



YOGA ON THE ROAD - PROSPERINE STUDIO



# Yoga Props *with* Anita.



## Wholistic wellness is my passion

Anita Perryman is the founder of Yoga On The Road and visionary towards making yoga accessible to all; particularly the beginning yogi.

Anita has over 30 years of experience through dedicated personal practice, including 5 years of teaching experience.

## My success is in the success of my clients

Her intention is to empower you towards a sustainable and realistic practice that supports your unique capacities and guide you towards becoming confident in listening (and responding) to the needs of your own body.



Yoga Instructor, specialised for Beginners



A lovely side-effect of yoga; is that you come to know yourself a bit better...body, mind and spirit!



# My 3 Must-Haves & Tips



## Yoga Block

A hardcover book will work.



## Yoga Strap

A belt will work.



## Yoga Bolster

A pillow will work.





### Warrior One

Stand facing the wall with your ankles stacked below your hips and toes pointing forward. Step your right leg back, stack your left knee over your ankle and track it towards your little toe. Place your block between your knee and the wall and hold it secure by leaning into it, Press out through the ball of your back foot and lift your kneecap up. \*BODY AWARENESS: What muscles engage in response to your kneecap lifting? Engage and release to notice. Hold here for 3-6 breaths. Step your back foot forward and change sides. Take each pose as a single practice or move to the next.



### Warrior Two

Face side on to the wall in a wide legged stance. Turn your foot nearest the wall, 90 degrees, so your toes brush the wall. Line your front heel up with the inner arch of your back foot. Place the block between your knee and the wall and hold it secure by pressing into it. Allow your chest to shift towards your back leg. BODY AWARENESS: If you change the position of your back foot ie align heel to heel instead, do you become more aware of space in your hips? play around. Get as creative as you want with your arm position. Hold for 3-6 supportive breaths before repeating on the opposite side.



### Downward Dog (@wall)

Stand facing the wall and bring your hands to the outside of your lower ribs. Press your hands actively into the wall as you walk your feet back so your body resembles a right angle. BODY AWARENESS: As you exhale can you lift up and engage your navel (core), notice whether this offers you more support in your spine? Grip the wall and notice what sensations your attention is drawn to? Lift and lower your toes and feel the muscles that respond.





## Cow Face Pose

Place a strap over your right shoulder and extend your left arm out at shoulder level, palm facing backward. Bend your elbow and take hold of the strap. Lift your right arm up, palm facing forward, bend your elbow and take a hold of the strap. **BODY AWARENESS:** Gently drag your lower hand on the strap down your back and bring your attention to what you feel in your top arm. Does this action intensify the sensation in your upper arm? Remember: Engage and release. Hold for 3-6 breaths or longer. Don't forget to change sides.



## Back Stretch Pose

Sit on a folded blanket so that your hips are elevated. Extend your legs (or place a rolled up blanket below your knees to support tight hamstrings). Feel your sit bones pressing into the floor (or blanket). Place your strap around the middle arch of your feet, extend your spine and reach through the crown of your head. **BODY AWARENESS:** Press out through your heels and draw your toes back toward your shins, do you notice a deep stretch in your calves? Engage and release a number of times. Work where you can comfortably keep your arms and spine extended. Hold 3-6 breaths



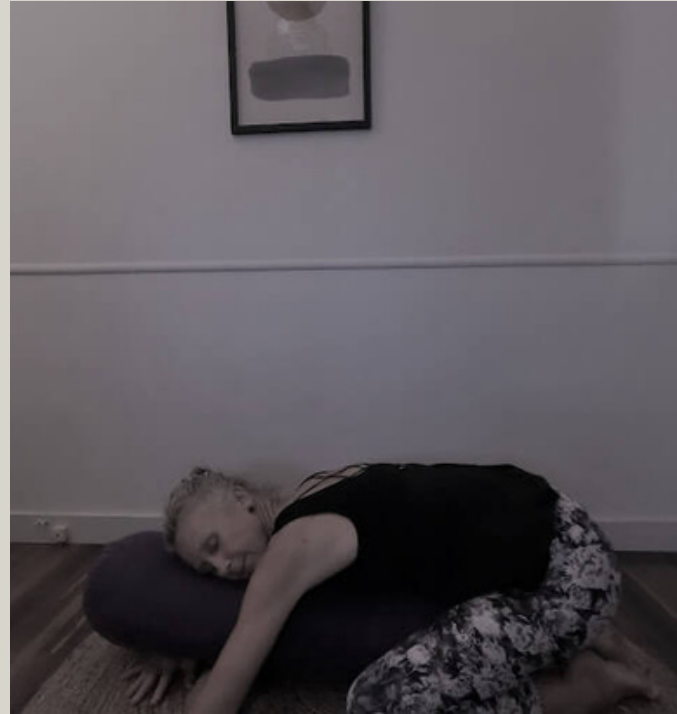
## Hand to Big Toe Pose

Lay on your back with both knees bent. Hug your right knee in towards your chest, take your strap and place it in the middle arch of your foot. Extend your leg towards the ceiling. **BODY AWARENESS:** Move your extended leg slowly and mindfully towards and away from your body. Notice where you feel the most intense work and where you feel the least and build on your practice from somewhere in between these places. Adjust your hand placement so that your leg is extended comfortably. Explore for 3-6 breaths (or more)



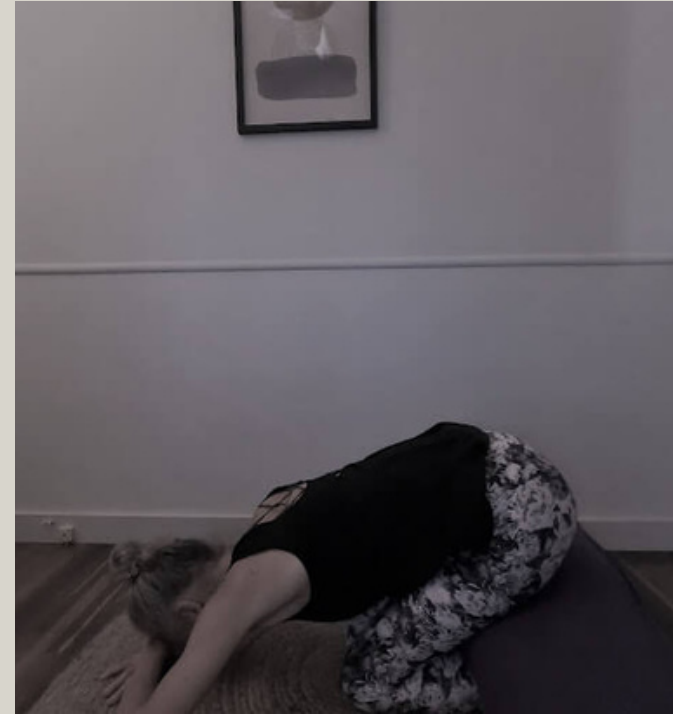
# Yoga Bolster

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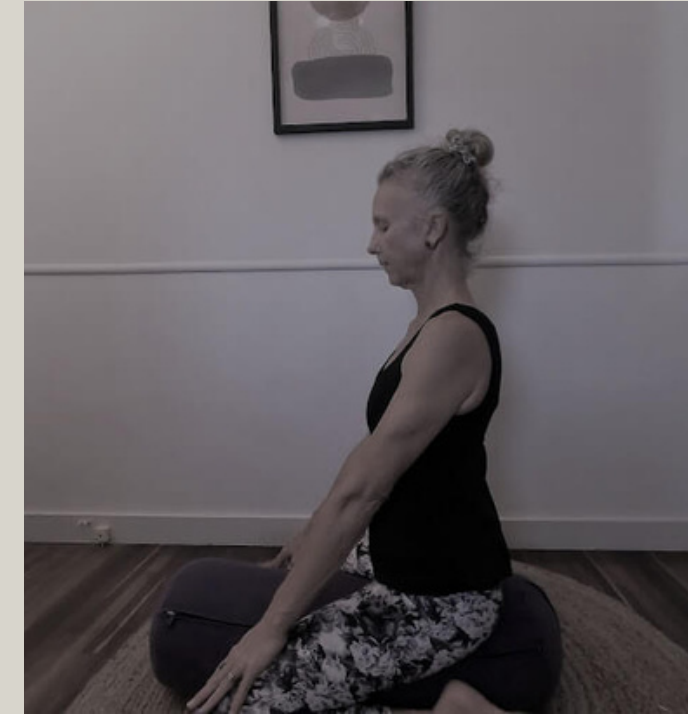
## Supported Child's Pose

From tabletop (resting on your hands and shins), move your big toes together and take your knees wide. Settle your sit bones back to or towards your heels and lower your chest towards your bolster. Wrap your arms around the bolster and let your head rest to one side. **BODY AWARENESS:** Notice how your body moves with your breath. What characteristics are most obvious to you about your breath and the way your body responds? Switch your head position to the opposite side if you are here for awhile. Hold this pose as long as it feels restorative to you



## Supported Child's Pose (Option 2)

This is for those of you who might have issues with your knees and it limits you from reaching your sit bones to your heels. Follow the instructions above and rest your head on the support of your forearms, fists or any other prop to accommodate your range of movement. **BODY AWARENESS:** What sensations are you aware of in your chest? Does it feel open and spacious?



## Hero's Pose

Sit on your bolster with your knees apart and toes pressing back. Sit tall, continue to lengthen your spine all the way up through the crown of your head. Let your hands rest wherever they are comfortable. **BODY AWARENESS:** What do you notice about the orientation of your hips? Are they shifting forward or backward? Gently move them until you find your sweet spot. Soften your eyes by closing them and offer yourself deep gratitude for taking some time for you to move, to experience and to practice. Hold for as many breaths as you can mindfully and meditatively



Get in touch

# Build Your Way to a Yoga Practice that Honours and Supports You

## Email

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# Free Resources

## Meditation Series - [Click here](#)

An audio series intended to guide you in the direction of slowing down, paying attention and listening

## Sun Salutation Series - [Click here](#)

An video series to encourage your own body awareness and build confidence around your practice





## Private Sessions

A private yoga session will accommodate your personal goals in such an important and supportive way. These sessions help create an increased sense of body awareness and confidence. They are personalised to support your individual needs, range of motion and movement. A private practice can also help to support moving you more confidently in the direction of a class community and environment.



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Om

Become loyal to your innermost truth. Follow the way when all others abandon it. Walk the path of your own heart

