

22) 抱膝抬頭式
22) Fold Knee to Chest Pose
仰臥姿，雙手環抱著雙膝，將膝蓋往胸部拉近。收下巴，讓臉靠近膝蓋保持自然呼吸。
Lying on the ground, hold the knees with both arms. Hug the knees close to the chest. Chin to the chest, keep breathing.

23) 大休息
23) Complete Relaxation Pose
完全平躺地面，雙臂放鬆於身體兩側約45度位置。手掌向上，兩腿輕輕分開，令感覺舒適，閉上雙眼，令身體處於全然放鬆狀態，保持自然呼吸。
Lying on the ground, relax arms on both sides with 45 degrees to the body. Palms up, separate the legs, close the eyes, relax the whole body and keep normal breathing.

1) 簡單坐姿呼吸
1) Easy Seated Pose
交叉雙腿坐在地板上，保持挺胸直背，下巴、肩膀和心情保持輕鬆，眼睛可輕輕閉上，用鼻維持十個呼吸。
Sitting on the ground with crossed legs. Keep the back straight and relax the shoulders, chin to the chest, close the eyes with 10 breathings through the nose.

限制及注意事項 Restrictions & Precautions

- 切勿在酒精或藥物的影響下練習瑜伽。
Never practise any yoga techniques under the influence of alcohol or drugs.
- 請勿在飯後或飽肚的情況下練習瑜伽。
Do not practise yoga right after meals or with full stomachs.
- 練習瑜伽是沒有年齡限制的，請根據自己的能力去練習。
There are no age limits for practising yoga. Try your best in the practice but not over your ability.
- 如身體有障礙、重症、急性或慢性疾病，請在練習瑜伽前諮詢醫生的意見。
Those with disabilities, severe, acute or chronic medical conditions should consult with their medical practitioners to assess any dangers that may arise before practising yoga.

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20) 坐角式
20) Seated Butterfly Pose
坐姿，雙腳腳底互碰，雙手抓住雙腳腳背。穩住盆骨，伸直腰背，上半身往前傾。
Sit on the ground. Bend both knees. Bring the soles of the feet together. Grab the feet with both hands. Keep your back straight. Upper body lean forward.



19) 碰膝前擡式 (左/右)
19) Head to Knee Pose (L/R)
雙腳向前伸直坐于地上，彎曲右腳，踩住左大腿內側。將身體靠向膝蓋，雙手盡量去抓到左腳。重複另一邊。
Sit on the ground with both legs stretching forward. Put the right foot against the inner left thigh. Bend the upper body forward to the knee. Try to hold the left foot with both hands. Turn to the other side and repeat.



21) 抬起雙腿式
21) Double Leg Raise Pose
90度直角抬腿仰臥姿，提起雙腿使上身與大腿成直角。雙手平放於身體兩側，保持呼吸。
Lying on the ground and lift the legs until 90 degrees with the upper body. Put the arms on both sides, keep breathing.



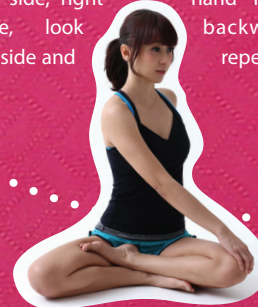
2) 頸部伸展式 1
2) Neck Release Pose 1
坐姿，挺胸直背，雙手合掌向上伸延，超過頭頂，保持呼吸。頭部往後仰，望向指尖。
Sitting on the ground, back straight, lift arms and touch the palms together above the head. Lift the head to look at the hands.



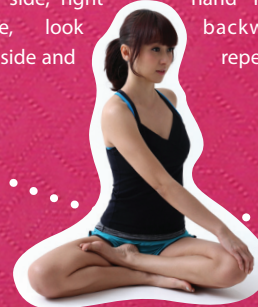
3) 頸部伸展式 2
3) Neck Release Pose 2
低頭，下巴靠近前胸。雙手曲肘放於頸部後方。Chin to the chest, look down, bend the elbows, hands touch the back of the neck.



4) 肩部拉伸式 (左/右)
4) Shoulder Stretch Pose (L/R)
雙手由身體兩側向上伸展，右手拉住左手手肘，頭轉向左側。頭用力向後推右手手肘，保持呼吸。重複另一邊。
Stretch arms upwards, right hand holds the left elbow, look to the left. Push the left elbow back with head. Keep breathing. Turn to the other side and repeat.



5) 坐姿簡單扭轉式 (左/右)
5) Seated Simple Twist Pose (L/R)
坐姿，腰部挺直，將右手放在左膝蓋上，身體向左方扭轉，頸部跟著扭轉看向左後方，保持呼吸。轉往另一方向。
Twist to the left side, right hand holds the left knee, look backward. Turn to the other side and repeat.



17) 樹式 (左/右)
17) Tree Pose (L/R)
雙腳站穩，夾緊臀部，將重心往下沉同時感覺頭頂向上延伸。左腳踩穩地板，將右腳底踩壓於左大腿內側。專注於身體重心，如可保持平衡，可將雙手往上伸展，保持呼吸。重複另一邊。
Stand in mountain pose. Shift your weight onto the left foot. Bend your right knee, hold onto your right ankle with your right hand. Place the right sole against the inner left thigh. Toes pointing toward the floor. Balanced, stretch hands to the air. Turn to the other side and repeat.



另一邊重複7-16的動作一次 (左/右)
Repeat 7-16 on the other side (L/R)

7) 山式
7) Mountain pose
全腳掌著地站穩，雙手合十置於胸前，自然呼吸。
Stand on the feet, put your hands together in front of the chest, breathing.



6) 嬰兒式
6) Child Pose
膝蓋靠地，分開膝蓋與臀部相約闊度，前額觸地，雙手放鬆向前方伸展，保持自然呼吸。
Knees on the ground and separate as wide as the hip. Lower forehead to the ground. Arms stretch forward, keep breathing.



16) 側三角拉伸式
16) Side Angle Pose
保持右膝彎曲，右手伸延垂直貼地。右臂靠向右膝，左手向上伸直，視線望向左手指尖。
Keep the right knee bent. Take your right hand to the ground. Lower right shoulder toward right knee. Keep the hip in the middle and feel the stretching on the left side.



8) 伸展山式
8) Extended Mountain Pose
將雙手舉起向上伸延。
Stretch both arms upwards.



9) 椅子式
9) Chair Pose
彎曲膝蓋往下半蹲，雙手保持向上延伸。注意膝蓋不可超越腳趾。
Bend the knees to sitting position, stretch arms above the head. Be noted that knees cannot be in front of the toes.



10) 前擡式
10) Forward Fold Pose
伸直雙腿，手掌放到身體兩側的地面上，前額靠近雙腿，保持呼吸。
Exhale, bend forward with straight legs. Hands to the ground and forehead to the knees. Keep breathing.



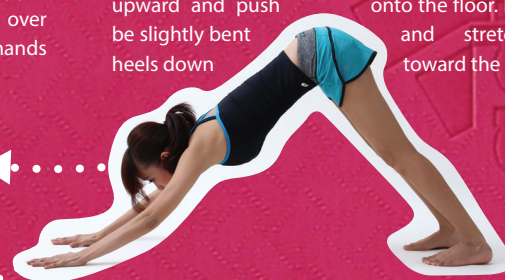
15) 武士二式
15) Warrior Pose 2
保持右膝彎曲，左腿伸直，身體轉向右側，雙手向兩側伸直，立直上半身。
Keep the right knee bent and left leg straight. Turn the upper body to the right side, stretch the arms to the sides. Look at the finger tip of your right hand.



12) 眼鏡蛇式
12) Cobra Pose
腹部向下俯地，保持髖關節往地面壓下，雙腿向後延伸。雙手放在肋骨兩側地面用力推起身體，頭和肩膀離地，背部盡力後曲。
Lying on the abdomen, place hands on the sides of the body and push up.



11) 平板式
11) Plank Pose
以手為支撐點，手指大幅度張開，先將左腳往後伸延至直，右腳伸延至直，保持後背和臀部一直綫。
Hands on the ground with fingers spread open. Take left leg backward and then right leg backward to a plank pose. Straight legs, keep the back and the hips in a line.



13) 下犬式
13) Downward Facing Dog Pose
雙手推地，將盆骨往上方抬高，腰背伸展，可略彎曲膝蓋，注視自己的腹部，腳跟踩在地板。
Come onto the floor on hands and knees. Raise the hip upward and push onto the floor. Knees can be slightly bent and stretch your heels down toward the floor.



14) 武士一式
14) Warrior Pose 1
將右腳踏前與雙手中間位置，右膝蓋彎曲，左腿向後伸直。立直上半身，將雙手合十向上伸延。
Step the right foot forward in-between the hands, right knee bends, left leg straight backward. Lift the upper body, arms stretch over the head with hands together.

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