

KRISTY WRIGHT SCHELL

LIQUID YOGA/LIQUID FIT ON THE AQUAMAT PART II



In this handout, the second exploring the hot new trend - Yoga and fitness on water, we go back to the roots of the Aquamat and incorporate surfer pop-ups and a yoga mainstay – the Sun Salutation.

SURFER POP UP

LEVEL 1 From a prone position create a low cobra or chest lift while using the arms in a paddling fashion to build shoulder strength and core stability to keep the mat level. Place the hands under the shoulders, press up the chest with toes tucked, hop or step one foot forward between the hands on the imaginary center line of your mat, both feet should point the same direction slightly angled to the side, keep knees bent and bring hands up – one forward and one back like a surfer on a surf board!

LEVEL 1



LEVEL 2

LEVEL 2 Take your front hand to your back knee – tap, then take your back hand to your front knee.



LEVEL 3

LEVEL 3 Take your front hand to your back toes – tap, then take your back hand to your front toes.



HANDOUT COURTESY OF BCRPA

LIQUID YOGA / LIQUID FIT ON THE AQUAMAT PART II CONTINUED

NOTE: THIS IS NOT A SUBSTITUTE FOR MEDICAL ADVICE.



TADASANA
Position 1

YOGA SUN SALUTATION

Yes, we can perform a full Sun Salutation on the water and it truly is a beautiful way to find your Flow. Tadasana, Forward Fold, Half lift, Chaturanga, up dog to downward dog.

Doing each movement individually and then linking them together – while modifying where needed (knees down to lower to little surfer or cobra and using knees to get back to downward dog).



TADASANA
Position 2



FORWARD FOLD



CHATURANGA
Position 1



HALF LIFT



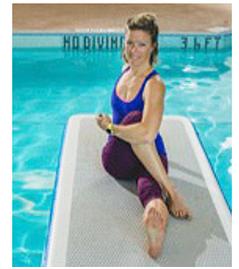
CHATURANGA
Position 1



UP DOG



DOWNWARD DOG



KRISTY WRIGHT SCHELL is the owner of Just Add Water Yoga Ltd. and a Stand Up Paddle Instructor Trainer & Athlete. Kristy teaches this program in Vancouver at the Westin Bayshore Hotel and offers Instructor Trainings across Canada to support facilities in creating a powerful program that caters to all levels. For more details on the Aquamat by Aquam or Liquid Yoga and Liquid Fit Instructor Training or regular classes please contact: Kristy@standuppaddlevancouver.com

Photo Credit: Moonrider Pro & The Westin Bayshore

Clothing: Body Glove & Lululemon

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