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Amy Lawrenson If you're feeling a little down in the dumps thanks to this current and increasingly boring talk or think-about bad weather, why not try yoga at home this weekend? If you imagine hibernating and getting yourself back on track - mentally and physically - then the logo loveyogaonline.co.uk. It was created by Gemma Ford, who gave up her hectic life in the city to train in India before settling in Cornwall with her fiance of surfing enthusiast Charlie. The visually soothing website is free to view, and it is packed with general information about yoga; A yoga poses library explaining how to make them perfect if you don't know your dog is down from the cobra, as well as a healthy lifestyle section with yoga-approved recipe ideas. You can browse the website and watch clips of all the videos for free - if you particularly like one you can download it for 4 euros, deal when some of the yoga videos are 90 minutes away. You can choose from a central and focused practice or pelvic floor and abdominal core class, for example - yoga is just as much about getting a toned, streamlined physique as it comes to mental recharging. In addition, for 10 pounds a month or 100 pounds per year you get a premium membership allowing unlimited free streaming of full-length video from the website. You will also get a 20% discount on all downloads, so you can yoga on the go and without the need for internet access. Whether you choose a free or premium membership you will get a profile on the website so you can start engaging with like-minded yoga as well as experienced yoga teachers. So what are you waiting for? Take the mat and log in... Learn more about yoga here... This content is created and supported by a third party and is imported to this page to help users provide their email addresses. You may be able to find more information about this and similar content on piano.io Women's Health may earn a commission from links to this page, but we only feature products that we believe in. Practice tailored to the needs of your guy march 26, 2009 1 of 11 Baron Baptiste, creator of Batista Power Vinyasa Yoga and assistant coach with the Philadelphia Eagles, put this sequence of poses together to stretch guys' strongest spots like shoulders, hips and groin and strengthen their weak ones like low back and knees that don't get much love in the gym. Baptiste recommends practicing all these poses in the above order. Go back to the article. 2 of 11 Hero Pose (virasana) Stretches knees, ankles and hipsAs: Start in a kneeling position with your knees touching. Bring

the heel along with the butt, keeping the shins and ankles pressing on the floor. If you can, sit between your legs. If this is inconvenient, place a phone book or block below you (as shown) to tension in the knees and ankles. You will feel a strong feeling of stretching, but you should not feel pain. It's a progressive pose. Your body adapts to over time. Hold for 1 minute and keep your breath slow and deep. Rest, and repeat a second time. Why it's good for you: The hero pose stabilizes and strengthens vulnerable knee joints by lubricating connective tissue in and around the knee with blood, oxygen and fluid. This is a significant pose for runners. 3 of the 11 Boat Pose (Navasana), variation strengthens abs, spine, arms and hip flexors As-to: Sit with bent knees and legs on the floor in front of you. Place your hands behind you and lean on your hands for support. Attract the underlying muscles and keep a perfectly straight spine as you lift your right leg and then your left, bringing them to a 45-degree angle with the floor. Bring your feet together and imagine squeezing the book between your thighs to keep them active. Lift through the sternum and slowly straighten your legs, keeping the torso straight (if it starts to break down, keep a slight bend in the knees). Tap through the balls of your feet and spread your legs wide. Bring your hands to the front of the mat, on either side of your feet, according to your shoulders. Hold for 30 seconds, working up to a minute or longer. Why it's good for you: In addition to strengthening your core and back muscles, the boat promotes healthy thyroid and prostate function. 4 of the 11 onion poses (dhanurasana) stretches the hips, shoulders and hips; Strengthens backHow-to: Lie down and reach your hands back to your feet with your palms up. Bend your knees to allow the heels to come to your ass. Inhale and grab your outer ankles. Tap your ankles into your arms and arms into your ankles as you lift your hips off the floor. Keep pushing your feet up and back as you breathe deeply and completely. Hold for 30 seconds, repeating two or three times. If you are very tight in the hips or quadriceps, you can try one leg at a time. Why it's good for you: One of the best stress-busting poses, the bow opens your chest to allow you to take in more oxygen. Strong abs are great, but without a strong back can lead to injury. Bow pose takes care of this, helping to create muscle balance. 5 of the 11 bridge pose (set of bandha sarvangasana) stretches the chest, neck, spine and hipsAs: Lie on your back, bend your knees, and place your feet flat on the hip-width floor apart. You should be able to tickle the back of your heel with your fingers. Place your hands on the floor next to your body, palms down, and as you inhale lift your hips off the floor by pressing them. Keep your knees right on your heels. For an extra shoulder stretch, slide your arms under your body, twist your fingers, and press your back hands into the floor as you continue to lift your hips. Hold for 45 seconds and with each breath, lift the hips a little higher. Exhale when you lower your hips. Repeat three times. Why it's good for you: Many men are tight in the intercostal muscles and connective tissue surrounding the rib cage, which can limit the lungs The bridge pose opens the chest and releases these stiff muscles, allowing for fuller, easier breathing. Over time, practicing this posture can improve performance in all physical activity and help ING relieve upper respiratory issues. 6 out of 11 Warrior I pose (virabhadrasana I) stretches shoulders and hips; strengthens the upper and lower body As-to: From the crescent lunge with the right foot forward, the back of the left leg to the face to the left and push the heel down. Your hind leg should be parallel to the front of the mat. Inhale and reach your hands above your head with your palms facing each other. Put your shoulders down your back. Bring the torso away from the front thigh. Don't let your front knee stretch past your feet. Try to turn both hips face forward. Hold on for 1 minute. Switch sides. Why it's good for you: Warrior increases space and mobility in areas where men need it most - shoulders, hips and knees. It also generates greater stability in and around the knee, which is key to high speed workouts. 7 of 11 Crescent lunges, tight hips, stretching groin; strengthens arms and legs How-to: Start on your hands and knees. Step right foot between your arms in the lunge, keeping your right knee right above the heel. Inhale and slowly lift your knee off the floor. Click on the back heel against the wall behind you as you begin to straighten the back foot. Inhale and raise your arms above your head. Keep your spine long as you hold for 1 minute and breathe. Switch sides, doing each side twice. Why it's good for you: Tight hips can cause lower back pain, knee strain, and injuries that can keep you out of the game, out of the gym, and suffering at your desk. Adding a crescent lunge for a pre-workout routine can help you open your hips. 8 out of 11 stool poses (utkatasana) stretches shoulders and breasts; strengthens hips, calves, spine and ankles How: Stand high with a big touch to the leg muscles. Inhale and raise your hands above your head you your palms face together. Lower your shoulders down your back as you lengthen through your neck. As you exhale, bend your knees and sit back and forth as if you were sitting in a chair. It's like squatting with your feet together. Don't let your knees extend in front of your feet. With each breath, lengthen the spine. With each exhalation sit a little deeper. After all, your hips should be parallel to the floor. Throw the tailbone to the floor to relieve stress from the lower back. Keep your core muscles engaged and keep your knees and hips tightly pressed against each other. Hold on for 30 seconds. Why it's good for you: No gym is needed! The chair poses for abdominal torches while strengthening the thighs and legs. 9 out of 11 dog posture, turned down (adho fly svanasana) stretches legs, shoulders, hamstrings and calves; Strengthens arms, legs and core As: Start on your hands and knees with the shins of hip-width apart. Place your hands under spread your fingers wide. Hitting firmly firmly hands, lift your knees off the floor, and straighten your legs. (If you have dense hamstrings, a gentle bend in your knees is fine). Walk your arms forward by a few inches and feet back a few inches to lengthen the pose. Squeeze your hips as you push them against the back wall. Reach the heel to the floor, they can not reach (which is good). Relax your head and neck and answer the shoulder blades from your ears. Set your gaze between your legs. Attract the main muscles. Breathe deeply. Hold for 3 minutes, rest, and repeat. Why it's good for you: Guys especially experience back pain, which stems from chronic tightness in your hamstrings and thighs. Down the dog releases these areas and shoulders, while building the upper body strength. If you can only do one pose a day, start with a down dog. 10 of the 11 Permanent Forward Bend (uttanasana) stretches the hamstrings, calves and thighs; Strengthens your legs and knees as-to: Stand with your feet hip-width apart, gently hinge forward from your waist, lowering your torso to the floor. Bend your knees generously to take any pressure out of your lower back and hamstrings. Grab opposite elbows with opposite hands; breathe deeply and let gravity pull your body towards the ground. Relax your head, neck, shoulders and torso. Slowly shake your torso or gently shake your head. Hold for 1 minute and roll back to standing. Why it's good for you: It's a great step to use as part of a workout for any workout. Excessive stress often falls into the trap in our head, neck and shoulders, and that accumulation can lead to headaches, insomnia, poor circulation, and reduced lung capacity. If you practice this posture with slow, steady breathing, it can lower your blood pressure over time. 11 of 11 Reclining big legs hold (Supta hasta padangustasana) stretches hips, hips, hamstrings, groin, and calves; strengthens the knees Ka-k: Lie on your back and lift your left leg at a 90-degree angle to your right leg stretched along the floor. Flex both legs. Bend your left knee and bring your knee to the side of your chest using your arms. Embrace it tightly against your body to relax your hips. Next, loop the strap around your left foot and slowly straighten your left leg back to 90 degrees. Press your right hip to the floor. Hold for 5 breaths and repeat on the opposite side. Repeat twice on each side. Why it's good for you: This posture stimulates the prostate gland and improves digestion. Runners may find it useful for removing sciatica caused by stiff piriformis. Then relax in the position of the corpse (savasana), lying on his back with his hands next to the body. Close your eyes and breathe naturally. Stay here for at least 2 to 3 minutes, allowing each muscle to melt into the floor beneath you. To get more big moves for your man, visit the Men's Health Yoga Center for Hips: Hip Opening Yoga Advertising - Continue reading below This created and supported by a third party, and imported to this page to help users their email address. 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