

Yoga it Out

A GUIDE TO STRETCHING
WITH A YOGA FLOW



BETSY MCCUE
PICTURES 

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Yoga Flow

1. It is recommended that you use this yoga flow daily for approximately 2 weeks or more leading up to your boudoir session to help get you limber for the crazy poses we will be doing! It will also help you be less sore after your session!
2. This yoga flow should take you only 10-15 minutes to complete each day. Still a little sore after your session? Use ice packs for 15 minutes on and off; this will help aching/sore muscles.
3. Warm-hot baths with/without Epsom salt will also help sore muscles/tenderness. Don't forget to increase your water intake; it will help flush toxins and improve potential muscle fatigue.

“Easy Seat - Sukhasana

Find a comfortable seat with your legs crossed, lengthen your spine toward the sky. Rest hands on knees or thighs, soften eyes, and root sit bones down to the earth. Steady breaths in through the nose out through the mouth. Stay here as long as you like!

BENEFITS:

- Gently opens hips
- Stretches groin
- Lengthens spine
- Relaxes and calms mind



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Extended Child's Pose - Uthita Balasana

From tabletop, bring big toes together, sending knees wide to the outside edges of the mat. Exhale; shift hips over heels, allow forehead (if able) to rest on the mat, extend arms forward toward top of the mat, and sink rib cage toward mat. Allow breathing to sink you deeper into pose; hold for 5-10 breaths. Option to revisit this pose anytime during yoga flow.

BENEFITS:

- Gently stretches hips and thighs
- Lengthens spine
- Calms mind and helps relieve stress



Cat/Cow - Chakravakasana

From Child's pose, inhale pulling you forward to tabletop. Ensure alignment shoulders are stacked over the wrists, pushing weight into the first knuckle; toes may stay tucked or flat. Inhales drop the belly and spine, eye gaze goes forward, and pull shoulder blades together (Cat). Exhales tuck chin round spine, belly button pulls toward spine, push shoulder blades apart (Cow). Rotate through 5-10 breaths.

BENEFITS:

- Improves spine flexibility
- Strengthens arms and shoulders
- Stretches neck
- Strengthens abs



“Thread the Needle with Ab Activation - Urdhva Mukha Pasasana

From tabletop, inhale left arm up level with shoulder, exhale thread left arm under right arm, pause with left arm elevated for one breath. Inhale back up to neutral and repeat 3-5 times to activate abs, on the last one, rest your arm/shoulder completely down on the mat. From here you have three options: walk right arm forward to top of mat, walk right arm over to left corner of mat, or reach right arm behind back grabbing left hip. In this position take 10-15 breaths releasing tension in between your shoulders. Repeat the other side!

BENEFITS:

- Stretches shoulders, neck, and back
- Opens shoulders







Bird Dog - Parvasa Balasana

From tabletop, extend left arm; once balanced, extend right leg; from here, big exhale round through spine and bring knee towards elbow; inhale to extend back into a neutral position. Repeat 3-5 times linking breath with movements. Repeat on the other side!

BENEFITS:

- Improves stability
- Relieves low back pain
- Strengthens core





“Downward Facing Dog - Adho Mukha Svanasana

Return to tabletop. From here, step one foot back at a time placing the ball of foot down stacking heel on top. Inhale lifts hips high toward the sky, belly button draws inward toward spine. Heels do not need to touch the ground to receive the benefits of this pose.

Bend through one knee at a time to loosen up the legs. If lightheadedness occurs, drop to the knees. Try holding this pose for 5 breaths.

BENEFITS:

- Stretches glutes, calves, shoulders, arms
- Opens shoulders
- Activates core





Forward Fold - Uttanasana Halfway Lift - Ardha Uttanasana

Step forward, feet meet between hands. Bend knees as much as needed. Inhale lift halfway up exhale lower back down. Move back and forth between these two movements 3-5 times. Option to interlock hands and extend down towards the earth.

BENEFITS:

- Stretches hamstrings, hips, and calves
- Lengthens spine
- Reduces stress and anxiety





“Low Lunge - Ashwa Sanchalanasana

From forward fold or tabletop, step one foot to the back of the mat, allow hips to open creating space. Drop extended leg knee to mat. Back toes can be tucked or flat, yogis' choice. Front knee is aligned over the ankle drawing to the outside corner of the mat.

Option to reach arms overhead to the back of the mat for an added chest opener.

BENEFITS:

- Open hip flexors
- Stretches Psoas muscle



“Low Lunge Twist - Parivrtta Uthhita Ashwa Sanchalanasana

While in low lunge, plant your hand to the inside of leg; inhale arm closest to the leg up toward sky. Focus on breathing, eye gaze can be up toward the sky or at the ground if neck soreness or weakness.

Back knee can rest on the mat or lift off depending on level and strength. Hold for 5 breaths.

BENEFITS:

- Improves balance
- Stretches spine
- Opens chest
- Strengthens lower back and abs



“Half Monkey Pose or Half Splits - *Ardha Hanumanasana*”

Return to low lunge, fill the lungs with air fully, exhale sink hip over knee while extending the opposite leg. Toes can stay rooted to the ground or peel off. Keep your hip in line with your knee, walk hands back to a comfortable spot. Hold for about 10 breaths. After holding, inhale returns you to the low lunge position.

BENEFITS:

- Stretches hamstring
- Stretches lower back
- Opens hips
- Reduces anxiety

Repeat on both sides then make your way back to the downward facing dog position, taking 5-10 breaths.





Crescent Lunge- Ashta Chandrasana

From downward facing dog, extend one leg into air; exhale, pull leg through to plant in between hands. (Note if this is too difficult, step backward from forward fold.) You should now be in a low lunge; a strong inhale will rise hands over head. Staying active into feet, reach through fingertips, square hips off. Hold 5 breaths.

BENEFITS:

- Stretches quadriceps, hamstring, and gluteus
- Stretches arms and side abs



“Warrior II - Virabhadrasana II

Rotate back foot to face the long side of the mat, exhale “T” arms.

Steady eye gaze over middle finger of forward arm, keep arms levels, and shoulders rolling back and down. Front knee should be stacked over the ankle on each exhale and try to sink a little lower into your hips. Hold 5 breaths.

BENEFITS:

- Stretches hamstring
- Stretches knee, foot, and ankle
- Tones calves, thighs, and foot
- Expanse chest
- Strengthens shoulders and arms





Extended Side Angle - *Utthita Parsvakonasana*

From Warrior II, exhale and drop front arm to thigh or reach hand down to the mat. Exhale, extend back arm towards top of the mat hovering above the ear, opening up the side body.

BENEFITS:

- Relaxes shoulders and back
- Stretches hamstring and groin

****Return to Downward Facing Dog and repeat on the other side.****







“Lizard Lunge - Uththan Pristhasana

Inhale, leg to sky reach through the heel; on the exhale, step the foot to the outside of the hand. Relax back knee to mat, settle into the hips and allow breath to help you deepen the pose. Options may include releasing forearms to mat, rolling to the outside edge of foot. For an added quad stretch kick up back leg reaching arm closest to front leg behind to catch the back foot. Hold 10-15 breaths, strong inhales and exhailes allow you to sink deeper in this pose and hips to open.

BENEFITS:

- Stretches and tones hamstring, quadricep, and gluteus maximus
- Opens hips and improves flexibility
- Helps with balance







Forward Fold Only - Uttanasana

Rise off the back knee on an exhale; you will be in a low lunge.

Step back foot to outside of hand, drive hips high toward sky;
adjust feet as necessary.

BENEFITS:

- Stretches hamstrings, hips, and calves
- Lengthens spine
- Reduces stress and anxiety



Intense Side Stretch - Parsvottanasana

Step (the foot that was just stepped forward) halfway back on the mat. Turn the toes to point to the top corner of the mat, square hips; inhale, to reach hands overhead, exhale, hinge at the hips allowing hands to meet mat or shin. Hands may interlace behind the back, then hinge forward, allowing gravity to open the chest and stretch the shoulders. Hold for 5-10 breaths.

BENEFITS:

- Stretches legs, hips, and groin
- Strengthens abs
- Stretches shoulders
- Lengthens calves
- Calms mind

**** Return to a forward fold, then step back into downward dog and repeat on the other side!****







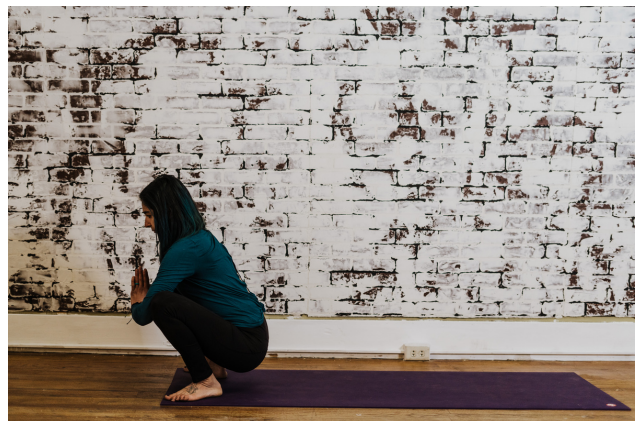
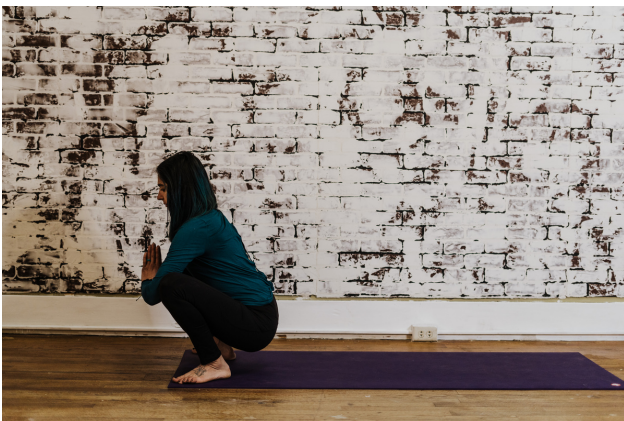
Garland Pose - Malasana

From downward facing dog, step feet to the outside of the hands.

Exhale, sink hips over heels, feet should be pointing forward, relaxing deep into the hips, sway side to side to open hips, lengthen spine and crown of head to sky. Modifications for this pose include rolling mat or placing a small blanket under heels.

BENEFITS:

- Opens chest and shoulders
- Stretches hips and groin
- Tones abs
- Improves balance





“Extended Puppy Pose - Uttana Shishosana

After Malasana, return to Downward Facing Dog; linger here as long as needed. When ready, exhale, drop the knees to the mat, keep hips aligned over knees, walk hands forward to the top of the mat. Allow the heart to melt into the mat. Hold here for 5-10 breaths.

BENEFITS:

- Stretches spine, hips, hamstrings, shoulders
- Activates stomach muscles
- Opens heart

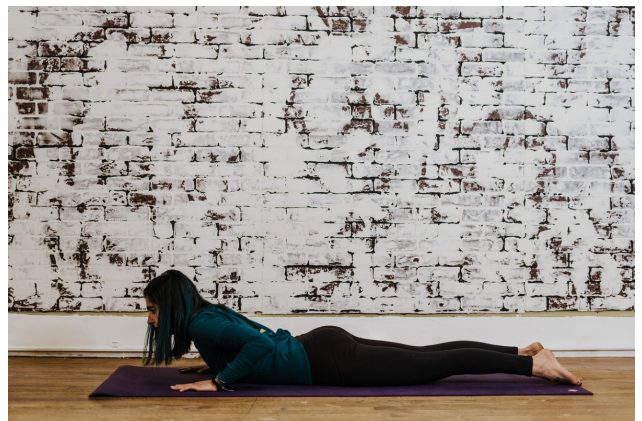


Criss Cross Arms

Exhale, lower yourself down to the ground. Take one arm over the top of the other, reaching each arm toward the opposite edge of the mat. Keep head in neutral position, and with each exhale, sink deeper into the pose. Repeat on each side changing which arm is on top.

BENEFITS:

- Opens the back
- Stretches shoulder
- Opens in between the shoulder blades





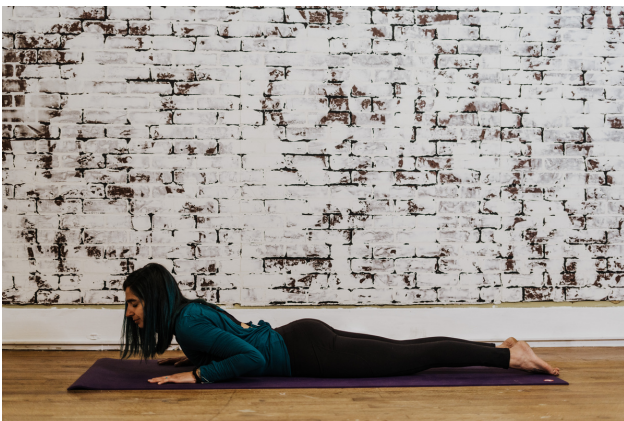
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Cobra - Bhujangasana

Place hands on either side of the face, inhale, push into the mat lifting the chest off of it. Keep legs reaching long, keep eye gaze steady in front of you. Allow hips to be heavy. If too intense, allow forearms to rest on the mat.

BENEFITS:

- Open shoulders
- Keeps back flexible
- Helps tone and strengthen lower abs
- Avoid if neck or back problems, or if pregnant



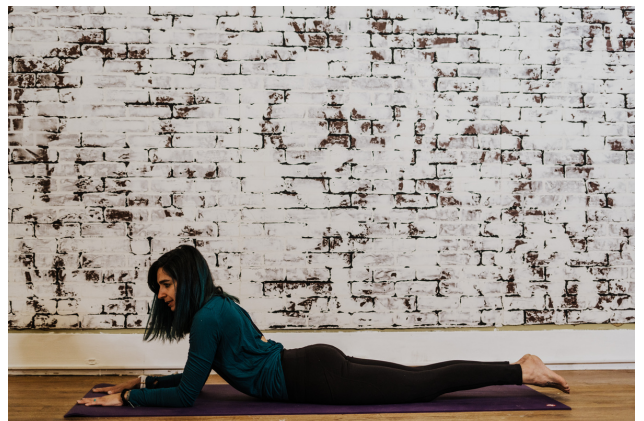
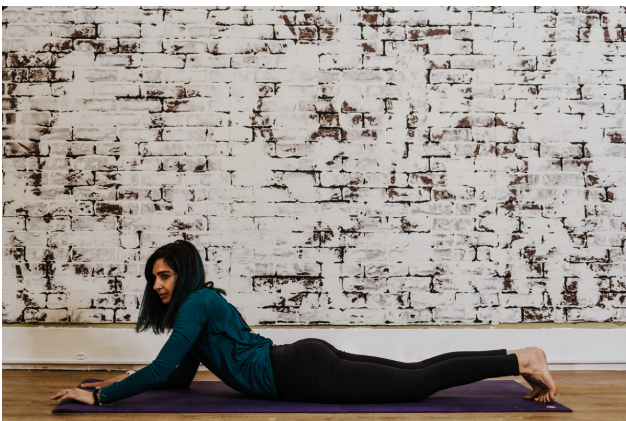
Shoulder Stretch

While lying on the belly, extend one arm straight out to the side; wrist should be inline with shoulder. With the other arm, place it next to your face or under cheek looking toward the elbow. If this is an intense stretch stay here and breathe! To deepen the stretch, slowly lift the hip on the non-extended arm side. You may step leg over and plant foot down depending on level of flexibility. Hold for 10 breaths. Repeat the other side!

BENEFITS:

- Increases shoulder mobility
- Spinal twist and mobility
- Hip openers (if leg steps over)





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Corpse Pose - Shavasana

Lay flat on the back and extend legs long, arms may be side by side or one on heart and the other on the belly. Soften eyes, scan body for any last bit of tension. Stay here as long as needed, encourage 3-5 mins. Before sitting up, roll to the right side, hug knees into chest, and allow blood flow to return equally throughout the body.

BENEFITS:

- Calming pose to end with



The Next Steps

Did you love this guide as much as I do?! Don't forget to snag the Stretch It Out Guide, to give your clients the option to tailor their pre-session stretching to their personal preference!

And hey babes, don't forget to take care of yourself! This yoga flow is perfff for you to do on the daily as well! Being a photographer definitely takes a toll on our bodies, and we typically do all of those crazy poses during a session, plus hold a camera, move lights, furniture, props, and don't get me started on the squats! Treat yoself too!



"PEOPLE DON'T LIKE IT WHEN THE
FLAME BECOMES A WILDFIRE.
FUCK THEM. BURN ANYWAY."

- ERIN VAN VUREN



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Thank you!
xoxo Ashley

Name

description

BENEFITS:

- x



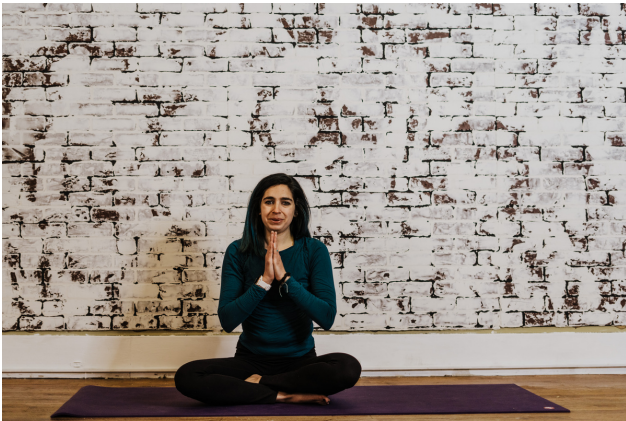
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BENEFITS:

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important tip

Make sure that you have accompanying visual content that immediately catches the eye. Appeal to your audience, choose the right fonts and images, and you'll have a magazine that people will remember for years to come.

Just starting? Design a memorable masthead with a memorable name.

A magazine is a periodical publication, which can either be printed or published electronically. It is issued regularly, usually every week or every month, and it contains a variety of content. This can include articles, stories, photographs, and advertisements.

To create your own, choose a topic that interests you. It can be anything from fashion and beauty to travel and the news. Once you have your overall theme, you can start brainstorming the content. Design a memorable masthead with an equally memorable name.
