

YOGA WITH CATS

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BOUND ANGLE POSE

or nobody feeds us at all

About the pose:

Stretch those hips, and pretend you are not being distracted by the curious faces around you. Of course, food plates are always empty, even when they are half full. And of course, it's just a way of looking at that – so don't forget it while concentrating.

Physical benefits:

- Stretches inner thighs, groins and knees (You can feel it, right? Just pretend it's a piece of cake and keep smiling.)
- Soothes menstrual discomfort and relieves sciatic nerve pain. (Yes, this problematic part again!)
- Stimulates abdominal organs, ovaries and prostate, bladder and kidneys
- Relieves mild depression and anxiety
- Helps to reduce the symptoms of menopause

Intuitive message:

Sometimes you need to stretch your limits to achieve what you desire.

And most of the time you're already half way there – you just need a little push to get to the finish line.



BOAT POSE

or let's get together

About the pose:

If you think you can do this without extra weight on your legs, you are absolutely wrong. The best part of this pose is to try to keep your balance without falling backward. AND carry some of your furry friends at the same time. It's perfect for your muscles and for the sense of teamwork.

Physical benefits:

- Tones your abdominal muscles (I know you were craving for this one!)
- Gently stretches your hamstrings
- Stimulates your kidneys, thyroid, intestines and prostate
- Helps to digest faster
- Helps to relieve stress
- Helps to improve your self-confidence.

Intuitive message:

Balancing things can be a tough task. Sometimes you need extra help to put things in perspective – so just let it happen, even if you feel a bit overwhelmed at first.



BOW POSE

or how to test your nerves to the fullest

About the pose:

Cheer up! You have just put yourself in a pose you were thinking it was absolutely impossible to do. But you also have managed to add another challenge for yourself with rope stretching. Yeap, find that long forgotten toy that you put on top of the closet some time ago. Can you feel that your motivation is increasing for getting your toes higher?

Physical benefits:

- Strengthens your back muscles (Perfect for those who need to spend their whole day sitting!)
- Improves posture (You can walk like a real model now.)
- Stretches the entire front of your body, thighs and groins, abdomen and chest, ankles and hip flexors
- Stimulates your abdominal organs and strengthens your neck

Intuitive message:

Imagine you're an unstoppable ship, crossing the ocean, making its way through the high waves. Each wave that comes your way is just a mild distraction – simply because you can accomplish anything if you put your mind to it.



CHILD'S POSE

when hiding under the blanket is the only option

About the pose:

Yes, it's finally time to make this long awaited pause in between, and just to show how you had it all.

Relax, everything is in control. Even your furry friends will help you to get closer to your hips – time to start wondering if you have fed them too much...

Physical benefits:

- Helps to relax the muscles of the front of your body (You already had some extra help there!)
- Helps to stretch the muscles of your back torso
- Gently stretches your hips, thighs and ankles
- Reduces stress and fatigue

Intuitive message:

It's okay to feel vulnerable for a moment. Take a breath, relax and do nothing. Yes, absolutely nothing – you can even hide under your blanket if it makes you feel better. Make a warm cup of tea (or coffee), and let things be still for a short moment.

