

# Feel-Good FIXES

Soothe everyday aches and pains with these easy yoga stretches BY BRIONY SMITH

While yoga is über-popular now, people have been benefitting from it for thousands of years. But you don't have to be a hardcore yogi to learn some hatha yoga postures and poses that are perfect for easing sore muscles and joints.



**ouch!** Tight glutes from sitting all day  
**solution:** Spinal Twist

**How-To:** Sitting on the floor, bend your left leg toward you, with the heel near your right glute. Cross your right leg over your left, placing your foot on the floor by the outside of your left knee. With your left hand, grasp your right knee. Place your right hand

on the floor behind you. Sit up straight and twist your torso to the right to relieve tension in your glutes and lower back. Breathe deeply and hold for at least 5 counts. Repeat on the other side.

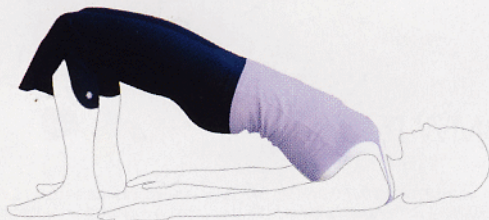
**When:** At the end of the day; after working out.



**ouch!** Aching feet and calves from sky-high heels  
**solution:** Heel Press

**How-To:** Place one foot against the wall, with your heel on the ground, and your toes spread out against the wall. Press your hands against the wall for balance and lean your weight forward to stretch your foot and Achilles tendon.

**When:** Periodically during the day; after a night out.



**ouch!** Bad posture from hunching over your desk  
**solution:** Bridge

**How-To:** Lie on your back, bend your knees and place your feet flat on the ground, hip-width apart, close to your buttocks. Your hands and arms are beside you on the ground, palms down. Then, push your feet into the ground and raise your hips toward the

ceiling. Press your shoulders and arms into the floor, keeping your shoulders open and your neck relaxed. Breathe deeply and hold for at least 5 counts.

**When:** At the end of the day; at the gym.



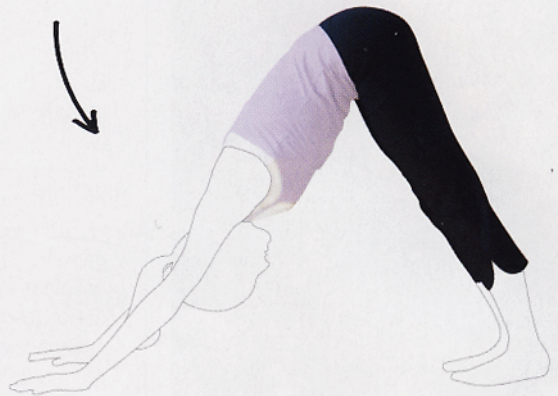
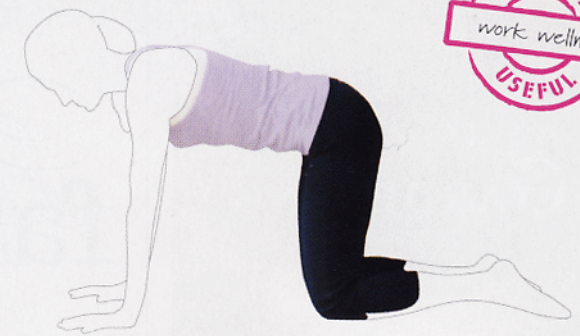


**ouch!** Upset stomach from greasy take-out  
**solution:** Child's Pose

**How-To:** Sit with your bum on your heels with your knees slightly apart. Fold forward and place your head on the floor. Stretch your arms out in front of you, palms down. Your buttocks may lift off your heels, but keep your stomach in contact with your thighs.  
**When:** As soon as you can.

**ouch!** Sore back from hauling heavy groceries  
**solution:** Roll-Ups

**How-To:** Stand straight, feet hip-width apart. Relax and bend your torso downward (with knees and arms loose), hold for a few breaths, then roll up slowly, vertebra by vertebra.  
**When:** A couple of times during the day; before bed.



**ouch!** Overworked arms from lugging around that oversized tote  
**solution:** Downward Dog

**How-To:** Strengthen arms and prevent soreness in the future. Start on your hands and knees, with fingers spread wide. Exhale, straighten your legs and push your hips toward the ceiling, into an inverted "V" shape. Arms should be straight but not hyper-extended, with your shoulders pushing down away from your ears and open wide, and your head down. Press into your fingers to reduce wrist stress. Concentrate on breathing deeply and hold for at least 5 counts. To come out of the posture, exhale and bring the arms and legs back down into the hands-and-knees position.  
**When:** In the morning to get yourself moving; at the gym.

**ouch!** Sore wrists from typing last-minute reports  
**solution:** Bear Claw



**How-To:** Touch the backs of your hands together in an upside down prayer position. Curl your fingers up in a "claw" formation.

**When:** Throughout the workday; whenever you've been at the computer for a while.