



Yoga postures

Surfers no matter their level, need focus, clarity and a healthy body to achieve in water goals, be it learning to stand up or linking manoeuvres together on a single wave. Yoga has the benefits of strengthening targeted points of the body, allowing therapeutic stretching of muscles to enhance flexibility and aid in post surf recovery, as well as aid in injury prevention. Beyond the physical benefits, it can improve balance, mental focus and perseverance that will aid in the progress and development of surfing no matter the level of an individual.

Here are some yoga postures that are beneficial to a surfers that you can use anytime throughout a program that you think it will be of benefit to the participants and their outcomes.

For more resources go to <https://www.tummee.com/> and create a free account to make your own sequence of postures.

Extended side angle pose

Benefits

- Stretches upper back, arms, hamstrings and hips
- Strengthens legs, arms and upper body
- Promotes a calm focused mind



Seated forward bend

Benefits

- Stretches the whole backside of the body from the head to heels
- Calms the mind and nervous system



Downward facing dog

Benefits

- Stretches hamstrings, calves, shoulders, hands and arches of feet
- Strengthens arms, upper body and legs
- Calms the mind and nervous system





Extended puppy pose

Benefits

- Stretches the spine, shoulders and both sides of the body
- Calms the mind and nervous system



One legged king pigeon pose

Benefits

- Opens and releases the hips, chest and shoulders
- Stretches the thighs, groin and psoa muscles
- Promotes a calm focused mind



Revolved wide legged standing forward fold

Benefits

- Stretches shoulders, upper back, hamstrings, calves, hips lower back and spine
- Strengthens upper back, shoulders and legs
- Opens the chest, shoulders and hips
- Promotes a calm mind and nervous system



Belly Twist Pose

Benefits

- Opens the chest and front of the shoulders
- Stretches the shoulders, shoulder blades and spine
- Helps increase torso rotation
- Promotes a calm mind and nervous system

