

**Yoga for rocks: Inner thighs**

Inner thigh flexibility can be very beneficial both for guard passing and guard playing. This is a compilation of easy stretches that target that area, do them regularly and you will feel be able to snatch those triangles and armbars from new angles!

**Good night class**

A very easy and relaxing sequence to do before bed, so you are nice and stretched out, works as a sleeping aid too!\* \*allegedly

**Wall stretching**

Utilize the wall to get some tasty leg and hip stretches. Perfect after training if your academy has an appropriate wall for you to use!

**Yoga for rocks – Spine**

This short video includes 3 sequences for those with an extra stiff spine to loosen and open up. Only thing you need is a belt and a little bit of time.

**Neck pain? No more!**

Help your neck with these easy stretches that alleviate neck pain (when it is not severe or caused by a serious issue that should be looked at by a professional). Do them regularly to develop a powerful and mobile neck!

**Hip opening (with deep breathing)**

Here is a relaxing way to open your hips while moving in sync with your breath. You can do this sequence multiple times for greater effect!

**Healthy knees for BJJ**

It is a common misconception that flexibility in the legs stems from a flexible knee joint. False, it all begins in the hips, so we will stretch them well along with the hamstrings and calves. Grab a belt and get to it!

**Shoulder opening belt stretch**

Finding a jiu jitsu athlete without tight shoulders is about as tough as finding a white girl who doesn't like pumpkin spiced lattes. Well not if they do a lot of yoga. A lot of jiu jitsu moves promote strong, but tight shoulders, so you should take a belt and do this stretch often!

**45 minute yin**

A longer yin video with more poses for you to enjoy. Strap up, relax and don't forget to breathe!

**Partner yoga #1 (basics)**

Make use of your partner! Here are some basic positions from partner yoga. A fun way for both of you to get a nice stretch, while bonding.

**30 minutes of yin**

A half an hour of very relaxing almost silent stretching. Try to achieve a different, totally relaxed state of mind in which you are close to dosing off, but perfectly present in the stretch. Don't forget to relax and breathe!

**Belt stretching #2**

More belt stretches to add to your repertoire!

**Inverted guard**

Inverted guard is very popular and effective lately, but you need to have decent flexibility to protect strain on your neck. You can compensate that way, but it is HIGHLY inadvisable. Watch this video, learn how to develop the necessary flexibility properly.

**Spinal maintenance**

A sequence designed to maintain your spine in good health. Consists of backbends and forward flows, appropriate for beginners, but please first go through tutorials for these positions so you can protect yourself while improving!

**Wrists and forearms**

If you have trouble with tight forearms and wrists after BJJ (usually a problem for beginners, who aren't used to gripping like a vice), then you might find some useful solutions in this short video.

**Belt stretching #1**

The original belt stretching. Use your jiu jitsu belt to stretch your body slowly, with deliberate breathing. It is the only way for you to achieve lasting results in terms of your flexibility. Thankfully this also chills you out quite a bit.

**Mid-back stretching**

We've gone through a lot of lower back stretches and some shoulder area stretches, now here is mid-back stretch to target your potential problematic area and give the muscles there what they need!

**Shoulder and neck stretches**

Very needed maintenance stretches that I advise doing regularly, especially after the last sparring session of the week. This gives your tissues what they need after performing well while you were being smashed around on the mat.

**Backbends #2**

But waaaaaaait... there's more! The first video was an introduction to backbends. This video is a continuation with more variations and several more details to improve your posture and well-feeling!

**Reverse table-top**

This one is intenseeeee! Your shoulders, your hip flexors and your core will all feel this pose. It is a challenge, which is sometimes just what you need to get motivated. Also a good video to learn the pose properly, so you can utilize it well in other flows.

**Long holds for side control**

If your opponent doesn't hate every second of you having side-control, then you could be doing things better! With these long and relaxing stretches you can open up your hips and get closer to the ground which means more pressure, which means :).

**Yoga for rocks (#1) – for the extremely inflexible**

Don't get discouraged! Seriously, don't. You only need to start and keep at it, this video is the perfect starting point for the extremely inflexible. Good news, you will improve faster if you just stick to it!

**The best stretches after BJJ**

After training is when your body needs a stretch most and is also sufficiently warmed up to withstand some stretches which I wouldn't advise doing when not warmed up. Stay after training, maybe mobilize some of your training partners to do this routine with you - it will be worth it.

**Partner yoga #2**

We've gone over the basics before, now here are some more options (poses) on how to use your girlfriend/wife to get stronger and have some fun!

**10 poses in 10 minutes**

Efficient and functional Yoga. This sequence can be done before and after training, and done regularly will make a big and positive impact on your hips, shoulders and spine. It is also simple to remember and can be done without a video regularly!

**Backbends #1 (basics)**

We look into backbend basics here, moving up to variations that are suitable for more advance practitioners. Be careful, listen to your body, stay within your limitations and you will enjoy this a lot!

**Lower back stretches**

5 different lower back stretches to stretch the muscles and the fascia in one the most problematic body parts for grapplers. A relaxing way to better your body.

**Getting to the splits**

The splits are super cool and everyone wants to look like Jean Claude Van Dam, but getting there requires hard work. Well mostly smart, because hard work in this case can lead to an injury or little progress. I share tips and stretches that will help you achieve the splits eventually!

**Hip flexor stretches**

From playing guard and always trying to close the distance for protection, the hip flexors get strong but very stiff. If you sit or stand a lot you might also have particularly stiff hip flexors. Try these painful but beneficial stretches - they hurt so good!

**Lower back pain relief**

Lower back pain sucks! I've experienced my fair share of back pain and I can say from experience that it can go away. Takes persistence and time, but yoga will help. This video is specifically made for that purpose. Disclaimer: Yoga is magical, but it's not actual magic. For severe injuries always consult your health care professional first.