

YOGA STRETCHES FOR FARMERS

Your body is your most valuable tool — keep it in good working order.

Stretch for five minutes at a time throughout the day to reap the rewards. In the morning to prepare for the work ahead, during the day to pause and recharge, and before bed to relax for a good night's sleep.

While stretching be sure to pause and breathe fully — in through the nose, out through the nose or mouth. A breath cycle is an inhale and an exhale. Inhaling, feel your lungs expand, your spine lengthen, and the crown of your head lift. Exhaling, continue to sit or stand tall, slowly expel the breath completely through the mouth or nose. Repeat 2X, 10X anywhere, anytime.



COW POSE

Inhaling, fill the lungs. Lift the chest and feel the spine extend. Look up. Hold for 2–3 breaths.



CAT POSE

Exhaling, tuck the chin into the chest and slowly round the back. Hold for 2–3 breaths.



SEATED TWIST

Inhaling, sit tall, with weight evenly distributed on the sitz bones. Place right hand against outside of left knee. Exhaling, slowly turn torso and head to the left. Look toward your left shoulder, or in the direction of the left shoulder. Hold for 2–3 breaths. Repeat on opposite side.



SIDE BEND

Inhaling, sit tall. Bring right hand up above head. Exhaling, stretch hand over head and arc body to the left. Feel the stretch in the right side of body. Look straight ahead or up toward hand. Do not collapse into the left side. Breathe deeply and hold. Repeat on opposite side.



STANDING TWIST

Step right foot on a chair or other prop at 12" to 18" high. Feet are a comfortable distance apart. Place left hand on outside of right knee. Raise right hand out to side at shoulder height. Inhale, lengthen spine. Exhale, turn head and torso to the right. Hold for 2–3 breaths. Stand a bit taller with each inhale. Repeat on opposite side.



STANDING TWIST WITH LONG HANDLED TOOL

With feet hip distance apart, rest a tool lightly on shoulders. Hold tool with arms extended. Inhale, lengthen spine. Exhale, turn torso and head to the right. Hold for 2–3 breaths. Inhale, return to center. Repeat on opposite side.



WARRIOR POSE

Hold onto a support with right hand. Step left foot back about three feet, turn foot about 45 degrees left. Bend right knee and align directly over ankle. Keep left leg straight. With equal weight on both feet, reach hands skyward. Take a few deep breaths. Repeat with right foot back.



HALF DOWN DOG

Place hands on a prop or wall at waist height. Inhale, step both feet back. Exhale, bend from the hip, pushing away from the wall to lengthen spine. Arms are extended in front of you at shoulder height. With head between arms, look downward. Keep knees slightly bent. Hold for 2–3 breaths.

Photos: Courtesy Brie Weisman



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Maine AgrAbility assists farmers, fishermen, and forest workers to overcome disabilities, injuries or other barriers so they can continue to work safely and productively in agriculture. This material is supported by a grant from the USDA National Institute of Food and Agriculture (NIFA) under sponsored project number 2022-41590-38120. More information is on our website, extension.umaine.edu/agrability, or email maine.agrability@maine.edu.



The participant should be aware of the typical dangers, hazards and risks that accompany yoga or any physical activity. PARTICIPANTS ARE AWARE OF AND SHALL ASSUME ALL RISK AND LIABILITY FOR ANY AND ALL INJURIES THAT MAY COME FROM YOGA OR PHYSICAL ACTIVITY, INCLUDING, BUT NOT LIMITED TO, SPRAINS, BREAKS, TEARS, BRUISES, LACERATIONS, FALLS, BROKEN BONES, HEAD INJURIES, AND HEART OR LUNG ISSUES. YOU SHOULD ALWAYS CHECK WITH YOUR PRIMARY CARE PHYSICIAN BEFORE STARTING ANY EXERCISE REGIMEN OR PHYSICAL ACTIVITY.

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