



CRUNCH FITNESS AND JETBLUE AIRWAYS PRESENT

jetBlue™

Airplane Yoga

or, how to look like a real weirdo
to your fellow passengers

Uttita Hastasana

- Start by interlacing your fingers and straightening your arms over your head as you reach straight up with both hands.
- Relax your shoulders down your back so both sides of your neck stay nice and long.
- Feel this stretch in both directions, the upward movement of the torso and the downward movement of the hips and buttocks. This creates all kinds of needed space in your spine.
- Pay attention to your breathing, relaxing your face, jaw and eyes.

*A flight attendant may
ask you if you need something.
Tell them that we all need
inner peace. And more space
in our spines.*



Tolasana

- Cross your legs.
- Put your hands on the armrests.
- Straighten your arms and push your body up.
- Remember to breathe into the stretch.
- Repeat 3 - 5 times.

Mind the overhead bin.

We hope this airplane yoga session has helped you to feel relaxed and balanced. If you're interested in yoga classes, you should give us a call. We have lots of yoga classes for novices as well as experts. We'll have you feeling like a wet noodle in no time.

No Judgements



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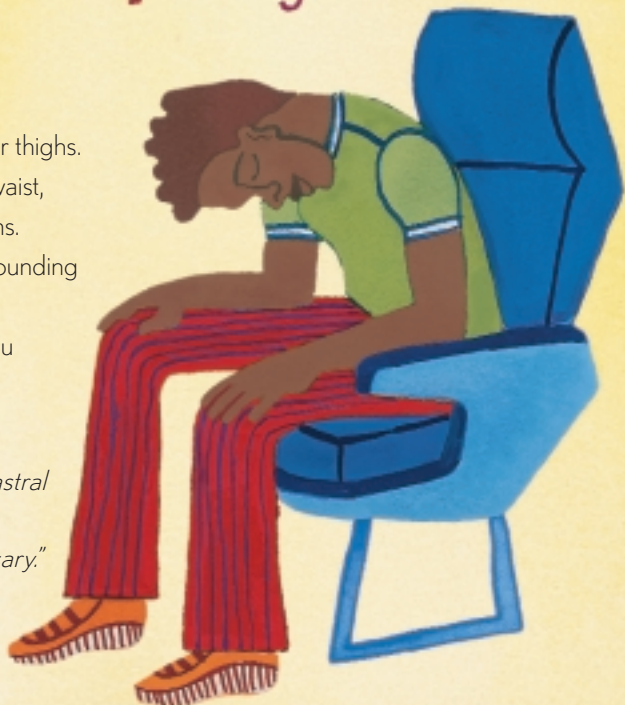
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• Bidhalasana

- While seated, place your palms on top of your thighs.
- As you inhale, slide your hands toward your waist, drawing your chest forward through your arms.
- Exhale, slide your hands toward your knees rounding the spine and releasing your head forward.
- Continue opening the chest and lungs as you breathe in, and letting go as you breathe out.

Someone may ask if you need a pillow.

Just tell them "I have now reached an astral plane where pillows are no longer necessary."



• Meditation

- The best technique for quieting the mind for meditation is focusing all of your thoughts on your breathing.
- Allow your eyes to relax and as you inhale and mentally repeat, "I am breathing in." As you exhale, mentally repeat "I am breathing out."
- The mind naturally wanders. Keep focusing on your breathing to stay relaxed and centered.

As the mind is brought into stillness, you will feel stable, yet tranquil ... almost as if you're flying. Oh wait, you are flying. Well, see, it's working already.

You can order lots of yoga videos from Crunch.com, including such popular favorites as...

The Joy of Yoga (30 minutes): An easy to follow, introductory guide to basic yoga poses and stretches.

Fat Burning Yoga (45 minutes): Most people are surprised by this but yes, yoga can burn calories.

Yoga Mamas (30 minutes): A special selection of postures designed to prepare the body for the changes that occur before, during and after labor.

No Judgements