



5 WAYS TO SAFELY MOVE YOUR BODY

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www.simplybeecounseling.net/yoga



SIMPLY BEE WELLNESS

MISSION

Simply Bee inspires, empowers, and remains steady in pursuit of excellent care through education, leadership, and authentic human connection. Our mental wellness center supports individual personalities in the context of their society and culture. Services include therapy, psychiatry, performance coaching, nutrition, movement, community education and events for all people and of all ages. Our efforts support the fundamental belief that mental health is essential to wellness. We are eager to disrupt the stigma of mental health and accept all human experiences without stereotypes.



PERFORMANCE



PSYCHIATRY



HEALTH
& NUTRITION



THERAPY



YOGA
& MEDITATION



MEET YOUR COACH

Hi! My name is Stephanie Bersh and I am the resident Yoga Teacher at Simply Bee. I have been practicing yoga for the past 15 years and teaching the past four years. I am Hatha certified with a strong foundation in basic postures for grounding and increased flexibility, gentle yoga for relaxation, and restorative yoga for releasing tension in the mind and body.

My teaching style is dedicated to alignment, safety and growth. I believe movement is easier with a coach, so I want my clients to feel safe to travel within their minds and body, to reconnect and to find strength on and off the mat. I focus on simple practices such as breathwork, body movement, journaling, relaxation, and meditation

With all that is going on in the world, it's important to take time to breathe and stretch to ease anxiety and stress.





DAILY STRETCHES

for beginners

1

SEATED STRETCHES

2

STANDING STRETCHES

3

SUPINE STRETCHES

4

BREATH WORK

5

MOVEMENT





SEATED STRETCHES

release neck, low back & shoulders

BEGIN SEATED IN EASY POSE (CROSS-LEGGED)
EAR TO LEFT SHOULDER
EAR TO RIGHT SHOULDER
NECK TO CHIN STRETCH

INTERLACE HANDS AND STRETCH HANDS TALL - SIDE BEND BOTH SIDES

WALK HANDS FORWARD AND STRETCH HANDS FORWARD
CAN COME UP ON FINGERTIPS IF BACK IS TIGHT

COME FORWARD INTO TABLE TOP (SHOULDERS OVER WRISTS)
KNEES HIP DISTANCE APART

CAT/COW STRETCH TO RELEASE SPINE
CIRCLE HIPS IF HIPS FEEL TIGHT

CHILD'S POSE (BIG TOES TOGETHER, KNEES APART)





STANDING STRETCHES

release hamstrings, back & open chest

START IN STANDING - FEET PARALLEL- HIP DISTANCE APART
GROUND THROUGH FEET, HANDS AT HEART CENTER
INHALE HANDS RISE UP TO FACE THE SUN

EXHALE FOLD YOURSELF FORWARD
(KEEP KNEES BENT IF HAMSTRINGS ARE TIGHT)

INHALE HALFWAY LIFT - HANDS TO SHINS - FLAT BACK
EXHALE FOLD
REPEAT 3 TIMES

RISE UP - GOALPOST ARMS, LET THE CHEST EXPAND
FORWARD FOLD - HANG WITH ELBOWS CROSSED
SWAYING FROM SIDE TO SIDE





SUPINE STRETCHES

release low back and hips

LIE ON BACK - FEET ON EARTH, KNEES BENT -
LIFT HIPS INTO GENTLE BRIDGE POSE

RELEASE HIPS & WINDSHIELD WIPER LEGS FROM SIDE TO SIDE

"T" ARMS OUT TO SIDE -DROP KNEES TO RIGHT,
STAY IN TWIST -REPEAT LEFT SIDE

KNEES BENT - FEET ON EARTH - RIGHT ANKLE CROSSES OVER LEFT KNEE
STRETCH IN NUMBER 4 SHAPE
INTERLACE HANDS BEHIND THE THIGH TO DEEPEN STRETCH
REPEAT OPPOSITE SIDE

REACH FOR FEET OR ANKLES AND ROCK SIDE TO SIDE
IN HAPPY BABY POSE

SAVASANA - REST ON YOUR BACK FOR 2 MINUTES





DAILY BREATHING EXERCISES

release anxiety & panic

BOX BREATH

Also known as 4 x 4 breath, is a simple breathwork practice to calm your nervous system.



INHALE 4 . 3 . 2 . 1

HOLD 4 . 3 . 2 . 1

EXHALE 4 . 3 . 2 . 1

HOLD 4 . 3 . 2 . 1

REPEAT 5 TIMES



5

DAILY MOVEMENT

5 ways to get moving at home during social distancing



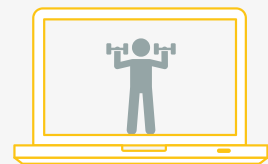
ROLL OUT YOUR YOGA MAT

TAKE A WALK OUTSIDE IN NATURE



HAVE A DANCE PARTY (BUBBLES OPTIONAL)

TAKE A VIRTUAL FITNESS CLASS



THROW A FRISBEE IN YOUR YARD





TO BOOK A SESSION WITH STEPHANIE

visit our website:

simplybeecounseling.net

contact us at: (224) 424-0432



SIMPLY BEE