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.

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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 2018-41590-28715. 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. REVIEW THE SAFETY AND HEALTH REQUIREMENTS FOR AG AND ALL RELATED FACTORY WORK. SKILLS AND PHYSICAL ACTIVITIES INCLUDING, BUT NOT LIMITED TO, UP MOVEMENT, REMOVING, LIFTING, STOOPING, BENDING, TWISTING, AND WALKING. THE UNIVERSITY OF MAINE IS AN EQUAL OPPORTUNITY/ACCESS INSTITUTION.