Posture Makes Perfect Wall Cactus!

- PRESS YOUR BODY BACK AGAINST THE WALL
- LEGNTHEN YOUR SPINE
- RELAX YOUR FRONT RIBS
- OPEN YOUR ARMS UP LIKE A CACTUS AND PRESS THEM BACK & HOLD FOR 1 MINUTE





OPEN ME UP: OFF THE BED ARM HANG

- LIE TOWARDS THE EDGE
 OF THE BED
- EXTEND YOUR ARM OUT AT "T"
- MAKE SURE YOUR SHOULDER IS CLOSE TO THE EDGE
- MOVE YOUR ARM TO FIND THE STRETCH





MOTHER TRUCKER YOGA PRESENTS:

THE MOVEMENT ADVENT CALENDAR: DAY 3

Better Back with 1/2 Down Dog

- PLACE HANDS ON TRUCK
- STEP BACK
- SINK INTO UNDERARMS
- LEAN HIPS BACK
- DRAW BELLY IN
- HOLD 10 BREATHS





Backside Builder: Bridge Raises

- LAY DOWN ON THE FLOOR
- ARMS AT SIDES
- HEELS BENEATH KNEES
- PRESS HIPS UP & PUBIS BONE TO THE SKY
- KEEP HIPS LEVEL
- LIFT ONE LEG UP
- LIFT & LOWER HIPS 10-20
 TIMES EACH SIDE



STEP 1



MOTHER TRUCKER YOGA PRESENTS:

THE MOVEMENT ADVENT CALENDAR: DAY 5

North Pole Side Stretch (IT Band)

- FIND A POLE
- GRAB HOLD
- STEP YOUR OUTSIDE FOOT BEHIND YOU & TOWARDS THE POLE
- LEAD INTO YOUR OUTER HIP
- ARMS FULLY EXTEND
- RELAX SHOULDERS
- BREATHE 10 COUNTS EACH
 SIDE





Wrapping Paper Hand Helpers

- FIND A WALL, COUNTER, STEP OR LEDGE
- TURN YOUR FINGERS TO POINT DOWN
- PLACE ALL 4 FINGERS AGAINST THE COUNTER
- BEND ELBOW TO 90*
- PRESS INTO PALMS TO STRETCH FINGERS
- HOLD FOR 10-20 SECONDS 1-3X/DAY







MOTHER TRUCKER YOGA PRESENTS:

THE MOVEMENT ADVENT CALENDAR: DAY 7

Rudolph the Red Nose Reindeer: Nose to Knee Hip Stretch

- LAY DOWN ON YOUR SLEEPER
- EXTEND ONE LEG & FLEX THAT FOOT
- PRESS STRAIGHT LEG INTO THE BED
- GRAB HOLD OF THE OPPOSITE LEG (KNEE, SHIN, THIGH, OR LOOP A STRAP)
- INHALE AND AS YOU EXHALE, USE YOUR CORE AND CURL UP NOSE TO KNEE
- LENGTHEN LOWER BACK (THINK UNCURL TAILBONE)
- RELAX SHOULDERS AND KEEP REACHING THROUGH THE STRAIGHT LEG'S HEEL
- HOLD FOR 10 SECONDS REPEAT 5 X EACH SIDE



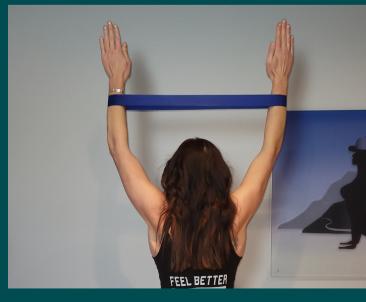


Shoulder Wall Climbers

- USE LOOP RESISTANCE BAND
- PUT AROUND FOREARM & BRING BEHIND HEAD
- CREATE CACUS LIKE ARMS
- KEEP CONSISTENT TENSION ON BACK AND FRONT RIBS DOWN
- SLOWLY SLIDE ARMS UP AS FAR AS YOU CAN & DOWN AGAIN
- 10 REPS FOR 3 SETS TO IMPROVE POSTURE AND MUSCLE TONE









Twist and Turn the Night Away - Spinal Twist

- START LAYING ON YOUR BACK (SUPPORT YOUR HEAD IF YOUR SHOULDERS ARE TIGHT
- BEND YOUR LEFT LEG AND SHIFT YOUR HIPS TO THE LEFT A FEW INCHES
- ADJUST YOUR SHOULDERS BROAD AND FLAT ACROSS YOUR BED
- GENTLY TAKE YOUR LEFT LEG ACROSS YOUR BODY, SO YOUR HIPS ARE STACKED
- SUPPORT YOUR KNEE IF NEEDED
- THE TWIST SHOULD PRIMARILY BE IN YOUR SPINE NOT HIPS
- HOLD EACH DIRECTION FOR 60 SECONDS OR MORE





Jello Jigglers - Water Jug - Triceps Kick Back

- STEP FEET HIPS DISTANCE & BEND KNEES
- HINGE TORSO 45 DEGREES FORWARD
- DRAW BELLY & FRONT HIP BONES IN AND UP & ENGAGE GLUTES
- PULL SHOULDER BLADES BACK
- INHALE: CURL JUG TO SHOULDER W/O ROUNDING UPPER BACK
- EXHALE: EXTEND THE ARM BACK AND KICK THE BOTTOM OF THE JUG TO THE SKY
- REPEAT 10X EACH SIDE OR 1 MINUTE EACH ARM





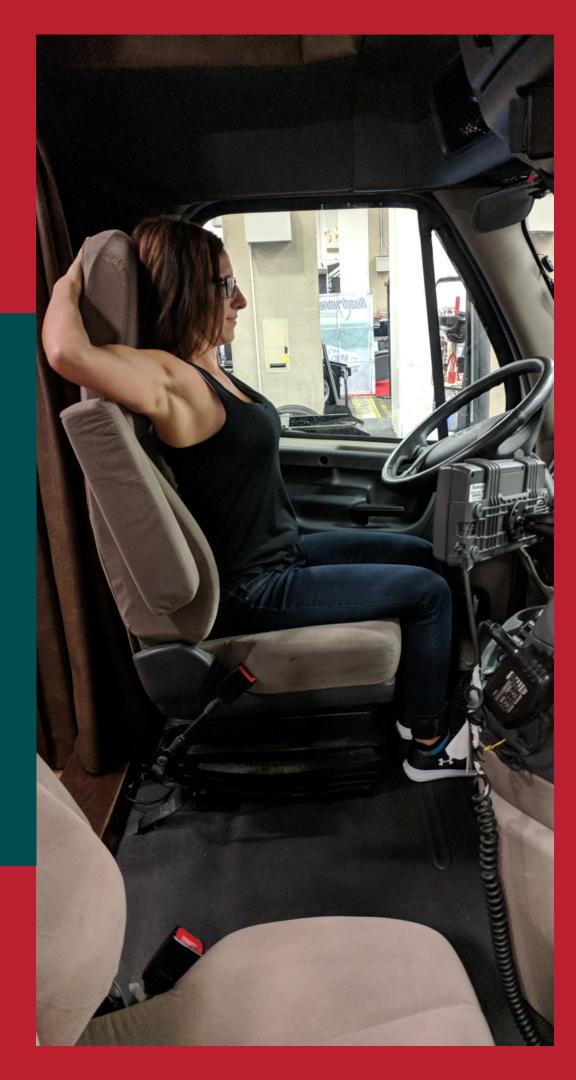


MOTHER TRUCKER YOGA PRESENTS:

THE MOVEMENT ADVENT CALENDAR: DAY 11

Open Up for the Holidays Drivers Seat Release

- SIT TALL
- GRAB BEHIND THE HEAD REST- PALMS FLAT
- RELAX FRONT RIBS DOWN
- PULL ELBOWS BACK WIDE
- RELAX SHOULDERS DOWN
- TAKE 10 BREATHS
- REPEAT 2-5 TIMES A DAY





Santa Christmas Bag Swing - Obliques & Back

- HOLD A WEIGHT OR SOMETHING **HEAVY**
- SOFTLY BEND YOUR KNEES AND DROP THE WEIGHT TO YOUR RIGHT SIDE
- INHALE, SWING THE WEIGHT UP & ACROSS YOUR BODY TO THE LEFT SIDE
- EXHALE, SWING BACK DOWN TO THE RIGHT
- LET YOUR RIGHT HEEL PIVOT OFF THE GROUND & YOUR HIPS MOVE WITH THE WEIGHT
- KEEP YOUR CORE STRONG& BREATHE
- REPEAT 1 MIN EACH WAY











Strong and Stable Core

- LAY ON YOUR BACK
- TIP YOUR PELVIS INTO NEUTRAL (NOT PRESSED INTO THE FLOOR)
- RELAX SHOULDERS & SUPPORT HEAD IF NEEDED
- LIFT ONE LEG TO 90 DEGREES & FLEX FOOT
- PRESS AGAINST IT WITH THE OPPOSITE HAND & RESIST
- HOLD FOR FIVE BREATHS
- REPEAT ANOTHER SIDE
- NOW TRY BOTH HANDS CROSSED
- KEEP PELVIS STEADY AND BACK FROM ARCHING













Slippery Side Bend

- SIT TO THE EDGE OF YOUR SEAT
- STEP YOUR FEET WIDE & TURN YOUR TOES OUT
- TAKE A DEEP BREATH IN
 & FOLD FORWARD
- USE GRAVITY WITH YOUR EXHALE & CONTINUE TO RELAX & LET YOUR BACK STRETCH
- LET YOUR CHIN TUCK IN
- YOUR SHOULDERS HANG DOWN
- BREATHE 10 BREATHS









Strong Back Before the Holidays

- START SITTING W/BAND AROUND BALLS OF FEET
- HOLD BAND W/ PINKY BY LOOSE END
- SIT TALL WITH ELBOWS WIDE & SHOULDERS DOWN
- INHALE, SIT TALL
- EXHALE, FOLD FORWARD & PRESS FISTS BACK & PUSH THROUGH FISTS
- REACH THROUGH TOP OF THE HEAD
- INHALE BACK UP, SIT TALL
- REPEAT 10X OR 1 MIN.











Slippery Side Bend

- SIT TO THE EDGE OF YOUR SEAT
- STEP YOUR FEET WIDE & TURN YOUR TOES OUT
- TAKE A DEEP BREATH IN
 & FOLD FORWARD
- USE GRAVITY WITH YOUR EXHALE & CONTINUE TO RELAX & LET YOUR BACK STRETCH
- LET YOUR CHIN TUCK IN
- YOUR SHOULDERS HANG DOWN
- BREATHE 10 BREATHS









Instant Core FIX - Core Twist

- GRAB YOUR MINI BALL & PLACE IT BEHIND YOUR BACK
- PRESS SACRUM INTO BALL NO ROUNDING SPINE
- SLOWLY RECLINE BACK KEEPING CONTACT WITH BALL-NO ARCHING
- BRING ARMS UP TO SHOULDER HEIGHT & MAKE FIST
- KEEP HIPS STEADY
- INHALE- ROTATE RIBS AND UPPER BODY TO THE RIGHT
- EXHALE-CENTER
- INHALE-LEFT
- EXHALE-CENTER
- REPEAT 5-10 TIMES





Merry Mobile Christmas-Hip Mobility

- STAND TALL
- LEVEL YOUR HIPS & USE
 WALL IF NEEDED
- TRY NOT TO LEAN TO THE SIDE
- USE YOUR GLUTE & OBLIQUES MUSCLES
- START TO SWING YOUR LEG FRONT TO BACK AND THEN OUT AND ACROSS THE MID-LINE
- THE FOCUS HERE IS MOBILITY, USE MOMENTUM, AND RELAX YOUR LEG AS YOU SWING











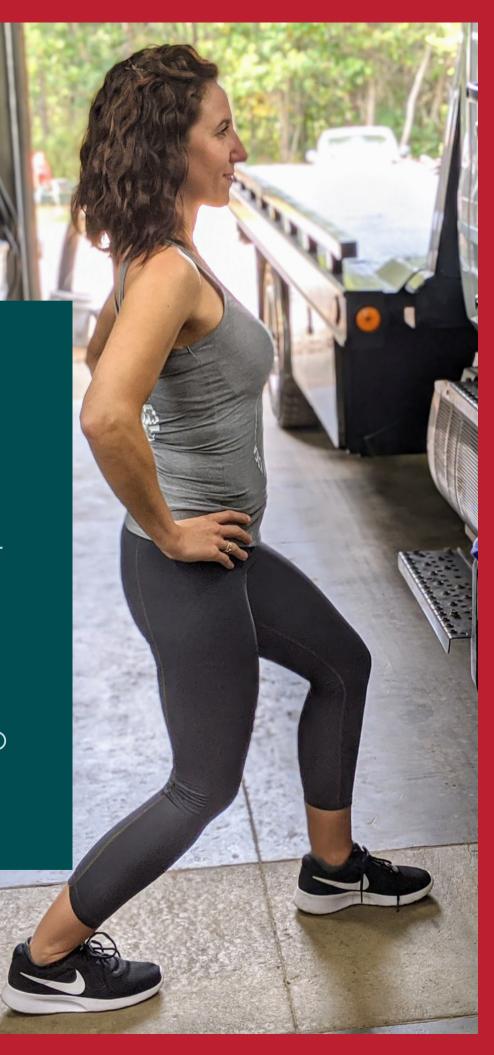
MOTHER TRUCKER YOGA PRESENTS:

THE MOVEMENT ADVENT CALENDAR: DAY 19

Holiday Chain Reaction- Calf Release

- STAND TALL
- TAKE A CASUAL STEP BACK
- TURN BOTH FEET FORWARD (DOUBLE-CHECK) AT HIPS WIDTH
- SQUARE YOUR HIPS
- BEND YOUR FRONT KNEE
- NOW BEND YOUR BACK KNEE W/O LIFTING YOUR HEEL
- KEEP YOUR KNEE POINTING FORWARD
- REPEAT 10 X EACH SIDE





Balance & Stability for the Holidays

- STAND TALL AND HOLD THE MINI BALL (OBJECT) IN ONE HAND
- REACH UP **OVERHEAD**
- EXTEND THE **OPPOSITE LEG TO** THE SIDE
- BALANCE ON-BASE FOOT- ENGAGE **GLUTES**
- BREATHE IN
- EXHALE, BRING THE **BALL AND YOUR** FOOT TO TOUCH (OR CLOSE) & THEN EXTEND BACK OUT
- REPEAT 5-8X EACH SIDE











HO HO HO HIP HELPERS - FIGURE FOUR STRETCH

- START LAYING ON YOUR BACK (SUPPORT YOUR HEAD IF YOUR SHOULDERS ARE TIGHT
- BEND YOUR RIGHT LEG AND CROSS YOUR LEFT ANKLE OVER YOUR RIGHT KNEE
- KEEP YOUR HIPS STEADY AND BACK SLIGHTLY ARCHED
- FLEX THE CROSSED LEG'S FOOT TO ACTIVATE THE HIP
- GENTLY BEGIN TO PRESS THE CROSSED LEG AWAY FROM YOU, KEEPING YOUR OTHER LEG STEADY
- TIP: PUT YOUR BOTTOM FOOT UP AGAINST THE WALL AT 90-DEGREES FOR MORE SUPPORT
- USE YOUR HAND TO PRESS THE TOP LEG AWAY
- HOLD THE STRETCH FOR 1 MINUTE OR UNTIL THE TENSION FADES
- REPEAT OPPOSITE SITE







Rock Around the Clock-**Shoulder Stability &** Strength

- STAND TALL HOLD THE BAND AT SHOULDER WIDTH
- KEEP WRISTS STRAIGHT
- HOLD LEFT HAND IN FRONT OF YOU & PULL THE RIGHT HAND TO 12 O'CLOCK
- BRING RIGHT HAND TO **CENTER & PULL THE LEFT** HAND TO 6 O'CLOCK
- KEEP ALTERNATING AND MOVE TO 1 O'CLOCK AND 7 O'CLOCK
- THEN 2 O'CLOCK & 8 O'CLOCK UNTIL YOU ARE AROUND THE ENTIRE **CLOCK**





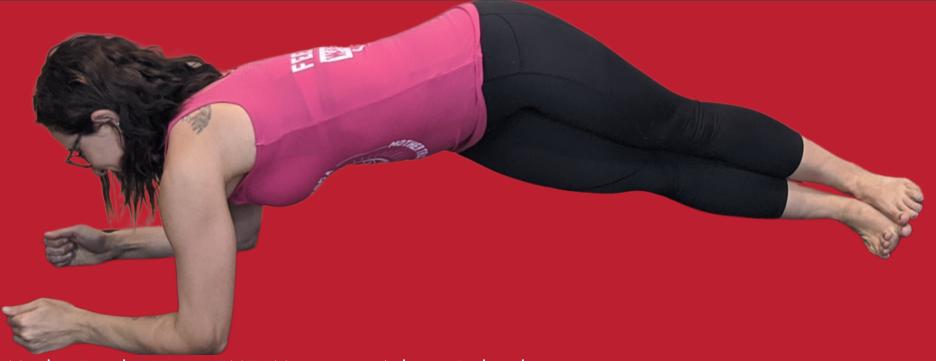






No Muffin Top for Christmast - Plank Twist

- START IN A TABLETOP ON ALL FOURS
- DROP TO YOUR FOREARMS & PUT ELBOWS UNDER SHOULDERS & PRESS FISTS INTO THE GROUND
- WITHOUT MOVING YOUR UPPER BODY, STEP ONE LEG BACK AT A TIME AND SQUEEZE LEGS TOGETHER
- KEEP SHOULDERS SQUARE WITH THE GROUND & ROTATE HIPS & LEGS IN ONE DIRECTION & PRESS HIPS UP
- OPTIONS: STACK, STAGGER FEET, OR PLANT TOP FOOT ON THE GROUND IN FRONT OF THE OPPOSITE KNEE
- HOLD FOR TEN BREATHS & REPEAT OPPOSITE SIDE





Side Bend for the Holidays

- STEP FEET 2' APART
- TURN FEET PARALLEL (DOUBLE-CHECK)
- KEEP HIPS SQUARE FORWARD (NO FOLDING IN THE HIP)
- PRESS HIPS TO THE RIGHT & SIDE BEND TO THE LEFT
- REACH TOP ARM ALONGSIDE YOUR EAR
- LOOKUP OR DOWN
- DRAW BELLY IN & ANCHOR TAILBONE DOWN
- NOTICE HOW FAR YOU CAN GO ON EACH SIDE
- REPEAT OPPOSITE SIDE 5-10 **BREATHS**











Doorway Shoulder Stretch

- FIND A DOORWAY
- GRAB THE FRAME AT SHOULDER HEIGHT
- STEP THROUGH THE DOORWAY
- RELAX SHOULDER BLADE
- START WITH YOUR BODY FACING FORWARD
- BEGIN TO PIVOT AWAY FROM THE ARM WITH YOUR ENTIRE BODY UNTIL YOU FEEL A STRETCH
- DON'T LET SHOULDER ROLL INWARD (CHECK)
- REPEAT OPPOSITE ARM
- HOLD 30-60 SECONDS











MOTHER TRUCKER YOGA PRESENTS:

MOVEMENT ADVENT CALENDAR 2021

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