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THE SELF-HELP YOGA GUIDE

Jelena Lieberberg



Exercises for a pain-free practice -
a practical guide for at home



A BEAUTIFUL BACK CAN DELIGHT

but a particularly strong back can protect.
Defy every day life and ailments with
strength and necessary mobility.

I G , F B , T T , Y T :
@ K I C K A S S Y O G A



JELENA LIEBERBERG

FOUNDER OF KICKASSYOGA

As an osteopath and yoga teacher with 15 years of teaching experience, I meet people with chronic conditions all the time. This e-book is not intended to be a substitute for seeing a doctor (see disclaimer).

It is more an active attempt to take your fate into your own hands and to relieve pain through correctly executed exercises, as well as muscle energy techniques, until your pain subsides or you're free of symptoms. Let's go.

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INTERACTIVE E-BOOK

PICTURES

In each chapter you will find exercises and tips on the respective topics. You can try these exercises one after the other, or pick out the ones that are relevant to your specific pain.



VIDEOS

In addition to the photos and descriptions, you'll find a link at the end of each chapter, that will take you to the video demos of all exercises.



Return to the table of contents by clicking this button at the end of each chapter



The physical and psychological causes are inspired by Bernhard Voss' book: *Körperspuren* (*Body Traces*)

G E T I N T O U C H

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CHAPTER

HEAD & NECK



HEAD & NECK

In the osteopathic context we speak of descending and ascending lesion chains. We are looking for the cause of the symptoms like Sherlock Holmes and we're searching for the primary dysfunction. As a yogi, we can use this understanding to fathom that, in the case of knee pain, for example, the cause does not necessarily lie in the knee itself, but may be found as an ascending chain in the foot or as a descending chain in the hip region. In the case of headaches, the causes can be tension headaches, which can be triggered by tense muscles, bad posture or disturbances of the flow in the membrane system, which manifest themselves during the course of the day. The latter can be treated osteopathically, as well as migraine attacks.

The good news is, that we ourselves can provide the solution and relaxation for any tension issues.

Observe when tensions occur in order to work specifically on your posture and behavior. Do you unconsciously pull your shoulders up or forward when writing on your laptop? Can you sit up straighter and perhaps align your computer a little more at eye level?

Do you wake up in the morning with a stiff neck? Then switch to a thinner pillow, or try sleeping in the supine position without a pillow.

Use the following exercises when you need them: in the morning or just in between. The more you keep moving, the better, because "The juices must flow," which includes blood, liquor, lymph etc. (A.T. Still). As soon as it stops, congestion, blockages and ultimately pain arise as a signal that something is wrong.

Side note for recurring headaches: A small amount of Peppermint oil on the temples can work wonders!



HEADACHES

can have numerous causes, including serious ones. Chronic migraines can be produced by venous drainage difficulties (morning headache) or by traumatic injuries resulting from problems related to the ear canals, among other things. Sometimes it can simply be due to trigger points in neck and shoulder muscles.

The following exercises can be practiced sitting on a sofa or chair, or standing while waiting for the train.

WARM UP

Gentle mobilization of the cervical spine is best achieved through slow, fluid movements in all directions. During head rotation we slowly turn the head to the right, back to the center and to the left. Pull your shoulders away from your ears.

Duration: 10 repetitions per side

Notice which direction you find less easy!



GENTLE MOBILIZATION

Alternate between slowly looking down toward your sternum (flexion) and up toward the sky (extension).

Duration: 10 x per direction

FLUID MOTIONS

For the side bend (lateral flexion) slowly bend the right ear to the right shoulder first and the same to the left. Again, pull the shoulders away from the ears.

Duration: 10 x per direction



Isometric = the muscles are tensed without a change in length

MUSCLE ENERGY TECHNIQUE (MET)

This technique can be applied on all planes. For this example we are using rotation: in exercise A you felt the direction that is less easy for you.

Example: left is less easy. Now gently turn your head to the left, place one hand on your right cheek and isometrically activate the neck muscles on the right side by pushing your head slightly to the right while your hand offers resistance.

Hold this for 10 seconds. Release and gently continue turning your head to the left.

Repeat for a total of 3 times



GENTLE HANG

To relax the front of the neck and counteract our day-to-day downward looking head position, we can lie over the edge of the bed or sofa to gently let our head hang.

Contraindication: dizziness

Duration: 30- 60 seconds



CHIN TO COLLAR BONE

Start upright, facing forward for a stretch of the sterno-cleidomastoid and scaleni muscles: Turn your head slightly to the right and lower your chin toward your right clavicle.

Duration: 15- 30 breaths per side



LEVATOR SCAPULAE STRETCH

Start as in exercise F: Now additionally stretch your left arm upwards, bend your elbow and place your fingers on your back.

Duration: 30- 60 seconds per side

NECK STRETCH

For the transverse trapezius, sit on your left hand and lean your head to the right. Allow a gentle pull between your ear and shoulder. For more intensity, pull your left shoulder further away from the ear. Then switch sides.

Duration: 30- 60 seconds



ATLAS - OCCIPITAL 8

Close your eyes. Describe a lying figure eight with your chin in the air. Your chin moves slightly back, to the side and slightly forward. This gentle circling creates movement between the occipital bone and the first cervical vertebra. Keep your shoulders relaxed and your face soft.

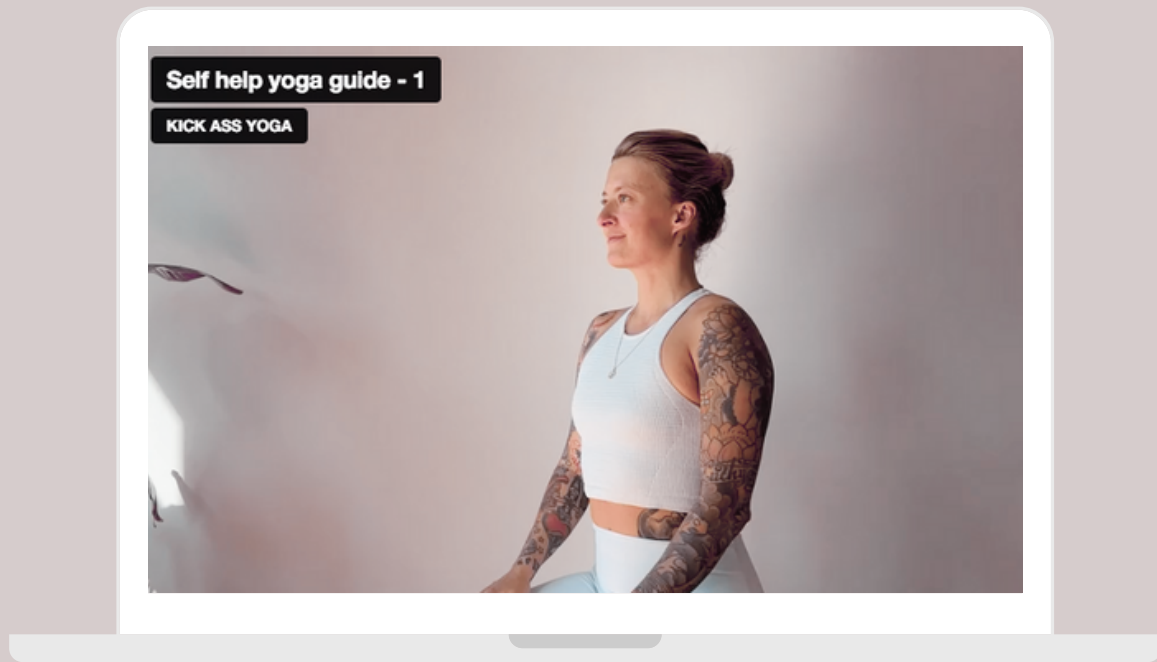
Duration: 30- 60 seconds



The occipital bone, also roughly described as the back of the head- the skull is actually anatomically made up of different bones, which can be seen by the jagged lines (called sutures).

The atlas is our first cervical vertebra that supports our skull. Its name was borrowed from Greek mythology, named after Atlas, who carries the world on his shoulders.





WATCH ALL EXERCISES AS VIDEO



C L I C K T H I S L I N K

H E A D & N E C K D E M O



2

CHAPTER

SHOULDERS & ELBOWS



SHOULDERS & ELBOWS

Common diseases of civilization include not only headaches and back pain, but also a change in our posture due to modern work: predominantly at the desk, sitting and leaning forward.

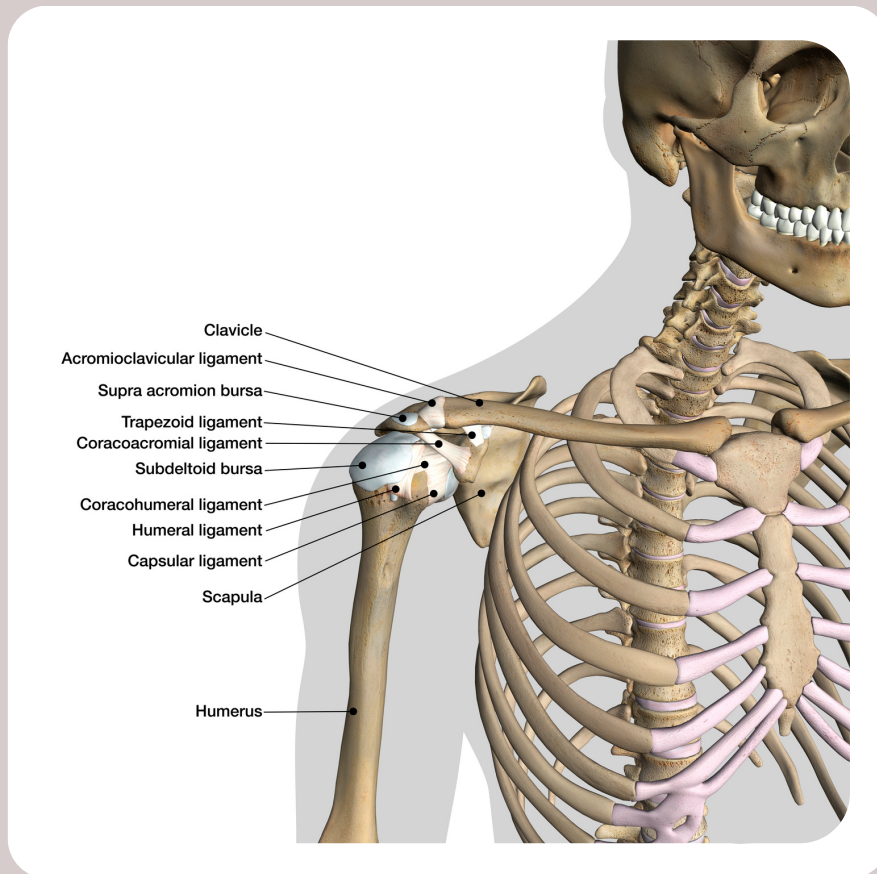
This not only has the disadvantage of shortening and weakening our hip flexors, which is noticeable in the lower back, but also pulls our thoracic spine forward in flexion, bends the cervical spine (nerd neck) and finally causes our shoulders to fall forward. Instead of walking upright, we find ourselves shortened, tense and in a questionable posture.

In addition, unexpressed words, shouts or sounds cause our neck fasciae and short neck muscles to tense.

The break with these cycles lies in activity and movement, rather than passivity:

This can be a rocking office chair, a table that can be transformed into a standing desk, the reminder to get up at least once an hour and walk more. Whether it's 10 or 12 thousand steps, the main thing is to take the stairs more often than the elevator, park a little further from our destination, or take the bike instead of the car.

For yogis, this means paying even more attention to the correct alignment of the shoulders to avoid injury especially in challenging transitions like moving from *downward facing dog* through *chaturanga* into *updog*. Those who are caught in the pattern with their shoulders pulled forward, will sooner or later find their problems in this transition. If you find yourself here, I recommend stretching your chest muscles (especially pectoralis minor), as well as strengthening your upper back. Pick out the exercises here that you can practice in addition to your yoga or as a warm up.



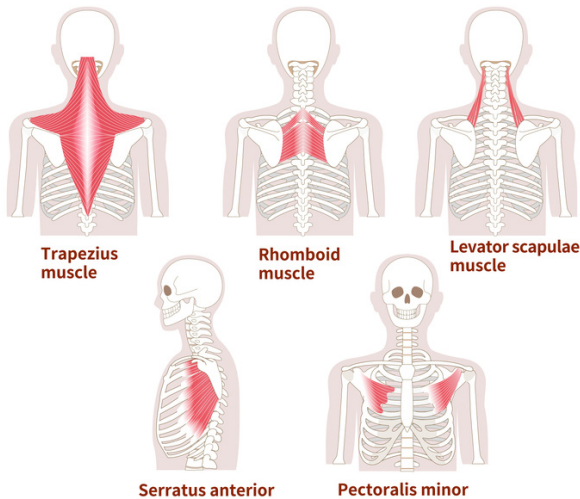
SHOULDER PAIN

The shoulder girdle is often referred to as one joint, when it actually consists of 4 joints:
 the SC joint = sternoclavicular joint
 the AC joint = acromioclavicular joint
 the Glenohumeral joint = humerus to scapula
 Scapulothoracic joint = between scapula and ribs

For right shoulder pain, we also take a look at the liver, among other things, and for left shoulder pain, we pay attention to the stomach area. Both shoulders are dominated by the emotions of the upper abdomen and the rib cage.

Props: fascia roller, block, elastic band
 Practice these standing up or sitting down.

Muscles involved in tight shoulder



Muscles that play a role in tight shoulders:

Trapezius
Rhomboid
Levator scapulae
Serratus anterior
Pectoralis minor

SHOULDER - CARS

We can already do a lot for our shoulders and elbows by providing coordinated movement with Controlled Articulated Rotations. Make sure there is slight, basic tension in the body. Start with the right arm and move it from the front, over the top, back and down, while keeping your hips aligned to the front.

Duration: 3- 5 per side



ELBOW - CARS

We can do the same for our elbows: pull your upper arms towards you and actively move one arm at a time or both at once in all directions without moving the whole arm.

Duration: 3- 5 circles
each direction



FASCIA ROLL: LATISSIMUS DORSI

This large back and respiratory accessory muscle originates from the trunk and attaches to the inside of the upper arm. Together with the pectoralis major, it forms the axilla. If this muscle gets tight, it can restrict shoulder flexion (lifting the arm overhead). Therefore, roll back and forth as well as transversely to stimulate muscle metabolism.

Duration: 1 minute per side



FASCIA ROLL: DELTOID

The same principle can be applied to the deltoid muscle.

Since this muscle can be divided into 3 parts, roll (with as much pressure as necessary) against a wall in the middle, a little further forward and a little further back.

Duration: 1 minute per side



STRETCH: TRAPEZIUS/ RHOMBOIDEI

Extend your arms forward. Turn your left thumb to the floor, cross your arms and interlace your fingers (palms facing each other). Now actively pull in your abdomen to stretch your mid-back.

Duration: 30- 60 seconds
per side



SHOULDER & UPPER BACK: EAGLE ARMS

For eagle arms, first cross your right elbow over your left as best as you can. Now bring your hands together.

Figure 2: Feel free to use a yoga strap or sock if your hands don't meet. Push your elbows forward to open your shoulders and back.

Duration: 1 minute per side

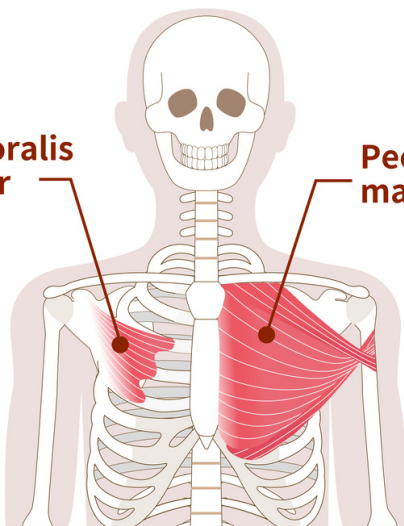


ACTIVE FLEXIBILITY WITH A BLOCK

Practice sitting or standing: for these hand-offs we use a block which we alternately pass from one hand over the shoulder to the back, grab the block and pass it over the other shoulder.

Duration: 1 minute

Pectoralis minor



Pectoralis major

Our pectoral muscles:

Pectoralis major (the big one) and pectoralis minor (the little one that causes more trouble).

PEC MAJOR STRETCH

This stretch can be practiced standing against a door frame or against a wall. For the large pectoral muscle: place your hand at shoulder level and slowly rotate away from your hand.

Duration: 30- 60 seconds



PEC MINOR STRETCH

For the stretch of the small pectoral muscle (which pulls our shoulders forward when shortened) start as in exercise H only that the hand is placed higher.

Duration: 30- 60 seconds



PEC STRETCH WITH TWIST

As an alternative to the wall, the chest muscles can also be stretched in the prone position: First bring your right arm to the side, like a cactus arm. Pull your shoulder away from the floor and slowly drop your left foot to your right side. Start dynamically and then stay in this stretch, resting your head on the side.

Duration: 1 minute per side



SHOULDER STRETCH WITH BLOCK

Start in the quadruped stance with your elbows on a box/sofa and a block between your hands. Bend your elbows and pull your hips back. Stay active in the center of your body and let your armpits melt towards the floor.

Duration: 1 minute



SHOULDER STRETCH

Begin as in K, only this time keep the arms extended.

Activate the upper and lower abdomen and pull your ribs in, while gradually lowering your sternum (without arching your back).

Duration: 1 minute



COW'S HEAD WITH RUBBER BAND

Use a yoga strap or rubber band, if your hands do not meet behind your back. Again, we practice MET's by alternately pulling the upper arm up first (for 10 seconds) without the lower arm giving way and vice versa.

Duration: 2 x MET + 30 seconds stretch



FINGER GLASSES

For a stretch of the ulnar nerve, put your index fingers and thumbs together to form a pair of glasses and place your hands over your eyes with the fingers pointing downward. This may already feel like a pleasant stretch for the forearms.

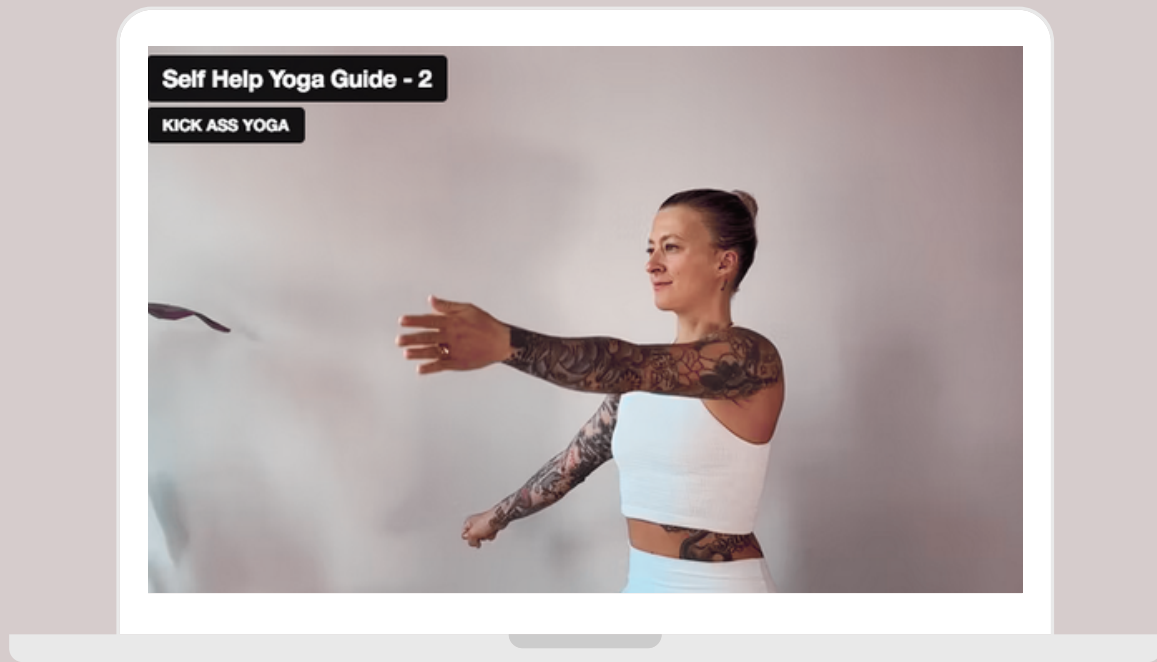
Duration: 30-60 seconds

FINGER GLASSES SIDE STRETCH

For more intensity, lean to the side in addition to exercise N.

Duration: 3 x 10 seconds per side





WATCH ALL EXERCISES AS VIDEO



C L I C K T H I S L I N K

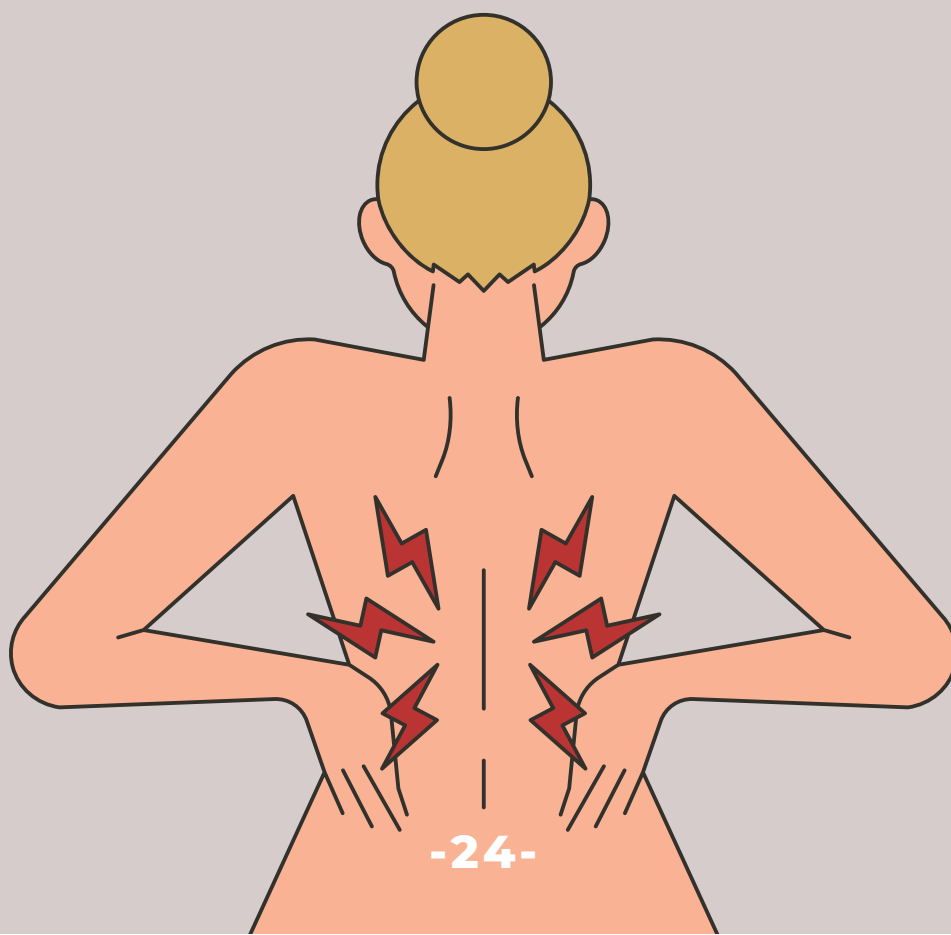
S H O U L D E R S D E M O



3

CHAPTER

BACK



THE SPINE

The biggest misunderstanding about popular yoga is that the media pounce on the physical aspect as it is easiest to portray with pretty pictures of pretty people in pretty incredible poses.

The word *yoga* means **unity** or **joining**, and this is exactly how we must understand psyche and body: as **one**. Body and psyche are constantly threatened by death, which is why our instincts, such as aggression and sexuality, ensure our survival. Personal survival is controlled by aggression and the survival of our genes is controlled by sexuality. To orient ourselves in our world, all shades of anger and sadness guide us through.

Unfortunately, some of us do not experience unconditional support in our childhood, so these survival impulses are perceived as subtle inner threats due to early childhood shame and guilt mechanisms, and ultimately strong fears arise from this.

Our body switches into the so-called fight or flight survival mode. Our fasciae, organs, blood vessels, muscles, brain and nerve sheaths become tense. This can lead to a permanent alarm, and to modern diseases such as back pain and tinnitus, which first show up as a psycho-somatic alarm status and in the long run as chronic diseases of body and mind.

In addition to the exercises shown here, it is worthwhile to find out which emotions need a little more space in your life in order to transform chronic issues into acute ones, and to get rid of them completely in the long run.

This might include trying things that normally don't suit you, (you've probably heard of the popular tip of *stepping out of your comfort zone*) like letting your anger out (in a safe space) and hitting a punching bag or practicing more body awareness over your pelvis (through meditation or pelvic floor exercises).



LOWER BACK PAIN

The main cause of disc problems is the traction of the abdominal and pelvic organs together with the emotions stored in them. If one side of the lower back feels tight, it may be due to a stuck quadratus lumborum (QL). Besides strengthening the buttocks and stretching the hip flexors (see [hips](#)), which relieve pressure on the lower back, it also helps to face inner conflicts.

Those who are under a lot of pressure in life may find it reflected in their lower back. Translated into body language, <<being under pressure>> means that our body and psyche are desperately trying to "suppress" emotional impulses.

Props: weight or sofa edge, a firm ball

THORACIC CARS

To mobilize the thoracic spine, we can embrace ourselves and move in circles: Start with a round back (flexion), turn to the left, lean diagonally to the left, look up and move in a backbend to the right (extension), circle back into a round back as at the beginning.

3 x per direction



SHAKE IT OUT

Jump on the spot and shake out your legs and arms, hands and feet alternately. Enjoy the lightness and light-footedness that results. Allow yourself to let go of any tension.

Duration: approx. 1 minute
or the length of your
current favorite song

COBRA LIFTS

Start face down on the floor with your hands next to your lower ribs. Activate the entire back of your body to slowly pull yourself forward and up. Hold the top position for 2- 3 seconds and return to the floor.

Duration: 8- 10 repetitions



COBRA LIFTS +

Start on your belly, as in exercise C, and place your feet under the edge of a sofa or weight on top of it, to get even more into the strength of the back. Lift your hands and hold at the top for 2-3 seconds. Lower down and repeat.

Duration: 8- 10 repetitions



SIT-UPS

Start on your back with your knees bent. Reach your arms forward and sit up with as little momentum as possible. Round your back and aim to roll back down to the floor in slow motion.

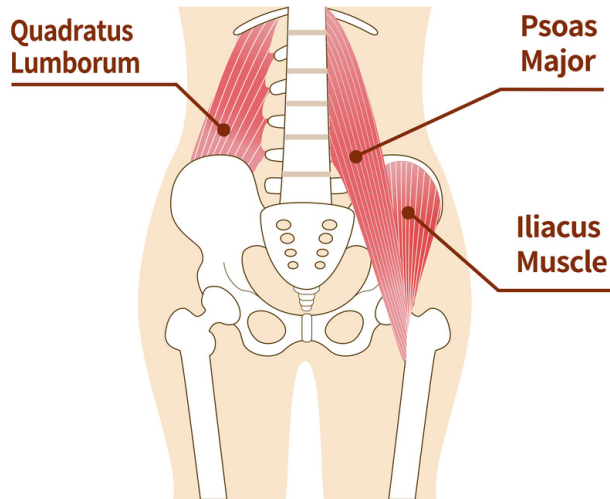
Duration: 15- 20 repetitions



ROUNDED CHILD'S POSE

Begin as for child's pose in a quadrupedal stance. This time, however, our goal is not to rest our buttocks on our heels, but to push ourselves while rounding until a stretch of the back is felt.

Duration: 2 x 30 seconds



The often tight muscle in the lower back (left) Quadratus Lumborum as well as the two hip flexor muscles Psoas Major (Psoas minor not in picture) as well as the Iliacus and Pectineus (not in picture).

QUADRATUS LUMBORUM RELEASE

Begin as for exercise F, instead of placing the hands forward, place them to the left to stretch the right side. Breathe between the ribs on the right side. Then change sides.

Duration: 2 x 30 seconds per side



QUADRATUS LUMBORUM RELEASE WITH BALL

Use a tennis ball or a slightly firmer ball and place it next to your spine, between your lower ribs and hips. Pull your knee in on the same side and move your knee to release tightness.



Duration: 1- 2 minutes per side

PIRIFORMIS RELEASE

For this stretch of the pear-shaped piriformis muscle, which is one of the external rotator and presses on the sciatic nerve, when shortened, we sit on the floor as if for a seated twist. Pull your knee in close and lean away from the knee until you feel a stretch in the outer hip.

Duration: 2 x 90 seconds per side



PLANTARFASCIA ROLLING

Using your tennis or firmer lacrosse ball, massage the bottom of your foot while standing, releasing tension throughout the posterior chain.

Duration: 1 minute per side

Y- EXERCISE

In the prone position, lift your arms forward like a Y. Keep your neck straight and activate your underbutt, lower butt & thighs. Hold at the top for 2-3 seconds.

Duration: 2 x 10- 15 repetitions



W- EXERCISE

Place your arms at the sides like a cactus. Raise both arms in that shape. Hold the top position for 2-3 seconds.

Duration: 2 x 10-15 repetitions



W- WINGFLAPS

Keep your elbows bent on the floor and lift your forearms only. Keep your wrists extended. Hold the highest position for 2-3 seconds.

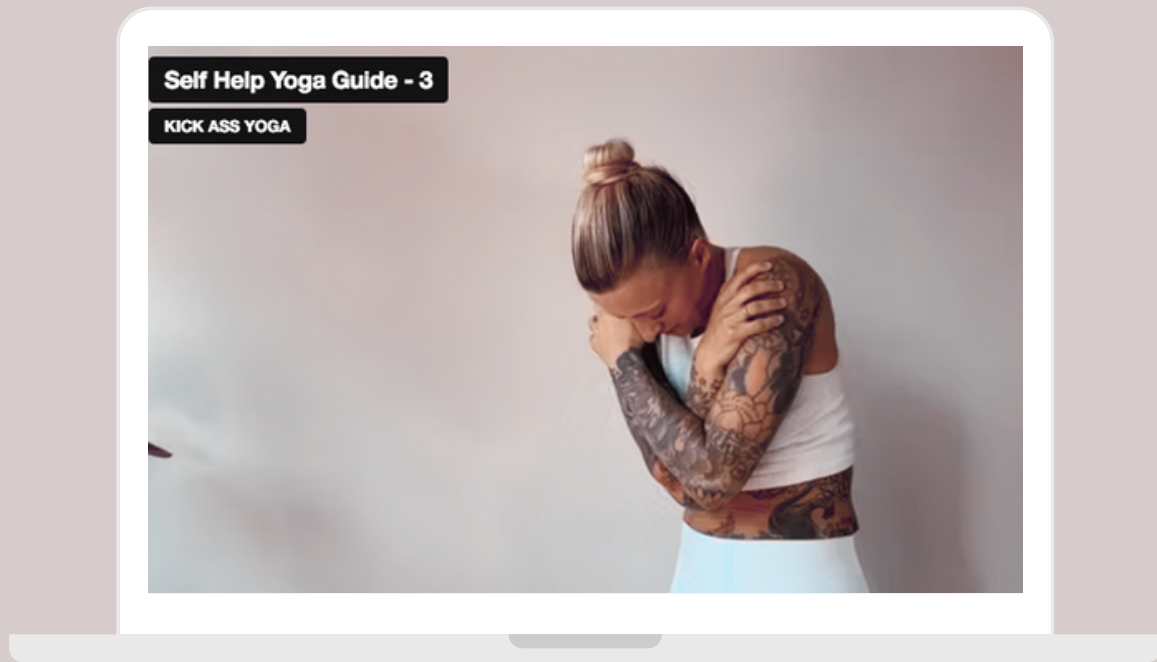
Duration: 2 x 10-15 repetitions

T- EXERCISE

Stretch the arms out to the sides like wings and lift them first with thumbs pointing upwards. Then, in the next round, with little fingers upwards. Hold at the top for 2-3 seconds.

Duration: 2 x 10-15 repetitions each time





WATCH ALL EXERCISES AS VIDEO



C L I C K T H I S L I N K

B A C K D E M O



4

CHAPTER

HIPS



HIPS

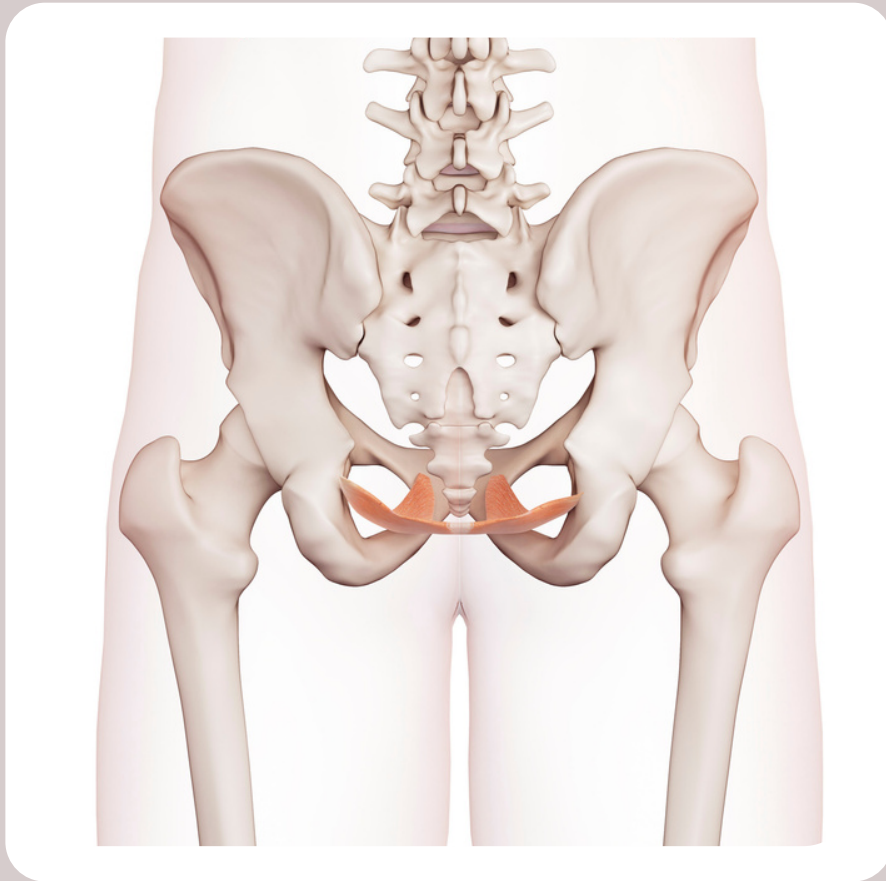
The head and our pelvis are, even if it seems far-fetched at first glance, directly connected to each other. Our spinal column connects the cranium, the skull down to the sacrum, Os Sacrum in the pelvis. Beyond this bony connection, the head and the pelvis are connected via the membrane system: via the meninges in the intracranial membrane system, the base of the skull, the spinal cord down to the sacrum.

The membrane system protects the brain in the head and the spinal cord in the trunk. Due to the topographical proximity of the meninges and the cranial nerves, tensions rising from the pelvis to the head can affect our nerves, causing pain signals in the head (migraine), tension in the jaw muscles and sensory disturbances in the face, which is why in body therapy the pelvis is also called << the second face >>.

All humanistic and analytical forms of therapy agree that the first seven years of life shape our entire lives. For example, if children grow up in a pleasurable, bodily environment where cuddling, caressing and cuddling is commonplace, they will later become adults with pleasurable relationships and free pelvic structures.

Repressed aggressions from childhood can later lead to years of pelvic tension, which can subsequently manifest as chronic back pain.

In our body-centered yoga practice we therefore want to include psychodynamics, which can show in many tears and the expression of hatred and anger especially in hip openings, until the systems can relax sustainably.



YOGA BUTT

This is a fairly common injury during practice that, unfortunately, beginners often don't hear about. It's an overuse injury that results from the repetitive cycle of sun salutations- with legs extended in forward bends and the downdog. As a beginner, it is especially important to bend the knees in these positions to protect against injury. Otherwise, **proximal hamstring tendinopathy** = an irritation or inflammation of the hamstring tendon at its attachment point, or *yoga butt*, can occur. And it hurts! And takes a very long time to heal! If you are suffering from yoga butt right now: stop stretching! Instead, strengthen your hamstrings.

Props: chair, block, weights

WARM UP

Start in a sitting position and slowly move your knees alternately to the right and to the left. Rotate with the entire upper body.

Duration: approx. 1 minute



WARM UP & GET UP

Practice the same again, only this time, in addition, once you have placed your knees to the right, lift and extend your hips so that you are squatting on both knees.

Duration: approx. 1 minute

ACTIVE TRANSITIONS

From upper plank to pigeon: slowly place your right lower leg under your chest, so that your knee faces the outer edge of the mat. Arrive for 2 seconds and return to upper plank.

Duration: 10 x per side



ACTIVE PIGEON

Now remain in pigeon, as in exercise C. To work on active flexibility, we do not support ourselves with our hands here, but lift them. Stretch your arms to the sides and lean forward as far as you can on an exhale. Come up with your next inhale.

Duration: 8- 10 slow repetitions per side



PIGEON POSE

Lean forward into pigeon. Pull your toes up, to protect your knee. If your knee still feels uncomfortable in this position, alternatively practice supine eye of the needle.

Duration: 1 minute per side



OUTER HIP STRENGTH

Lay on your left side to strengthen the right leg. Pull your toes towards the knee and lift the leg vertically above the lower one. Hold it in the air for 2-3 seconds and lower the leg back down.

Duration: 30- 40 repetitions per side



INNER HIP STRENGTH

Begin laying on your left side, place the foot of the top leg in front of you. Lift the lower leg slightly with the toes pulled towards knees and feel the activation of the inner thigh. Make sure to lift the leg vertically instead of tipping it forward. Keep the leg up for 2-3 seconds & put it back down.

Duration: 30- 40 repetitions per side



GLUTE STRENGTH

Start in a supine position with feet your knees bent, as for the shoulder bridge, except this time we lift the feet up to our heels while lifting the hips, which allows us to focus even more on the buttocks.

Duration: 3 x 15- 30 seconds

HAMSTRING STRENGTH

Start in a lunge with your hands supported on your leg or a chair. Extend your hips and pull your foot towards your buttocks. Hold the top position for 2-3 seconds.

Duration: 3 x 8- 10 repetitions per side



HAMSTRING STRENGTH WITH A BLOCK

Start as in exercise I and additionally place a block between your heel and buttocks. Squeeze the block with stretched hips.

Duration: 3 x 10-20 seconds
per side



HIPFLEXOR STRENGTH

This strengthening is also MET for our hip flexors. Start in a simple lunge with your hips extended. Stay upright while isometrically activating your back leg (as if to pull the knee forward through the floor) to strengthen the hip flexors. At the same time, pull your front foot back (isometric activation of the hamstrings).

Duration: 2 x 30 seconds
per side



HIPFLEXOR STRETCH

Use a chair to support yourself. Start with your right leg forward, and place your left knee on the mat first.

Slowly extend your back leg for the hip flexor stretch while keeping your upper body upright. Hold the stretch for 2-3 seconds and lower the knee again.

Duration: 2 x 10 repetitions + 10 seconds hold per side



PECTINEUS STRETCH

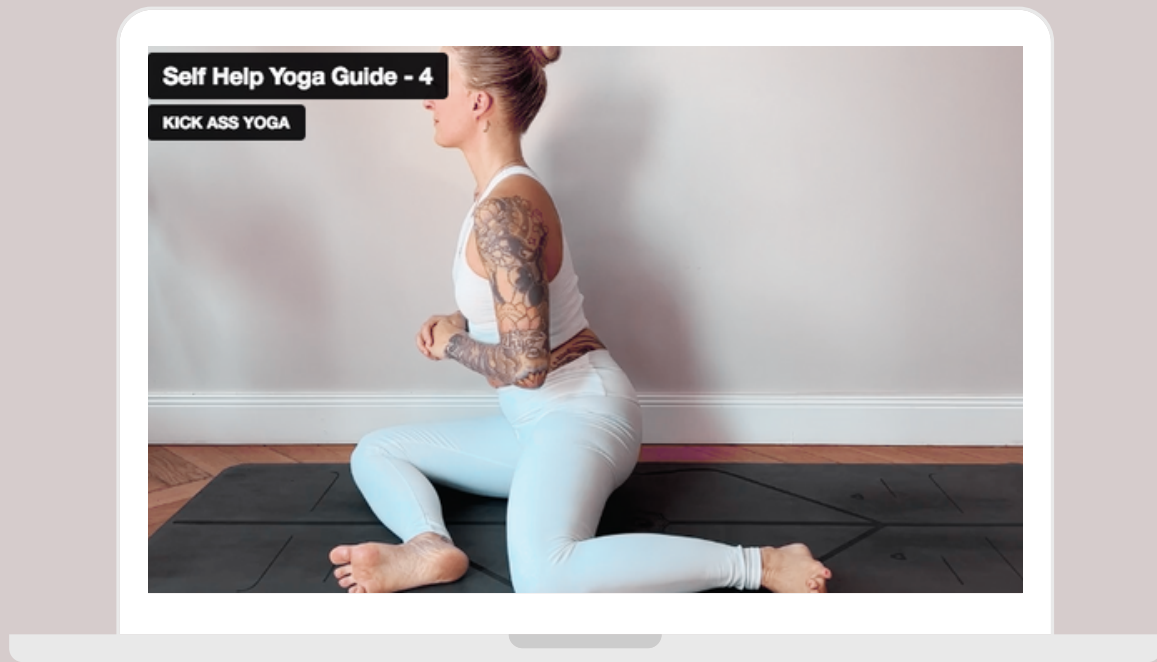
This small muscle, when tight, can keep us from releasing our knees down in butterfly pose. Use either your hands, or weights to isometrically activate the pectineus.

At the beginning we practice the MET, then hold the stretch:

Actively pull your knees up against resistance for 5- 10 seconds. Release and actively (!) pull your knees down for 5- 10 seconds. Then relax and hold the newly gained position.

Duration: Repeat this sequence 3 times and take a 1 minute break in between





WATCH ALL EXERCISES AS VIDEO



C L I C K T H I S L I N K

H I P S D E M O



5

CHAPTER

KNEES & FEET



KNEES & ANKLES

The knee as a hinge joint consists of three bones: the femur, the tibia and the patella, with intersecting tendons and lateral ligaments. Due to the complexity of the structure, it requires a high degree of experience to correctly assess the causes of knee pain. Misalignment of the ankles, as well as misalignment of the hips and imbalance of the strength of the muscles can lead to knee issues.

Shoes that are too soft can affect joints, bones and tendons in the long run because of their instability. Walking in barefoot shoes can help strengthen ankles, return to a natural gait and, thanks to the wide toe box, the toes can perform their natural support function, improving or completely avoiding possible malpositions of the big toe (hallux valgus).

Grounding or Earthing is the latest trend (for some this is old knowledge) in the socials: simply walking barefoot in nature. This direct skin contact with the earth's surface is said to have positive effects on stress, pain and inflammation.

In yoga we have several possibilities to involve our feet. Since for beginners it is difficult enough to focus on their own breath AND movement, the feet tend to just >>hang out<< or involuntarily just do what they want. The more you train your attention, which we can strengthen just like muscles, the more you can consciously work on your alignment: point your toes as soon as one foot is in the air (like in three-legged dog). Spread your toes for the floint, when you need more space and want to stretch out your arches.



KNEE PAIN

Pain on the inside of the knee can come from an injury to the medial ligament or the medial meniscus, or bursitis. Pain on the outside can come from, among other things, injuries to the outer ligament as well as the outer meniscus. Recent studies have found that most knee injuries heal without surgery: Meniscus tears can take up to 6-8 weeks to heal with physical therapy. ACL tears (anterior crucial ligament) can heal within 2 years without surgery. Put in the work to become resilient.

Props: fascia roll, a small pillow

WARM UP

While standing, bring your feet together, bend your knees and slowly draw circles in the air with your hands on your knees.

Duration: 30 seconds
per direction



THIGH STRENGTH

This exercise is so simple and yet so effective. Start sitting and extend the >>problem knee<< (or train both sides): pull your toes towards the knee, hold the tension in your quads for 2- 3 seconds and release.

Duration: 50- 500 (!)
repetitions spread through
the course of a day

THIGH STRENGTH +

Begin as in exercise B, except that this time you lift your leg while tensing the quadriceps. Hold this leg in the air for 2 - 3 seconds and release it back down.

Duration: 20 repetitions
per side



KNEE STABILITY

Start in the supine position as for the shoulder bridge. Bend your knees and place your feet on a fascia roller (for a little shaky challenge) and lift your pelvis. Activate your buttocks and the backs of your legs, which will provide more stability for your knees. Lift one leg up and hold.

Duration: Hold 3 x 15-30 seconds per side



ADDUCTOR STRENGTH

Start in a supine position, as for the fascia bridge. Place a pillow between your knees and squeeze it for 2-3 seconds while keeping your hips on the mat.

Duration: 20 repetitions



ANKLE - CARS

While sitting, grab your right thigh with your right arm and your lower leg with your left hand. Now slowly, actively circle your ankle first to the right, then to the left without moving the entire lower leg.

Duration: 1 minute per foot



CALF & ANKLE STRETCH

Use a yoga block or stairs for the following two variations: For the Soleus m., place the ball of your foot straight down on the block. Lean forward as far as necessary to feel the stretch.

Duration: 2 x 45 seconds per side



ANKLE STRETCH

Similar to exercise G, the foot is set down on the block, but not straight, instead at an angle for the 2-headed gastrocnemius muscle: turn the foot more inward and then more outward.

Duration: 45 seconds each per foot



TOE POINT STRETCH

This exercise stretches the top of the foot and the tibialis anterior. Be careful not to sickle the foot during this exercise. Fold your foot on a double yoga mat and try to stretch the leg. Shift as much weight on the foot as possible.

Duration: 3 x 30 seconds per side





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EXERCISES AS
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And have fun practicing!

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