

Three Energizing Yoga Poses for Travelers

A holiday is truly a magical time, but it can also sometimes be tiring. Below are three energizing yoga poses for travelers. These poses will do wonders to relieve physical stiffness in your body.



Yoga is an incredible form of exercise which not only strengthens your muscles but also lengthens your entire body. It allows you to become mentally active by making you aware of your innermost feelings, which in turn gives you the power to control your response to tough situations. It is good to travel as it keeps your mind and body fresh, but it is also important for you to take some time out to breathe and rest your body and mind. This allows you to return to the good feelings that your travels bring.

If you are an outdoors enthusiast and want to enhance your hiking/trekking, water sports and other outdoors experiences, then doing yoga before starting your journeys will help in energizing your body. The yoga poses, or asanas, for travelers below will freshen up your mind by activating the energetic blood cells in your body. Yoga offers a giant bouquet of benefits which can help you enjoy every moment of the trip.



Don't Be Shy: Break Out Your Favorite Yoga Pose

Long hours in a car or on a plane can be tiring as it can cause fatigue and tension. So, don't be shy! At the train station, at the airport, at a hotel — break out your favorite pose. Prepare your mind, spirit, and body to deal with long sessions of sitting in an uncomfortable small seat. Yes, you might be thinking of the mat which is the most essential prop, but in this article, we'll show you the best three standing yoga postures that will help in relieving your achy back, stretching your hips muscles, and even provide your body with a quick mini-workout, while you are on the go.



Yoga Poses to Energize You While Traveling

Read below to find the most soothing and grounding yoga poses for travelers, which can be done anywhere, at any time. And there are not just for when you're achy or tired. Try these yoga postures when you feel frazzled and cranky after a fun but hectic day as well. We're sure they'll help you to remain cool, collected, and calm.

Warrior Pose 1 / Virabhadrasana

Sinking into a warrior pose after a long day of traveling will help you get rid of all the stiffness in your body and will make you feel energized. This posture will lengthen your leg muscles, flex the hip muscles, and stretch your groin as these all are the major areas which need relaxing after a long day. It teaches you to balance and to be more aware of your body positioning. The pose strengthens the upper arms and legs, improves core strength and improves balance, stretches the hips muscles. You get a good stretch of the rear thigh and front, chest, hips, as well as of your spine. It opens up your hip muscles, which is a good antidote for sitting all day long. It is an energizing pose, allowing better circulation and breathing.

To start with the pose, stand straight with your hands on the sides and your feet apart. Put your right foot in front while pushing your left foot backward, by coming into a lunge position. Bend your right knee directly over your right ankle so that your thigh is parallel to the ground and stretch out your left knee backward while keeping it straight. Raise your arms perpendicular to the ground by joining them against each other and reach actively towards the ceiling. Your chest stays open. Concentrate your gaze towards your thumbs by sliding your shoulder blades downwards. Stay in the position for 30-40 seconds while breathing intensely.

The Sanskrit name for this pose is Virabhadrasana.

This pose has many other benefits such as it helping to high blood pressure and heart problems. This posture also helps in correcting your posture by making you look smart and confident.

Tree Pose / Vrksasana

Tree pose will help you ground yourself while balancing to stay upright. This pose will build balance and strength in your legs and will help you feel steady, grounded, and centered. It has a lot more benefits — it will leave you in a state of rejuvenation, and stretch your back, arms, and legs. Tree pose also brings equilibrium and balance to your mind, and also improves concentration. It helps people who are suffering from sciatica. This pose will not only refresh you for a holiday, but if you also practice this pose by making it a habit in your daily life, it will help solve numerous health and mental issues.

The Sanskrit name of the pose is Vrksasana. This posture should be avoided by a person who is suffering from migraine, insomnia, high or low blood pressure.

To begin, stand tall and join your feet together, inner knees and inner ankles touching. On an inhalation, shift your whole weight onto your right foot by bending your left knee. Place the left foot on the inner right thigh. Lengthen your tailbone towards the ground to stand tall and by gazing on an object or on a wall as to help you balance your body. Square both the hips to the front and keep your knee moving out to the left. Lower your ribs together and zip your belly in. Bring the shoulder blades down and lift the chest up and keep taking in the long deep breaths.

Once you are balanced, take a deep breath and gracefully raise your arms over your head, and bring your palms together in "Namaste" Mudra. Hold the posture for 30 seconds to 1 minute while breathing deeply. This pose will energize your mind and body by relaxing the muscles in your body. This pose can be practiced anywhere at any time, and it also has no age restrictions as it is age-friendly as well as beginner friendly.

Standing Forward Bend / Uttanasana

The Standing Forward Bend pose will soothe your mind and wake up your hamstring by enhancing your flexibility. The inversion of your upper body will help in the blood circulation, which will eventually energize your mind and body. I find this yoga pose makes me more attentive of my surroundings. It is one of the asanas of Hatha yoga, and the Sanskrit name of this pose is Uttanasana.

The pose is especially ideal for backpackers. I do a lot of [trekking in Nepal](#), for example, a wonderful destination for hikers from all over the world. The trails can be really tiring, and the Standing Forward Bend is one of the best after a long day of hiking.

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This posture calms the brain, which further helps in relieving stress, headache, insomnia, and mild depression. It stimulates your kidney and liver by making them strong. This pose will help in relaxing your calves, hips, and hamstrings by stretching them. It will make your immune system stronger by improving the digestion system. It is a beginner-friendly pose that strengthens your thighs and knees.

To continue with the pose, stand straight with your feet touching and your hands resting on your hips. On an exhalation, gently bend forward by softening your knees and folding from your hips. Move your tailbone and hips slightly back by moving your body forward. Let your hand rest on the floor next to your feet and let your chest float over your feet. Let your head fall towards the floor and hold this posture for up to the minute, and repeat 3-4 times. This pose will relax your tiring muscles by giving your cells a rush of energizing oxygen. Gently bend your knees while bending forward, and decrease the distance between your pubis and the tailbone.

If you are a beginner, then it might be a little tough to bend your upper body to an extent. Make sure to keep your stomach empty before practicing this asana. A person with a lower back injury should avoid practicing this posture. Uttanasana has various variations with its unique health benefits.

All That's Needed: A Little Dedication and Enthusiasm

To practice these easy standing postures, you don't need a gym, studio, or a mat as it just needs a little dedication and enthusiasm. Make your traveling experience better by adding these asanas, postures, or poses (take your pick) to your travel schedule. These yoga poses for travelers will make you feel energized and help prevent exhaustion during your trip. Each is perfect for [beginning yogis](#).

In fact, practicing these yoga poses for travelers will enhance your experience, whether traveling or at home.

For More:

- On our site: [Ten Health and Wellness Tips for Frequent Travelers](#)
- On our site: [How to Choose an International Yoga Retreat](#)