

## Yoga for Piriformis muscles

### Chair

- Cow/Cat – seated comfortably on a chair, warm up starting with a gentle flow, Cow on the inhale and Cat on the exhale. 6-8 of each.
- Crescent Moon - extend the hands to the ceiling on the inhale and gently let the arms, head and shoulders bend to the right. Return to center and reach towards the ceiling on the inhale, and then to the left on the exhale. Repeat 3-5 times each side.
- Side twist – stretch the hands towards the ceiling on the inhale and then bring the hands to the right side of the chair on the exhale. Hold for 4-6 breaths, turning slightly to look over the shoulder on each inhale. Repeat on the left side.
- Knee Tuck – Bring the right knee up towards the chest and wrap the hands around the shin or thigh. Straighten up slightly on the inhale, and relax the upper body forward towards the knee on the exhale. Repeat for 4-6 breaths and go to Piriformis Stretch.
- Piriformis Stretch – Bring the right ankle over onto the left thigh, straighten slightly on the inhale, then relax the body forward on the exhale. Repeat for 4-6 breaths. Repeat Knee Tuck and Piriformis Stretch with the left leg and then relax for several breaths.

### Mat

- Cow/Cat – From table pose, warm up starting with a gentle flow, Cow on the inhale and Cat on the exhale. 6-8 of each.
- Crescent Moon – in a comfortable seated position, extend the hands to the ceiling on the inhale and gently let the arms, head and shoulders bend to the right. Return to center and reach towards the ceiling on the inhale, and then to the left on the exhale. Repeat 3-5 times each side.
- Side Twist - stretch the hands towards the ceiling on the inhale and then turn the body to the right. On the exhale bring the right hand to the right and slightly behind the right hip and the left hand over onto the right knee. Hold for 4-6 breaths, turning slightly to look over the shoulder on each inhale. Repeat on the left side.



- Double Knee Drop Twist – Lay down on your back with the knees up and the feet in towards the gluts. On the exhale, let the knees drift to the right and the head turn gently to the left. Bring the knees back up and the head to center on the inhale, then let the knees drift to the left and the head to the right on the exhale. Continue to flow back and forth for 6-8 breaths.



- Piriformis Stretch – With the knees up and the feet on the mat, bring the left ankle across onto the right thigh on the inhale, relaxing into the pose on the exhale. On the next inhale, bring the hands around either the right shin or thigh and bring the leg in towards the chest. On the exhale let the head, shoulders and upper back relax back down onto the mat. With each inhale, pull in slightly on the thigh and then relax slightly on the exhale. Repeat 4-6 breaths and then switch sides.



- Relaxation Pose – let the body stretch out and relax in Savasana (relaxation) Pose until ready to move.

