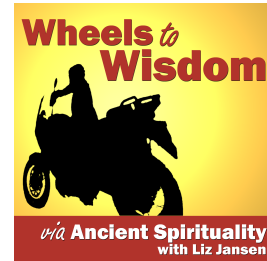




## Yoga for the Motorcycle Rider with Ana Forrest

Summary Notes Episode 002



Spend a long day riding a motorcycle without preparing properly and you're likely to end up with neck, shoulder, and back pain. Assuming a proper riding position, staying nourished and hydrated, taking rest breaks and deep breathing can prevent that and have you arriving at your destination pain free.

Take a few minutes before you get on your bike to warm up a bit and stretch out. Take a few deep breaths before starting again after a break. It gets rid of road buzz and that "stupid" feeling.

Based on her yoga expertise and her own riding experience, Ana's got exercises that can be done before, during and after riding. For the best learning experience, watch Ana demonstrate during the video.

### 1. Neck and shoulders

- a. Release your neck because that's where we carry reactive tension. Do some twists, neck releases, wrist stretches. Stretch out butt muscles, hamstrings and low back by lying on your back, bringing your knees up to your chest.
- b. Take a few deep breaths before starting back on the road after a break. It gets rid of road buzz and that "stupid" feeling.
- c. While on your bike, laying down over the tank is good for stretching your back after you've been riding for a while.
- d. Zig-zags. Use your legs and hips and fluid movement back and forth. Gets you much more connected to the road and your motorcycle. And it moves your back tension out.
- e. Pull the belly in, hold for 2-3 seconds, then release. As belly muscles get stronger, they support your back better.
- f. Use your chest and armpit and shoulder muscles better. Unlocking the shoulders. See [Fierce Medicine](#).
- g. Shoulder shrugs. Can be done any time while riding and it's safe to do so.
- h. Neck stretches. Can be done while stopped (even at a light).

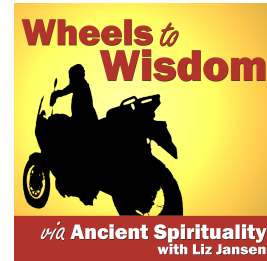
### 2. Core

- a. Change how you sit, stand, walk—how we those ordinary things. Use the belly muscles, pull them in a little each time you exhale, let them relax on inhale. Use the butt muscles to tuck down, and that lengthens down the spine so you take some of the congestion out of the lower back and lift the ribs up. This takes pressure and pain out of the back.



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- b. Look in *Fierce Medicine* for elbow to knee, abs with a mat – for all the abdominal exercises. These get the muscles that support the low back. Crunches won't do it.

### 3. Detoxify.

- a. Drink more water. Brain function, healing abilities, and your immune system are very dependent on the amount of water we drink.
- b. Be honest about what you put in your mouth. Get much more fascinated with building vitality and life force, as opposed to getting the taste of something in your mouth. Examine the food that you eat and start to eat food that has vitality. Putting junk in your body dulls and damages you. Choose to build a healthy life rather than sabotaging yourself with your addictions. Start somewhere.

### 4. Nourishing your heart and soul

- a. Hands on heart exercise demonstrated in video.
- b. Chest opener—in *Fierce Medicine*
- c. Camel pose—in *Fierce Medicine*

### 5. Strengthening and opening your heart

- a. Deep breathing
- b. Move fast enough to quicken your blood. Do things that turn you on! Things that makes you excited.
- c. Challenge yourself to care deeply. It moves the emotional backlog and strengthens your heart.
- d. Breath deeply through the twisties.

Also refer to the classes on the [Forrest Yoga Website](http://www.anaforrest.com). It takes practice to get proficient, just like riding a motorcycle.