Lecture 6



Gentle Yoga for Mobility and Relaxation

Knee-to-Chest, the Final Rest, and the Whole Routine

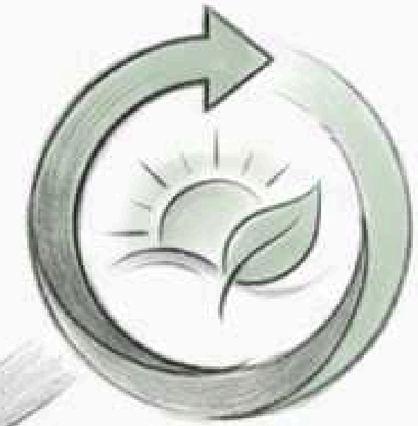
Gemini Notebook



How do you do the
knee-to-chest stretch?
(30s per side)



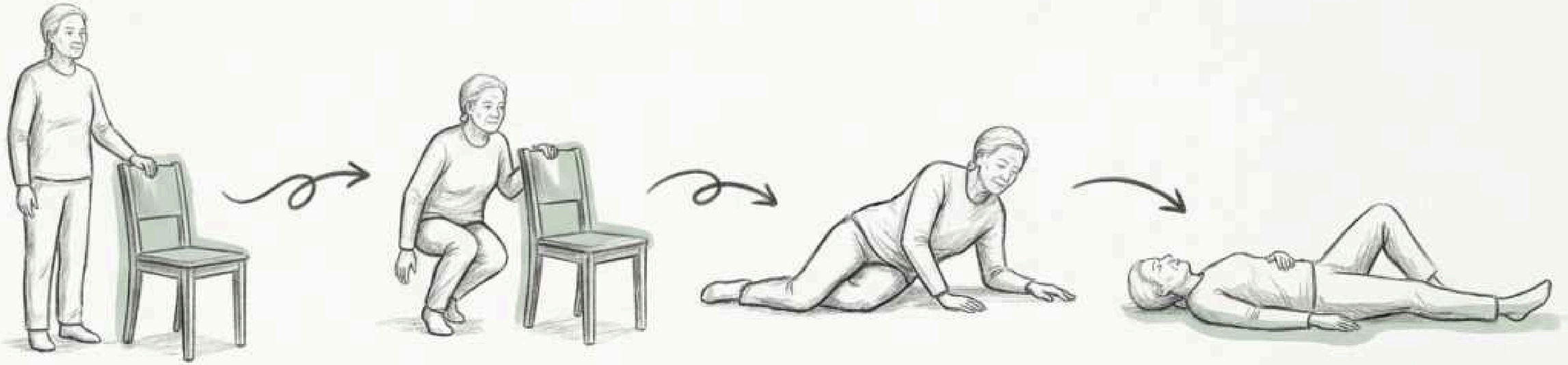
Why end with
lying still?
(2–3 mins)



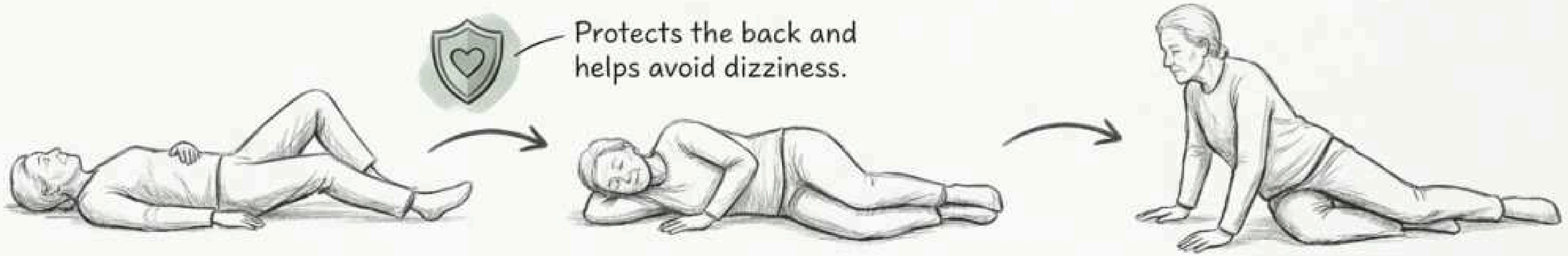
How do you build
a lasting routine?

Gemini Notebook

To the Floor: Sit with chair support → Lean on forearm → Roll to back

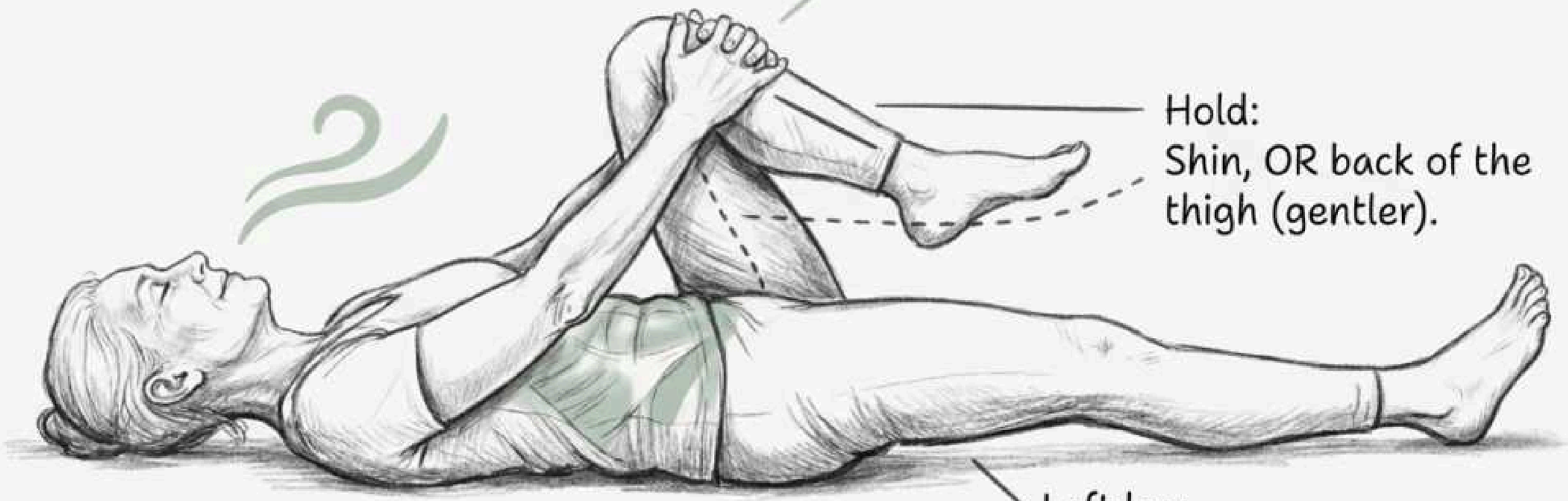


To Rise: Roll to side first → Push up with hands



Gemini Notebook

Apanasana:
Half wind-relieving pose



Action:
Breathe out and draw right knee toward chest.

Hold:
Shin, OR back of the thigh (gentler).

Left leg:
Keep foot flat on floor, or slide leg straight.

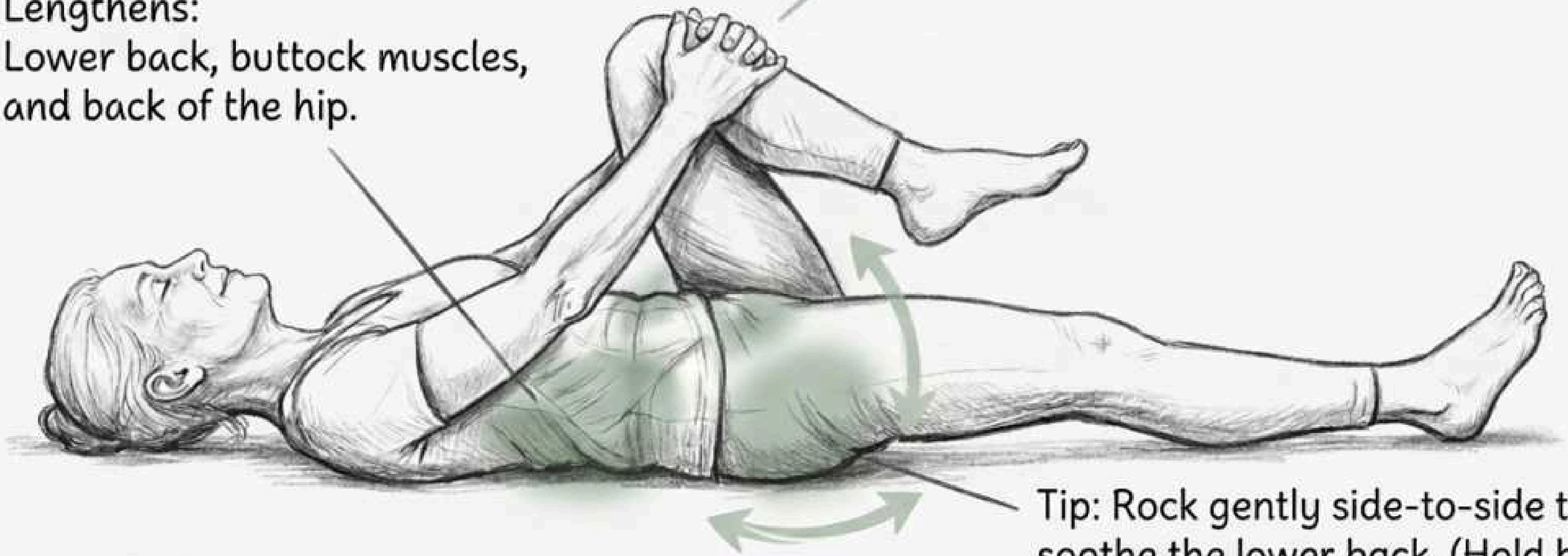
Gemini Notebook

6.4

Apanasana:
Half wind-relieving pose

Alignment Check:
Head down, shoulders relaxed, lower back resting on the floor.

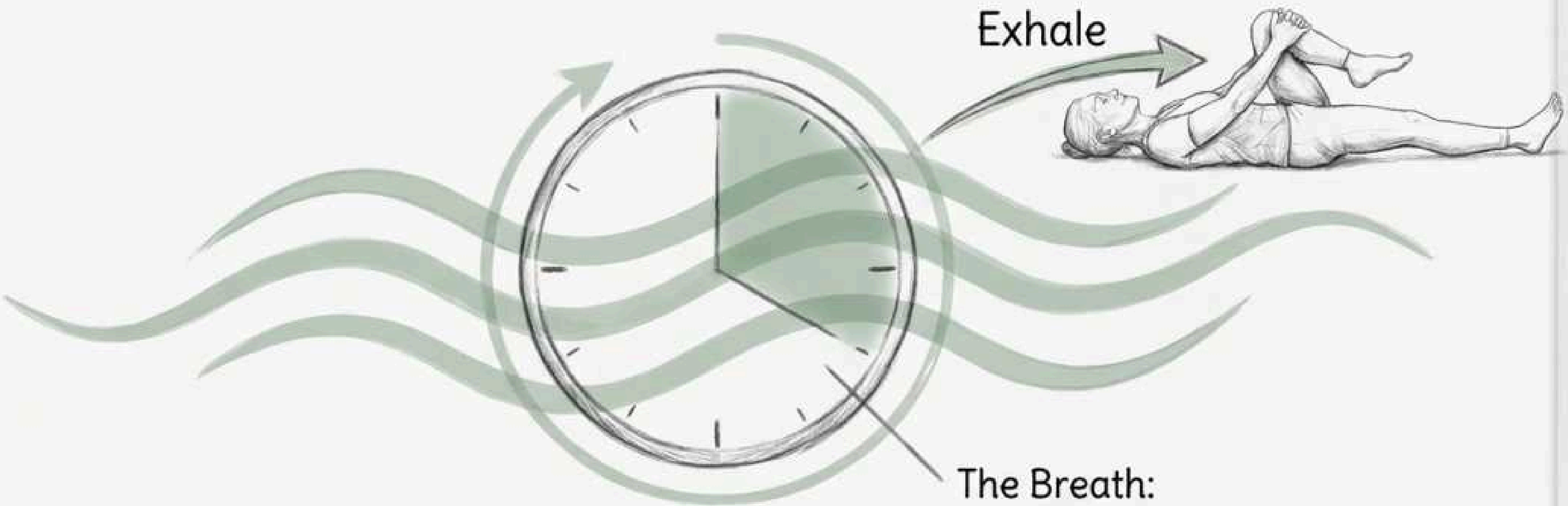
Lengthens:
Lower back, buttock muscles, and back of the hip.



Tip: Rock gently side-to-side to soothe the lower back. (Hold behind thigh if shin grip strains the knee).

Gemini Notebook

Timing: ~30 seconds (5 or 6 slow breaths) per side.



The Breath:
With each exhale, let the knee draw a fraction closer.
No pulling hard.

Caution: Hip replacements? Consult your surgeon on how far you may bend the hip.

Gemini Notebook

Savasana (Corpse Pose)

Body lies completely still. Legs lengthen and fall gently open; arms rest away from body, palms up.



Support your rest:
Lower back discomfort?
Pillow under knees.

Chin tilting up?
Thin cushion
under head.

Cold?
Cover with a blanket.

Gemini Notebook

Duration:

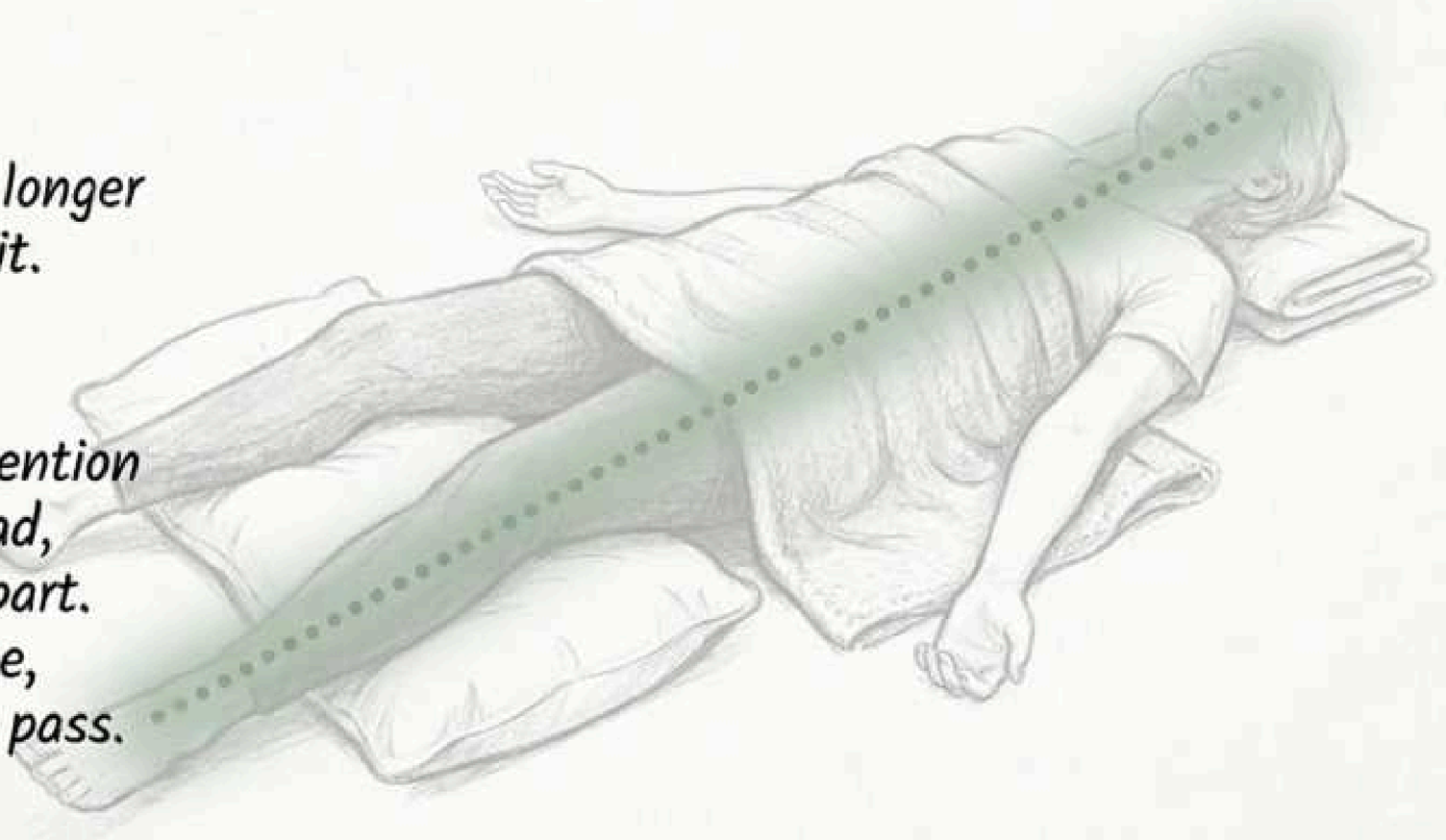
Let go completely for
2 to 3 minutes.

The Breath:

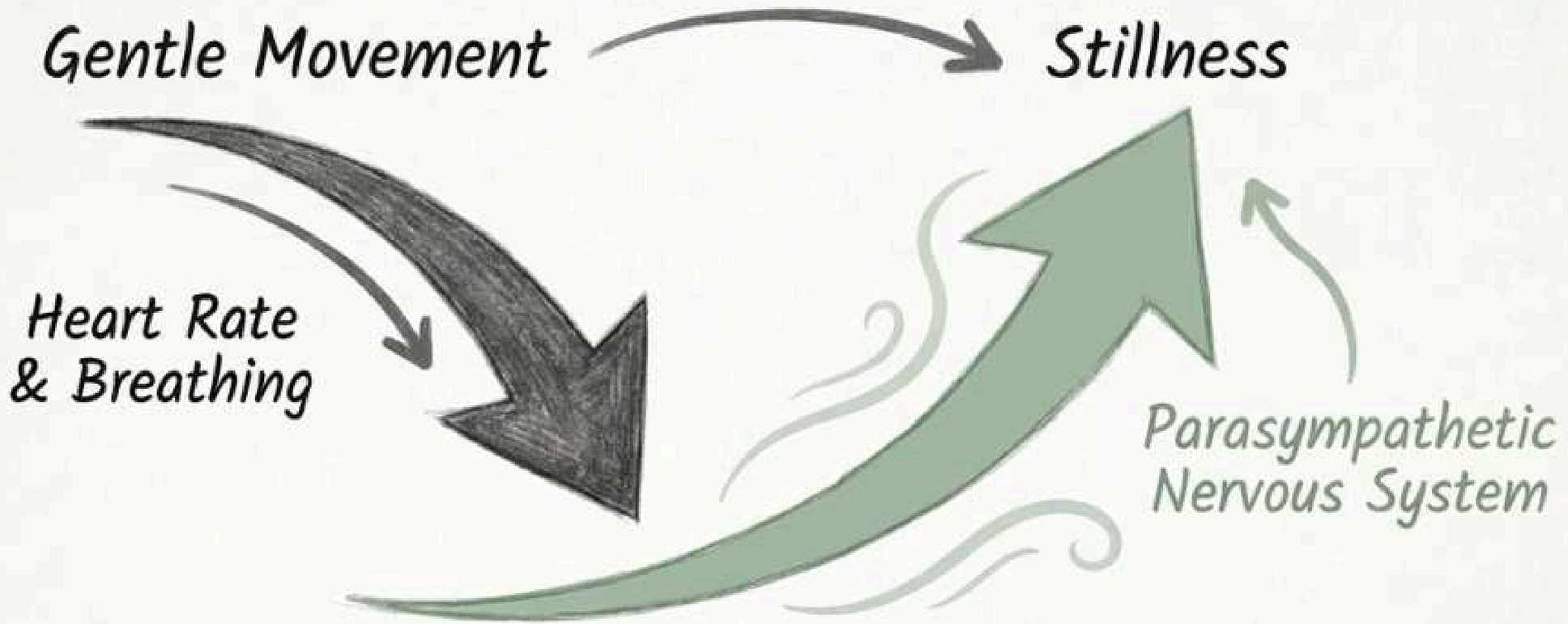
Natural. You no longer
need to control it.

The Mind:

Slowly move attention
from feet to head,
softening each part.
If thoughts come,
simply let them pass.



Gemini Notebook



Why end with rest? Stillness allows the parasympathetic nervous system time to take over.

The Result: Triggers the Relaxation Response (Herbert Benson, Harvard, 1970s).

Quiet, focused rest actively reduces feelings of stress.

Gemini Notebook

To Come Out:



1. Deepen breath & wiggle fingers/toes.



2. Stretch if you like.



3. Roll to your side and pause for a breath or two.



4. Push up slowly to sit. (Take a moment before standing).

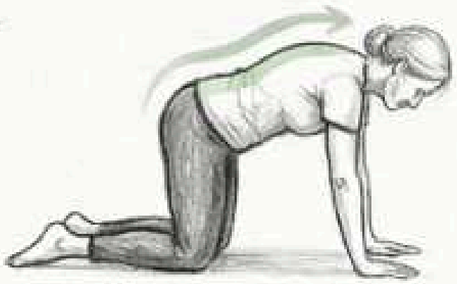
Gemini Notebook

The Complete Flow: Sit → Kneel → Lunge → Sit → Lie down.

The order flows naturally downward to the floor.



Sit (1 min)



Cat-Cow (6-8x)



Low Lunge (30s/side)



Child's Pose (30-60s)



Gentle Twist (30s/side)



Knee-to-Chest (30s/side)



Final Rest (2-3 mins)

Gemini Notebook

6.11



Morning/Night + Yoga Mat =

Attach to a daily anchor: Do the routine when waking up or getting ready for bed.

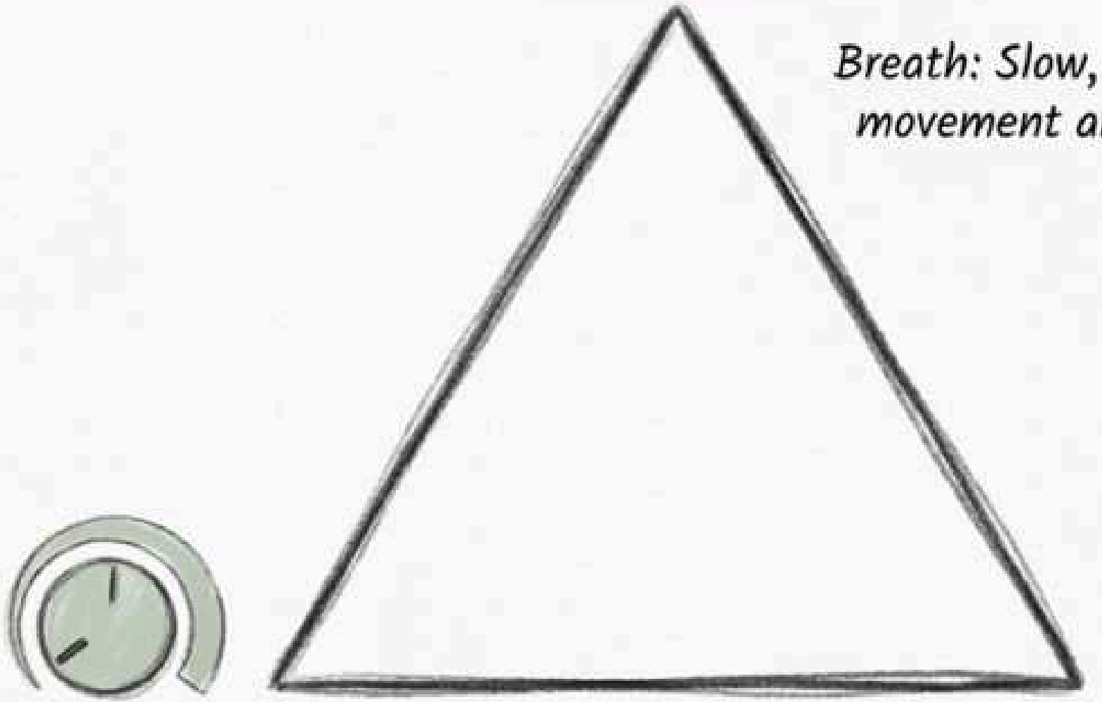
Keep it short & pleasant so you look forward to it.

Gentle practice most days brings more benefit than an occasional long session.
Notice how your back, hips, and sleep feel over weeks.

Gemini Notebook



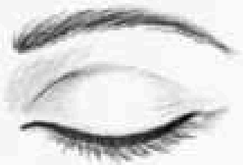
Breath Leads



Breath: Slow, easy breathing guides movement and calms the nervous system.

Slow/Small > Deep/Fast

Control: Comfort matters more than range. Every pose has a gentler version.



Rest is Practice

Rest: Stillness at the start and end is where the routine settles body and mind.

Gemini Notebook



- Where to go next?
  - Light on Yoga by B. K. S. Iyengar (1966) – A classic reference to the postures.
  - Relax and Renew by Judith Hanson Lasater – Detailed guide to restful, supported poses.
  - Seek a qualified teacher: Especially one experienced with tailoring routines for beginners or older adults.

Gemini Notebook

The One-Week Challenge:
Do the complete routine once a day for seven days.



	Time Taken	Felt Before	Felt After
Day 1	✓	✓	✓
Day 2		✓	✓
Day 3		✓	✓
Day 4	✓	✓	✓
Day 5		✓	✓
Day 6		✓	✓
Day 7	✓		✓

Log your practice:
Write down how long it took, and how you felt before and after.

The Goal:
Discover which time of day suits your body best.

Thank you for taking this course.

Gemini Notebook