

Listen To Your Body

Have you been doing **Joëlle Sleebos's** core exercises from the last issue? You should be feeling your abdominals getting stronger. Now it's time to strengthen the other side of your core, your back.

In this issue, I thought to give you the chance to continue your core workout by adding two more core exercises based on a combination of yoga poses. These two focus more specifically on your back muscles.

Among the different exercises and poses, you will notice a pose called "child's pose" (Balasana). As you probably know, yoga is much more than a physical exercises regime. For many people it also becomes a mental and spiritual practice or discipline.

An aspect I love about yoga is that you learn to listen to the body. Some days you have lots of energy and you

feel great, while other days you just don't feel as energetic and strong. I absolutely love the fact that we can decide how we move, and yoga provides so many options to fit in with how you're feeling on the day. Some days your practice will be strong and you will do all the advanced options, while other days you might just take it a little easier and do the less advanced options – that's perfectly fine as long as you're listening to your body.

While doing yoga you can always, whenever you want, come in to child's pose. Child's pose is a resting pose. You can hold it from

30 seconds to a few minutes.

Knowing when to take a rest during exercise, letting the body be your guide instead of your mind, your will, your (sometimes) stubbornness

Sus Joëlle's Yoga Training Plan

If you have enough time each time you do these yoga poses, try to do your Sun Salutation A from the June/July issue and the two exercises from the September issue. Just add on these two exercises to your workout. If you do this routine four times a week, you will feel the difference quickly!



Scan this QR Code to download a printable version of Joëlle's Yoga Training Plan.

or whatever other external reason, is a beautiful thing to learn to do. It has taught me to adapt my practice according to my needs and to apply the same in my other daily activities. Check it out and it will hopefully help you connect more with your true self. It's all about balance! FS

More Core
For more yoga core exercises scan this QR Code or visit:
www.fullsus.co.za/category/yoga/



Joëlle Sleebos has 16 years of experience in the fitness industry as a group fitness instructor and became a personal trainer in 2012. She's been teaching yoga since 2010, when it also became her main form of exercise. Follow Joëlle on Twitter at @JoelleSleebos or on Facebook: Joelle Sleebos – Getting Personal.

Balancing out your Core: Yoga Poses to Strengthen Your Back



Warm-up: Suryanamaskara A series – scan this QR code to view it online.



Horse pose

After warming up by doing Sun Salutation A) start in the Horse Pose.



B) Reach right arm forward

Inhale: Keep lower back flat, pull belly in.
Exhale & Hold pose: Keep your body still, use your core muscles, hold for 3-4 breaths.



C) Reach left leg back

Inhale: Keep lower back flat, pull belly in.
Exhale & Hold pose: Keep your body still, use your core muscles, hold for 3-4 breaths.



D) Stretch out arm and leg

Inhale: Reach arm & leg even further.



E) Cross over

Exhale: Left knee, Right elbow, Nose together underneath the body.



F) Repeat poses D & E

Inhale & Exhale as you alternate between poses D & E 3-4 times.



G) Horse pose

Inhale



H) Chaturanga on knees

Exhale



I) Child's pose

Rest