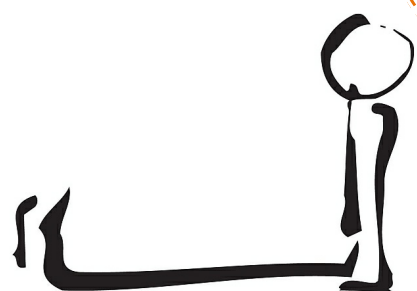


# AIRPORT YOGA

When you find yourself stuck in an airport, staring helplessly up as the word DELAYED flashes next to your flight number, do yourself a favor. Instead of heading to the bar for a drink, eating a plate of bad fast-food, or getting all worked up about things you can't control, try this option: do some yoga.

01

## Getting Set Up: The Ruse



Here's the trick: find your gate, then find a wall socket nearby and pretend you need to charge your phone. The floor next to the socket acts as your personal, temporary yoga studio. Travelers will glance over, see you're connected to and appropriately nursing your device via electronic umbilical, then ignore you.

02

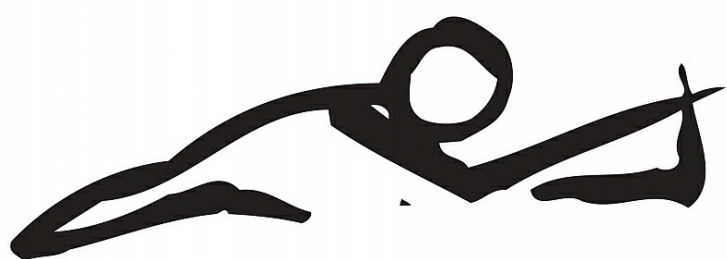


## Seated Forward Bend

Sit up on your sit-bones and shimmy back until your tailbone and upper back touch the wall. Aim for a 90 degree angle between you legs and torso. Engage thigh muscles and push your calves down into the floor. Bend forward - don't push it - just as far as you can without strain. Use your hands to help you come out of the pose. You can add a twist to this: return to starting position, bend slightly forward, reach across your body with your right arm and place your right hand on the outside of your left knee, left hand on the floor next to your left thigh, and twist your body to the left until you're looking towards the wall over your shoulder.

03

## Glute/Hip Stretch



Return to starting position. Bend your right knee and pull your right foot toward your body, placing the bottom of your foot against the insight of your left leg where your flexibility allows. Let your right leg fall toward the floor (without pulling on the knee). You can also add a forward bend if your flexibility allows for it. Repeat on the other side.

04

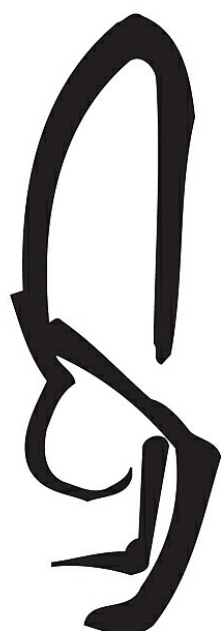
## Crossover Twist

From starting position, bend your right knee and place your right foot flat on the floor next to the outside of your left knee. Place your left upper arm on the outside of your right knee, place your right hand flat on the floor next to your right hip, twist your torso toward your right thigh as you look back over your right shoulder. Hold for a breath or two. Repeat on the other side.



05

## Standing Forward Bend



The last posture is a simple standing forward bend, and you can combine it with your cell-phone charging ruse. From your original seated posture, move to the wall socket, shift to your hands and knees, get your feet under you, then straighten your legs into a forward bend. Unplug your phone, then come out of your forward bend nice and easy.