



Travel Yoga Guide: Stay Balanced on the Move



Traveling can disrupt your usual yoga practice, but with a little creativity and planning, you can maintain your routine no matter where you go. This guide offers travel-friendly yoga routines, tips for practicing in small spaces, and essential gear recommendations to help you stay centered and balanced during your adventures.

Travel Yoga Essentials

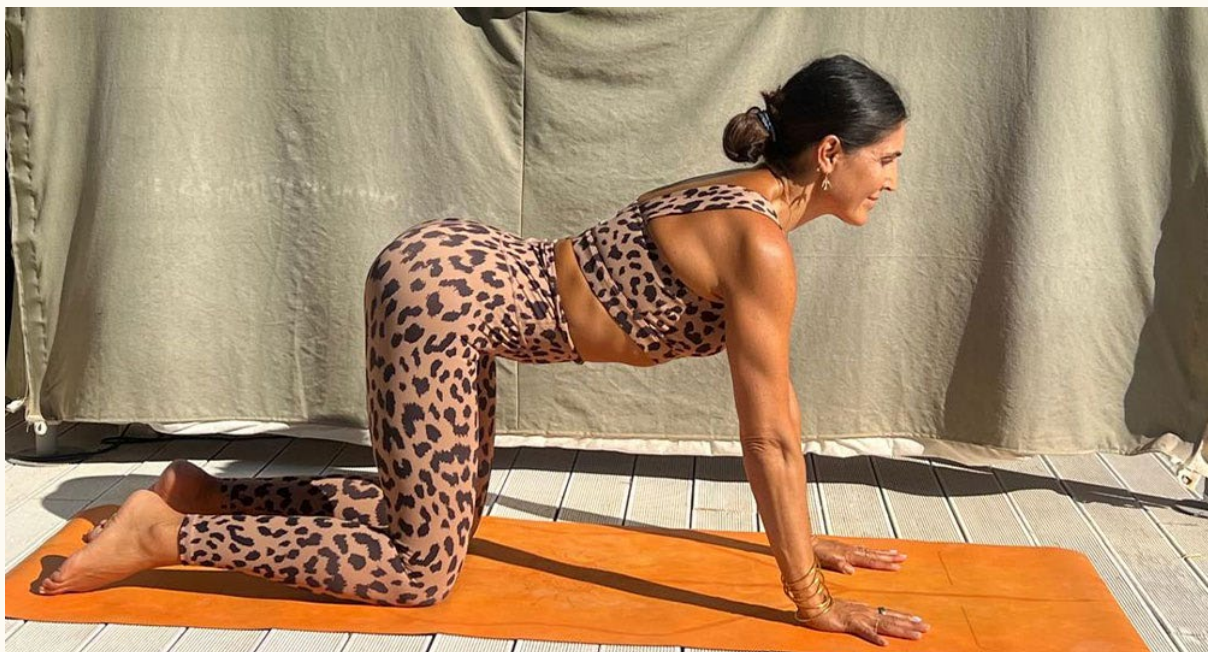




To make your travel yoga practice easier and more enjoyable, consider packing the following items:

- **Travel Yoga Mat:** Lightweight and foldable. I like the [Blessed Lite advanced grip travel mat](#) by We are Blessed or [these ones](#) by Liforme.
- If you are staying in a hotel email them to check if they have a yoga mat you can use during your stay.
- **Appropriate clothing:** Lightweight comfortable clothing or yoga shorts for the heat.
- **Yoga Strap:** Rather than packing a yoga strap you can use a belt from a towelling robe or a normal belt.
- **Yoga Towel:** Useful for outdoor practices or hot climates.
- **Portable Speaker:** For guided sessions or music.
- **Headphones:** Useful for doing an early morning online yoga class before the rest of the family wake up.

Simple Yoga Routines for Small Spaces



Here are some routines that can be done in limited spaces, like hotel rooms. If you don't have a yoga mat just use a beach towel.



Routine 1: Morning Energizer (15 minutes)



1. **Mountain Pose (Tadasana):** Stand tall, feet together, hands at heart center. Set an intention for your day.
2. **Sun Salutation (Surya Namaskar):** Flow through 5 rounds to wake up the body.
3. **Chair pose (Utkatasna):** Strengthen your legs and feel strong and energised. Hold 5 breaths or longer.
4. **Warrior I (Virabhadrasana I):** Build strength and focus. Hold 5 breaths.
5. **Tree Pose (Vrksasana):** Improve balance and grounding. Hold 5 breaths each side.
6. **Cat/Cow:** Mobilise the spine. Do 5-10 rounds.
7. **Bird dog:** Create abdominal strength. 5 each side.
8. **Seated Forward Bend (Paschimottanasana):** End with a calming stretch.
9. **Savasana:** Stay for as long as you have time.



Routine 2: Jet Lag Relief (15 minutes)



1. **Cat-Cow Pose (Marjaryasana-Bitilasana):** Loosen up the spine. 5-10 rounds.
2. **Downward Dog (Adho Mukha Svanasana):** Stretch and invigorate. 5 breaths
3. **All fours hip circles:** mobilise the hips and get the circulation going. 10 large circles in each direction. All fours tuck chin to chest and turn head from side to side to relieve neck tension.
4. **Pigeon Pose (Eka Pada Rajakapotasana):** Release tension in the hips. 5-10 breaths each side.
5. **Supine twists:** to nurture your spine. 10 breaths each side.
6. **Legs Up the Wall (Viparita Karani):** Promote relaxation and reduce swelling. Stay 1-3 minutes.
7. **Child's Pose (Balasana):** Finish with a gentle, restorative pose. Stay as long as you like.
8. **Savasana:** Lie in Savasana for a few minutes.



Routine 3: Stress Buster (10 minutes)



1. **Seated Neck Rolls:** Relieve tension in the neck and shoulders. 10 times side to side.
2. **Seated Cat-Cow:** Flex and extend the spine while seated. 5-10 times.
3. **Seated Forward Bend:** Stretch your back and legs. 5 breaths.
4. **Seated Twist:** Increase spinal flexibility. 5 breaths each direction.
5. **Child's Pose:** to all fours rocking forward and back. 5 times then hold Child's pose for 5 breaths.
6. **Breathwork and meditation:** Focus on lengthening the exhalation and end with a few minutes of mindful breathing or meditation.



Alleviating Travel Stress with Yoga



Travel can be stressful, but yoga can help manage these stressors:

- **Before Flight:** Practice gentle stretches and deep breathing at the airport.
- **During Flight:** Perform seated yoga poses and breathing exercises. Use a Yoga Nidra recording to calm and soothe.
- **Post-Flight:** Focus on poses that help with circulation and reduce stiffness, such as Cat/Cow, Legs Up the Wall and gentle twists.

Stay Connected Anywhere with my recorded Online Yoga Classes.

Try a class for free [here](#).

Don't let travel or a busy schedule interrupt your practice. With my online yoga library membership, you can access a variety of classes anytime, anywhere. Perfect for maintaining your routine on the go!

Embrace the flexibility of yoga and adapt your practice to any travel situation. Consistency, even in small doses, can help you stay balanced and centered no matter where your adventures take you.

Happy travels and namaste!