

# SwimEx AquaYoga

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## Aquatic Stretching and Guided Meditation Class

Participants should be in a pool with enough room to move comfortably. Play gentle music at a volume that does not interfere with voice commands - preferably instrumental new age or classical. Begin with exercises and end with the provided guided meditation.

**#1**

### Warm Up

Walk back and forth  
or  
Stand in one place and  
alternate heel lifts.

**#2**

### Shoulder Flexion

Move one arm up  
and down. Move the  
other arm up and down.  
Alternate arms.

**#3**

### Hip Flexion

Bend leg at knee and  
lift up and down. Add  
arms and continue as if  
marching in place.

**#4**

### Forward Stretch

Hold pool noodle out  
in front. Bending at the  
waist, push noodle away  
from body. Hold,  
straighten and repeat.

**#5**

### Lateral Trunk Stretch

Plant feet shoulder  
width apart. Sway arms  
right and left pausing  
after each movement.

**#6**

### Increase Stretch

Continue swaying arms.  
Add alternating leg lifts.  
Hold noodle in front for  
support or for gentle  
resistance.

**#7**

### Lateral Trunk Stretch #2

With feet shoulder width  
apart, hold noodle to the  
side. Lift opposite arm  
overhead. Repeat on  
opposite side.

**#8**

### IT Band Stretch

Stand with legs crossed  
and  
Continue with #7.

**#9**

### Hamstring Stretch

Extend leg out in front  
with heel down and toes  
stretched up. Bend  
forward at waist and  
stretch. Hold and  
alternate.

### Meditate

See below for  
instructions and  
meditation link.



SWIMEX