

Yoga for Police Officers: Strengthening Your Body & Mind

Benefits of Yoga for Police Officers

- **Reduces Physical Stress:** By focusing on key areas like the lower back, neck, and hips, yoga helps stretch and strengthen muscles, preventing injuries.
- **Improves Mental Clarity:** Breathwork and mindfulness in yoga are proven to lower stress levels, help manage anxiety, and promote a sense of calm.
- **Boosts Flexibility and Balance:** Regular practice improves flexibility in tight areas, reduces the risk of injury, and helps you stay agile during demanding tasks.
- **Promotes Better Sleep:** After a long shift, yoga can help Police Officers wind down, promoting restful sleep and recovery.

Why Yoga? A Quick Overview

Yoga is a powerful tool for both physical and mental well-being. While it's often associated with relaxation, it's also a proven way to build strength, increase flexibility, and manage stress—making it an ideal practice for Police Officers. Yoga helps align the mind and body, improves focus, and enhances resilience, all of which are vital in such a demanding job.



Teresa Power is an International Bestselling Author and Educator, having sold over 285,000 copies of her award-winning series, Little Mouse Adventures and The ABCs of Yoga for Kids, which have been translated into five languages. With over 40 years of yoga practice, Teresa began using yoga as a way to manage the stress of law school and has since become a sought-after speaker, educator, and yoga instructor. She teaches yoga to both children and adults, with a mission to make yoga accessible and beneficial for everyone, especially those in high-stress professions.

Thank you for your service!

We appreciate all that you do to keep our communities safe.

Take a few minutes each day to care for your own health and well-being through yoga—it can make a big difference in how you feel both physically and mentally.

5-Minute Yoga Routines for Police Officers

1. Box Breathing (2 minutes)
 - Sit comfortably with a straight spine. Inhale deeply through your nose for a count of 4, hold for 4, exhale for 4, and hold for 4 again.
 - Repeat this cycle for 2 minutes to calm your nervous system and relieve tension.
2. Seated Shoulder Rolls (1 minute)
 - Sit tall with your feet on the ground. Slowly roll your shoulders up, back, and down, making big circles to release tension.
 - After 30 seconds, reverse the direction. This movement loosens tight muscles in the shoulders and upper back.
3. Seated Neck Stretch (1 minute)
 - Gently tilt your head to one side, using your hand to apply light pressure. Hold for 30 seconds on each side, breathing deeply.
 - This stretch targets neck muscles that get stiff from long hours in physically demanding positions.
4. Seated Cat-Cow (1 minute)
 - Place your hands on your knees. On an inhale, arch your back and lift your chest, stretching the spine (Cow Pose). On the exhale, round your spine and tuck your chin (Cat Pose).
 - Repeat for 1 minute to relieve tension in the spine and lower back.

Post-Shift Recovery (Home Practice)

This routine focuses on releasing tension in the neck, lower back, and sit bones after a long shift:

1. Child's Pose (1 minute)
 - Kneel and stretch your arms forward, letting your chest sink toward the floor. Breathe into your lower back and hips.
2. Cat-Cow Pose (1 minute)
 - On hands and knees, alternate between arching your back and rounding it. This relieves tension in the spine and lower back.
3. Seated Forward Fold (1 minute)
 - Sit with your legs extended and fold forward, stretching the lower back and sit bones.
4. Supine Twist (1 minute)
 - Lie on your back, bring your knees to your chest, and drop them to one side, keeping your shoulders grounded.
5. Neck Stretch (1 minute)
 - Gently tilt your head to one side, holding for 30 seconds on each side to release neck tension.