you can bend your knees slightly). Take a big step back with your left foot and let your knee touch the floor [1A].

» Put your palms together, then point and raise your palms up. At the same time, arch your back [1B]. Make sure your hips are down. Hold for 10 counts.

» Slowly bring your arms down, and place your palms by the sides of your right foot. Bring your left foot forward to return to the start position and repeat on the other side.

Benefits Relieves stiffness in the hips and tones the legs by stretching the lower back and quadriceps. Also helps to tone the butt and muscles in the shoulders and arms.



2 SIDE STRETCH

» Sit Japanese style on your heels. Rise and stand on your knees. Stretch your right leg to the side and place the side of your foot flat on the ground. Lift your left hand, positioning the upper arm next to



your ear. Place your right hand on your right leg [2A].

» Bend to the right and slowly slide your hand down your leg as far as you can. Keep your shoulders square and facing forward; do not tilt your hips [2B]. Hold for 10 counts. Slowly come back upright and bring your right knee back to the start position. Repeat for the other side.

Benefits Trims the waist by stretching the obliques. Also helps increase the flexibility of the spine.



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