




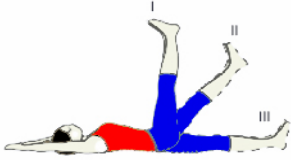



Opening Poses – Sitting and watching the breath



<p>Swastikasana Use height under hips and to support knees if required</p>	<p>Inhalation: follow the breath up the front of the spine to culminate across the width of the collar bone</p> <p>Exhalation: Maintain the top chest spread while allowing the abdomen to recede in a funnel downward</p>	
<p>Virasana Use height under hips as required and rolled wash cloth for knees if needed</p>	<p>Inhalation: follow the breath up the side columns of the chest to culminate with lifted armpits</p> <p>Exhalation: descend the shoulder blades down</p>	
<p>Baddha Konasana Use height under hips and under thighs as needed</p>	<p>Inhalation: Follow as if it begins from the hips and culminates at the center top sternum</p> <p>Exhalation: Keep sternum lifted and release the breath into the groins and inner thighs and out towards the knees</p>	

Supine Abdominal Poses – Direct the breath to stabilize your low back and inner thigh


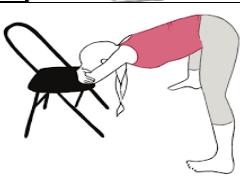
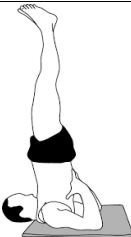

<p>Supta Padangusthasana II Use belt</p>	<p>Inhalation: direct breath to opposite shoulder from the side leg</p> <p>Exhalation: direct abdomen to opposite side from side leg</p>	
<p>Supta Padangusthasana I Use belt</p>	<p>Inhalation: direct breath to lift chest and anchor shoulders</p> <p>Exhalation: Spread the lumbar and firm the knees</p>	
<p>Urdhva Prasarita Padasana Use belt if needed Don't practice lowering legs if you can't keep your lumbar anchored</p>	<p>Inhalation: direct breath to lengthen the torso</p> <p>Exhalation: Anchor the low back to the floor</p>	
<p>Anantasana</p>	<p>Inhalation: expand chest and anchor armpit</p> <p>Exhalation: draw low back forward and abdomen inward simultaneously</p>	

Surya Namaskar – repeat many times, sometimes slowly, sometimes quickly


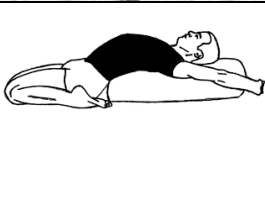
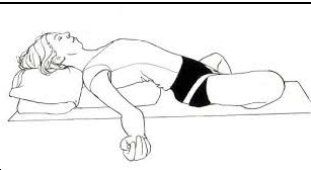
Practice a version that is appropriate for you. Gentle Yoga students should have a chair against the wall and practice up and down dog with hands on chair.

<p>Tadasana Hands in Namaskarasana</p>	<p>Inhalation: Direct breath to top center chest and folded palms Exhalation: keep chest lift and ground down into your heels</p>	
<p>Urdhva Hastasana</p>	<p>Inhalation: Direct breath to travel up side lines of the body Exhalation: Keep sides lifted, elongate tailbone down and deflate abdomen</p>	
<p>Urdhva Mukha Svanasana Can hold chair seat</p>	<p>Inhalation: strengthen arms and lift chest Exhalation: Keep chest lifter and descend buttocks</p>	
<p>Adho Mukha Svanasana</p>	<p>Inhalation: Strengthen elbows and knees Exhalation: lift abdomen into overturned pelvis</p>	
<p>Urdhva Mukha Svanasana Can hold chair seat</p>	<p>Inhalation: strengthen arms and lift chest Exhalation: Keep chest lifter and descend buttocks</p>	
<p>Urdhva Hastasana</p>	<p>Inhalation: Direct breath to travel up side lines of the body Exhalation: Keep sides lifted, elongate tailbone down and deflate abdomen</p>	
<p>Tadasana Hands in Namaskarasana</p>	<p>Inhalation: Direct breath to top center chest and folded palms Exhalation: keep chest lift and ground down into your heels</p>	
<p>Experienced practitioners can jump from down dog to any standing pose</p>	<p>Generally we inhale when moving upward or backward, and exhale when moving head down</p>	

Inversions: alternative asanas are included for those who do not do the inversions. These poses are held longer and as we are nearing the end of the practice you could begin to breath more softly and convert the expressive movement of the breath into a pattern of holding the pose with a specific sense of direction divided into specific locations on the body.

Sirsasana	Imagine the pose settling down on the top of the head, and lifting up along the sidelines of the body	
Prasarita Padottanasana Can stand with folded arms and head on a chair	Imagine the legs moving up to the hips, and the trunk and head settling down	
Sarvangasana	Picture the midline of the body lifting up, and the side lines settling down into the shoulders	
Bolster Setu Bandha	Keep the idea of the chest remaining open and cascading to the shoulder placement, as the lets pull away from the waist	

Closing Poses – Now return to the first 3 sitting poses but practice supine on your bolster

Supta Swastikasana or Padmasana Hold the arms wide in level with collar bone	Inhalation: imagine a point down cone and feed the breath up to widen the top Exhalation: Keep the top chest broad and funnel the exhalation down to a point.	
Supta Virasana Entwine your elbows and hold over head, over extend arms overhead	Inhalation: follow the movement of the breath up the sides in a rectangular shape Exhalation: deflater the abdomen	
Supta Baddha Konasana Hold the arms low near the hips	Inhalation: breath in from wide thighs to top center sternum Exhalation: widen the pelvis and thighs	
Savasana Observe the breath move in 3 locations	For inhalation and exhalation 1. Focus how the breath moves in the chest 2. Observe how the breath moves in the abdomen 3. Feel the breath as it moves in the nostrils	