



# Cape St Albans Yoga Experience (beginners)

ALLOW 1  
HOUR

Cape St Albans is known for its tranquility and serenity that allows you to truly relax, rediscover and reconnect.

Being in nature during yoga practice allows you to connect more deeply with your body and surroundings allowing for a rich sensory experience that enhances the mindfulness of the practice and fosters a greater appreciation of the beauty of Mother Earth. You may feel a sense of interconnectedness and harmony with the environment that inspires more mindful and greater sustainable living.

By focusing on your breath, movements, and sensations you can let go of worries and tensions, and actively reduce stress levels to enhance your overall well-being. Did you know that the combination of yoga and nature can even lower cortisol levels?

Grab the CABN X yoga mat and set yourself up on the deck, or at one of our favourite yoga and pilates spots highlighted on the map.

We suggest starting by sitting cross legged on the yoga mat, inhaling deeply and exhaling slowly to ground yourself. Become fully aware of the present moment and the natural beauty around you. Feel the sun on your skin, the gentle breeze on your face, and the sounds around you.

Next, move through a few rounds of Cat-Cow to warm up your spine. Move onto your hands and knees, aligning your wrists under your shoulders and your knees under your hips. Inhale as you arch your back, dropping your belly and lifting your gaze (cow pose). Exhale as you round your spine, tucking your tailbone and dropping your head (cat pose). Flow between these two poses for five to eight breaths, finding a rhythm that feels good for your body. Slowly come back to a neutral tabletop position.

From here, move into a wide-legged Child's Pose. Kneel on the mat, touch your big toes together, and sit back on your heels. Exhale and lower your torso between your thighs. Extend your arms in front of you or rest them alongside your body. Relax your forehead on the mat and breathe deeply. Feel the stretch in your hips and lower back. Stay here for a few deep breaths, allowing yourself to fully relax and let go.

Come back to your hands and knees. Tuck your toes under, lift your knees off the mat, and straighten your legs, forming an inverted V-shape. Keep your arms shoulder-width apart, fingers spread wide, and press your heels toward the floor. Relax your head and neck. This position is called Downward-Facing Dog.



From here move to the Mountain Pose by stepping one foot after the other forward into a standing position. Keep your feet hip-width apart, arms relaxed by your sides, and palms facing forward. Distribute your weight evenly on both feet, engage your leg muscles, lengthen your spine, and relax your shoulders.

Now go into a Forward-Bend. Take a deep breath in, and as you exhale, engage your abdominal muscles and slowly begin to fold forward from your hips. Imagine leading with your heart rather than rounding your back. Bend your knees slightly to release any tension in your hamstrings and place your hands on your thighs, shins, or the floor, depending on your flexibility. Relax your head, neck, and shoulders and allow the weight of your upper body to create a gentle stretch in your lower back.



Remember the Eucalypt tree arch when you first arrived at Cape St Albans? Now imagine yourself being one of those trees while coming into a Tree Pose. Shift your weight onto your right foot. Lift your left foot and place the sole against your inner right thigh or calf (avoid the knee). Bring your hands to your heart center or extend them overhead. Find your balance and breathe deeply. Repeat on the other side.

Step your left foot back, keeping it at a 45-degree angle. Bend your right knee and stack it directly over your ankle. Square your hips and lift your arms overhead, palms facing each other. Look forward or gently tilt your head back. Hold this Warrior I pose and feel the strength in your legs. Repeat on the other side.

Slowly come up to a seated position and stretch your legs out in front of you. Move into a forward fold and allow your body to gently release and stretch forward. Stay here for a few deep breaths, allowing yourself to fully release all remaining tension in your body.

We move into a Bridge Pose before we relax in our final position. Lie on your back with your knees bent and feet flat on the floor, hip-width apart. Press your feet into the mat, lift your hips off the ground, and interlace your fingers beneath your pelvis. Roll your shoulders underneath you and lift your chest toward your chin. Hold the pose, feeling the stretch in your hips and chest.

We will finish our yoga session with the Corpse Pose, known as Savasana. Lie flat on your back with your legs extended and arms by your sides, palms facing up. Close your eyes and consciously relax every part of your body. Allow your breath to become natural and observe the sensations in your body following from all that movement without judgment. Stay in this pose for several minutes.

Take a few more deep breaths, and when you're ready, slowly come back to a seated position. Take a moment to appreciate the beauty and tranquility of the natural setting of Cape St Albans that surrounds you. Take the peace and calmness with you as you go about your day exploring more of Kangaroo Island and remember to take time to connect with nature and your body whenever possible.