

Breathe in. Grow Strong. Love to Learn.

At Anne Arundel Medical Center your health is our passion. We're dedicated to sharing ways to empower you to stay healthy. Bringing yoga into your home is one way we reach beyond our hospital walls so we can all live healthier together. Try beginning each day doing the below sun salutation with your child. The exercises will help relax your mind, stretch your muscles and prepare you for the day ahead.

Begin the following yoga flow by saying one of these mantras: **I am smart. I am brave. I am strong. I try my hardest. I am a good friend. I am funny.**

MOUNTAIN POSE relieves stress and stretches the spine.

STANDING FORWARD BEND stretches the lower back and hamstrings.

HALFWAY LIFT stretches the spine.

HIGH PLANK engages biceps, triceps, shoulders and chest.

UPWARD FACING DOG opens up the chest for better breathing.

DOWNWARD FACING DOG strengthens your back, allows full distribution of weight through your body.

Start with arms at your sides standing tall, inhale and slowly raise arms above your head.

Exhale into this position and bring your head toward your legs, allowing a small bend in the knees as your body needs.

Inhale, bring finger tips to the ground and flatten back.

Plant hands on the ground, exhale into high plank pose. The goal is to stay relaxed in this physically challenging pose.

Inhale into upward facing dog.

Exhale into downward facing dog, put equal effort in hands and toes.

Now try them in reverse -- back to standing Mountain Pose.

Please visit www.AAHS.org/events to find a class for you and your family to enjoy at Anne Arundel Medical Center.