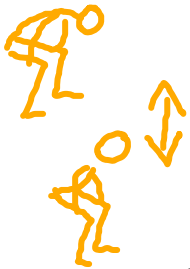


yoga exercises SAP Online Track Munich and Vienna 2020
Munich, October 22nd & Vienna 29th, 2019
movin' your body, mind & soul

2020, October 22nd Munich



- **back movin movin'**
please stand up, feel the ground under your feet.
Spread your legs
tail bone pulling down
pretend you were sitting down – stop half way!
Put your hands in front of your knees, thumbs inside
exhale: pull your right shoulder forward meanwhile you look backwards to the left
inhale: come back to look forward
exhale: pull your left shoulder forward meanwhile you look backwards to the right
inhale: come back to look forward
and so on.... Minimum every move 10 times



- **standing cat moves – movin' your back healthy**
please stand up, feel the ground under your feet.
Spread your legs
tail bone pulling down
inhale: do a hollow back
exhale: do a cat hump
and so on – minimum every move 10 times



- **wholesome neck & shoulder moves**
sit or stand up and straighten your back
cross your hands in front of your chest
hack in your index and middle finger on your collar bone
exhale: turn your had to the left (looking left)
inhale: turn your had to the middle (looking forward)
exhale: turn your had to the right (looking right)
inhale: turn your had to the middle (looking forward)
minimum each side 10 times and try to expand your radius



- **relaxing neck & shoulder moves I**
sit or stand up and straighten your back
put your fingertips on your shoulders
forward: rotate your arms in wide circles and touch your elbows in front of you
backward: rotate your arms in wide circles
each direction five times



- **relaxing neck & shoulder moves II**
sit or stand up and straighten your back
let your arms hang down in a relaxed way
slowly, very slowly pull your shoulders to the ears and hold them on this position for a few seconds
slowly let your shoulders come down

2020, October 29th Vienna

- **wake up tired feet**

please stand up, feel the ground under your feet
lift your right leg and pull it towards your belly with folded hands
rotate your right foot to right and to the left for a few times
put your arms up and straighten your whole body – breathe 5 times
put your leg down
repeat the moves with your left leg



- **chest rotating against asleep shoulders, neck & chest**

sit or stand up and straighten your back
put your folded hands on the back of your head
exhale: lean to the right and stay for 3 breath
inhale: come up to the middle
exhale: lean to the left and stay for 3 breath
inhale: come to the middle
exhale: turn to the right and stay for 3 breath
inhale: come to the middle
exhale: turn to the left and stay for 3 breath
inhale: come to the middle
exhale: lean back stay for 3 breath
inhale: come to the middle
exhale: lean forward and stay for 3 breath
inhale: come to the middle



- **wake up tired hands & head**

sit or stand up and straighten your back
put your hands in front of you and circle them towards to each other meanwhile you breathe 5 times
afterwards circle your hands away from each other meanwhile you breathe 5 times
bend your fingers of your left hand with your right hand back and forth
bend your fingers of your right hand with your left hand back and forth
meanwhile you are moving your hands and fingers you can do with your face a lot of grimaces
at least use your fingertips to move your scalp back and forth in several places on your head



- **stretch your legs softly**

please stand up, feel the ground under your feet.
place your right foot next to your left foot so that your little toes are touching
folded hands and arms up
lean to the right and left
tilt your upper body forward and all the way down
3 breaths
lift your arms and head and come up with a straighten body
place your left foot next to your right foot so that your little toes are touching
folded hands and arms up
lean to the right and left
tilt your upper body forward and all the way down
3 breaths
lift your arms and head and come up with a straighten body

