

Mobility for Gardeners & Communing with Nature

with Susie Vanderlip

Yoga for Gardeners BEFORE Gardening

(Maybe Before activity EVERYDAY!)

Put on Hat and Sunscreen

1. Back Warm up
 - a. Roll downs and up
 - b. Side leans
 - c. Back arch
2. Shoulder Rolls – forward and backward
3. Hands Warm Up
 - a. Up and Down wrist – Palms Up, Face Down, Face Up
 - b. Gentle Fist pulls
4. Sides Warm Up – swings with wrap
5. Hips and Low Back Warm Up
 - a. Hip Rock
 - b. Hip Circles
6. Calf Stretch
7. Hamstring Stretch
8. Inner Thigh Stretch
9. Balance Knee Lifts
10. Feet/Achilles/Ankle Warm Up
11. Foot circles inward and outward



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For more info, go to www.vanderlip.com/MyYogaLife

To purchase and download *YOGA FOR THE GARDENER* Video: <https://tinyurl.com/YogaforthGarden>

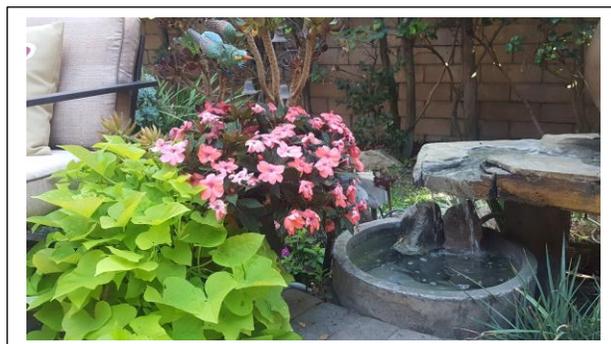
To do a 40-minute yoga class with Susie:

<https://tinyurl.com/YogawithSusieV>

DURING Gardening

Every half hour:

1. Back arches and interlaced fingers forward hinge
2. Side leans
3. Shoulder rolls
4. Hand/Forearm release
5. Hip rocks and circles
6. Knee pulls to chest for low back
7. Thigh stretches
8. Foot circles in and out
9. Repeat whatever feels good to your body!



AFTER Gardening

Any of the previous stretches you like, and then sit in the garden and do

1. Hands Cool Down
 - a. Up and Down wrist – Palms Up, Face Down, Face Up
 - b. Gentle Fist pulls Thigh Stretch
2. Quiet Mind Breathing and Mindfulness
3. Smiles with chin
4. Gentle head rolls

*Go with love, light and delight!
Namaste from the Garden*

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