

BLACKROLL®

THE HEALTHSTYLE COMPANY

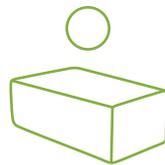
FOR YOGIS

BY SHIDA POURHOSSEINI, PULSYOGA - YOGA FOR ATHLETES

Namasté! Yoga unites the body, mind and soul. Yoga relaxes and keeps us flexible. The supporting and complementing use of BLACKROLL® products in yoga allows you to achieve more mobility and stability. Here you will find the appropriate exercises. Try it out!



TRAIN WITH



HIP FLEXOR

Starting position: Start in a prone position.

Execution: Place the BLOCK with the BALL 08 on top under your left hip flexor. Support yourself with your elbow. Place your forehead on your crossed hands and shift the weight of your torso onto the BALL. Stay this way for several deep breaths and then change sides.

Please note: Make sure to breathe calmly, because the hip flexor and our diaphragm are fascially connected. Through deep abdominal breathing the fascia between the main respiratory muscle, the diaphragm and the hip flexor are shifted, move better together, and as a result become more flexible.

This exercise requires some overcoming because the selective pressure could feel somewhat painful. You can regulate the pressure but the goal is to shift as much weight as possible onto the ball and yet relax at the same time. You can increase the pressure by lifting the stretched leg on the weight bearing side and lowering it, or bending it.

TRAIN WITH



DIAPHRAGM

Starting position: Start in a prone position.

Execution: Place the BALL 08 under your left costal arch. It should not press on the bones. Lay yourself flat on the BALL and breath calmly - place your forehead on your hands.

Lower your torso further and further in the direction of the mat. Stay this way for 1 to 2 minutes and observe how your breathing changes. Then place the BALL under the right costal arch and try to observe whether both sides feel differently. Breath consciously, relax and feel.



TRAIN WITH



PUPPY POSE

Starting position: All-fours position.

Execution: Place the BLACKROLL® MED 45 crosswise in front of you, approximately 30 cm in front of your hands. Place your underarms on the roll. Upon exhaling push your sternum in the direction of the mat and while doing so stretch your upper body and arms in one line. You can place your forehead on the mat at your discretion. Your thighs remain vertical. Observe the stretch in the chest and shoulders and stay in this position for several breaths.



ANY BLACKROLL®



BALL



BLOCK



LOOP BAND



MULTI BAND



RELAZER



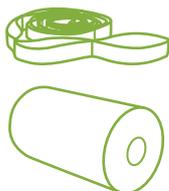
TRAIN WITH FISH POSE



Starting position: Start in a supine position.

Execution: Place the BLACKROLL® STANDARD under your shoulder blades. Cross your hands at the nape of your neck, pull your elbows towards the ground. Your chest is expanded. Your legs are stretched and the buttocks is on the ground for regeneration so that your body is long and forms an arc. Your bodyweight should be on the roll, your buttocks and heels. If you have a healthy cervical vertebrae lean your head back a little. Hold the position for a few breaths and consciously breath into your chest.

TRAIN WITH TRIANGLE



Starting position: Warrior II or large lunge.

Execution: The right foot points forward, the left foot is placed cross-wise on the mat. Your pelvis is pointed forwards, your back is long and straight, pull your belly button towards your spine. Place the BLACKROLL® MED or another 30 cm long BLACKROLL® upright on the outside of your front foot. Both legs are stretched.

Place your back foot in the first loop of the BLACKROLL® MULTI BAND and the hand from the same side in one of the loops approximately in the middle of the band. The band is still loose.

Stretch your arms out at shoulder height, the right one towards the front, the left one towards the back in a straight line. The shoulder blades pull back and down. Your gaze should follow the right arm forward. When breathing in your torso should pull in the direction of the front leg. When breathing out the upper body lowers itself straight down, the arms remain outstretched. The right hand is supported on the roll.

In this version, the arm does not point upwards in the classic way but instead as an extension of the leg and torso, diagonally forwards. When the upper body is lowered the BAND is stretched by lifting the arms. This increases the stretch in the flank and the arm. The BAND should cling laterally to your body as much as possible and tight. If needed use a different loop. The weight is distributed evenly on both legs and minimally on the hand. Open your sternum a little more towards the ceiling with each breath in. Hold for several breaths, then switch sides.

Note: Straighten up slowly and in a controlled fashion when exiting the pose. Relax the pelvic floor as much as possible in order to protect your lower back.



TRAIN WITH TIGER POSE



Starting position: All-fours position.

Execution: Slip your left foot into the BLACKROLL® LOOP BAND. Grab the BAND with your right hand so that you can pull your left leg, bent, upwards. The right arm is also bent and close to your ear. Your left wrist is located under the shoulder. Your pelvis remains as straight as possible, tighten your pelvic floor. Now alternate the tension from side to side. Pull your foot in the direction of your head using the hand with the LOOP BAND, then your foot pulls your arm further back. Continue for several breaths, then switch sides.



ANY BLACKROLL®



BALL



BLOCK



LOOP BAND



MULTI BAND



RELEAZER

TRAIN WITH

DANCE POSE



Starting position: Mountain pose (stable stance with closed legs. The arms are located at your side.)

Execution: Slip your left foot in the last loop of the MULTI BAND and place the long end over your left shoulder. Shift your weight to your right leg. Grab the band with both hands, lift your arms and bend your lower leg. Grab the band short enough so that your left leg is pulled at maximum tightness and you also feel a good pull on your upper arms. Your upper arms remain by your ears. Always point your pelvis forward and tighten your pelvic floor. Now work with pressure and counter pressure: With every breath in your foot pulls the arms back. With every breath out your arms pull your foot up. This creates a permanent resistance which keeps you in balance with good stability. Practice this pose for several breaths, then switch sides.



TRAIN WITH

BUTTERFLY POSE



Starting position: Start in a supine position.

Execution: Place the BLACKROLL® MULTI BAND under your hip. Place both loose ends over your thigh between the legs. Bend your legs and place one foot each in a loop of the MULTI BAND. Tighten the BAND. The feet should be pulled to the pubic bone without have to use force. Place your legs to the side, soles of your feet together. Your arms are next to your body, palms of your hands pointed up. Close your eyes and feel the stretch in your hips. Let gravity work for you in this exercise. You only need to actively pull your lower back toward the ground in order to avoid a hollow back.

TRAIN WITH

RELAXATION POSE



Starting position: Start in a supine position.

Execution: Lie on your back with the BLACKROLL® MED45 under your knees.

Switch on the BLACKROLL® RELEAZER to interval mode and place it on your chest at the same height as your diaphragm at the lower end of the sternum. Adjust your breathing to the rhythm of the vibration of the RELEAZER. This is about five counts of breathing in and five counts of breathing out with calm and even breathing. Close your eyes and breath for several minutes in rhythm.

Note: The RELEAZER is appropriate for all final relaxation poses. It calms, helps you find your breathing technique and therefore influences your heart rate variability. These have a positive impact on the autonomous nervous system, activates the parasympathetic nervous system and promotes synchronization of heart and breathing rhythm. Stress hormones can be lowered in this state.



ANY BLACKROLL®



BALL



BLOCK



LOOP BAND



MULTI BAND



RELEAZER