

STANDING DEEP BREATHING

Pranayama

Set up:

Stand up on your mat.
Bring your feet together, toes and heels touching.
Leg and hip muscles firm.

Interlock all ten fingers.
Glue them underneath your chin.
Relax your shoulders.
Look in the mirror.
Concentrate.
Begin.

Execution:

Inhale through your nose, slowly lift your elbows up as high as possible. Take a deep, full breath.

Exhale through your mouth.
Slowly drop your head back.
Grip tightly. Bring your elbows together.

Inhale, chin down. Look in the mirror.
Lift your elbows up toward the ceiling, as high as possible.

Exhale breathing, look up.
Slowly empty your lungs. Elbows touch.

Inhale for 1-2-3-4-5-6.

Exhale 6-5-4-3-2-1

(10 sets. Choose 2-3 cues from the lists below per breath.)

Exit:

Relax your arms down by your sides.

Inhale Cues

Inhale, head down.
Look in the mirror.
Lift your elbows up toward the ceiling as high as possible.
Chest up, spine straight, stomach in, full lungs.
Elbows together, touching each other.
Inhale, head down. 1-2-3-4-5-6, hold *it*.
Slowly fill your lungs as much as is possible.
Use your throat. Slight constriction at the back of your throat.
Suck your stomach in. See your rib cage expand in the mirror.
Hip muscles tight. Belly in. Stretch up.
Towards the end, try to breathe in just a little bit more.
Depression of the abdominal wall will force you to breathe into the ribcage.
Stretch your ribs apart. Full lungs.
Keep inhaling until you feel slightly uncomfortable.
Again inhale, head down.
Use your throat when you're inhaling.
Throat constricted should make a nice, raspy sound.
All of the way up. Full lungs.
The deepest breath you've taken all day.
Stretch up. Create traction in your spine.
Chin down. Press your chin against your knuckles to stretch your hands and wrists.

Exhale Cues

Exhale, head back.
Relax your head all the way back.
Stretch your elbows forward, elbows touching each other, away from your chest.
Bring your hands together, your forearms together, your elbows touch at the end
Very slowly. Push your hands against your chin.
Keep your eyes open. Look back.
Exhale, head up. Slowly push your head back.
1-2-3-4-5-6, hold it
Spine straight. No backward bending.
Hips tight. Spine straight.
Grip tight. Cross your thumbs. Palms touch.
Relax your shoulders down. Stretch your elbows up.
Take your time. Keep exhaling right to the very end.
Elbows touching each other away from your chest.
The more you exhale the more you can inhale on the next breath.
Ten fingers interlaced. Grip tight, elbows
together.
Exhale breathing, strong H sound.
Throat constricted throughout to make a raspy sound.
Leg muscles tightly contracted. Weight in the heels.
Stretch your shoulder blades forward. Elbows touch.

HALF MOON POSE

Ardha Chandrasana

Set up:

Feet together, toes and heels touching.

Lift your arms over your head sideways, palms together.
Interlock your fingers, release your index fingers, cross your thumbs.

Grip tight.

Inhale breathing, stretch up to the ceiling, right and left several times,
Stretching both sides of the body.
Stretch up. Right. Left. Right. Left.
As if you could touch the ceiling.

Stop in the center.
Elbows locked, arms touching with your ears.

Hips tight . Arms back. Tighten your thighs.
Shift your body weight onto your heels.
Chin up. Focus on you in the mirror.

Execution:

Inhale breathing, stretch up towards the ceiling. Stomach in.

Slowly bend your body to the right.
Arms and head together.
Elbows locked. Knees locked.

Push your hips to the left, to create a feeling of stretching all over the left side of your body.

Hips tight, arms back, weight on your heels.
Push your left hip forward, to keep your hips parallel to the mirror.
Bring your right shoulder forward, to square your chest.
Push your hips to the left and bend your body down to the right.

Relax your throat. Breathe normally through your nose.

Continuously push your hips and come down. This posture creates tremendous stretching all over the left side of your body.
Stretching your shoulders, rib cage, lats and deep core muscles.

Legs locked. Weight in your heels.

Come down.
Find your depth and hold it.
Breathe.

Exit:

Inhale breathing. Come up. Left side.

BACKWARD BENDING

Set up:

Backward bending.
Take a deep breath, full lungs. Lift your chest up.
Slowly drop your head back. Look behind you.

Execution:

Palms together, grip tight.
Reach your arms back toward the back wall.
Bend your whole spine backward from top to bottom.
Upper back, middle back, then lower back, all backward bending.

Maximum body weight on the heels.
Inhale breathing, push your stomach, legs, hips forward toward the mirror.
Stretch your arms to the back wall.

Thighs tight. Knees locked.
Shift your weight back into your heels.

Chest up. Arms back.
Stretch back from your shoulders.
Lean back.
Go back.
Reach back.
Keep breathing.

Exit:

Inhale breathing, come up. Suck your stomach in. Hands-to-Feet pose.

HANDS TO FEET POSE

Padahastasana

Set up:

Slowly fold forward and place your hands on the floor in front of you.
Move your hips several times right and left to relax your hips and lower spine.
Take your time.

Bend your knees.
Grab your heels from behind, underneath the heels.
Step on all 5 fingers of each hand.
Pinky fingers together, side-by-side.
Wrap your elbows behind your calf muscles.
Grip tight.

Execution:

Pull your heels and stretch your body down toward the floor from the lower spine.
Stomach on the thighs, chest on your knees, face to your shins.
Glue your upper body to your thighs. No gap.

Slowly push your knees back.
Try to lock your knees, creating a stretch all over the backside of your body.

Pull your heels, lift your shoulders up toward the ceiling.
Continuously stretch your spine down toward the floor.
Roll your weight forward. Push your knees back. Upper body on your thighs.
Stomach in. Elbows back more. Stretch your spine down more.

Exhale breathing, push your knees back and lock your knees.

Exit:

Inhale breathing, come up.
Arms with your ears.

**AWKWARD
POSE**
Utkatasana

Part 1

Set up:

Step to the right, six inches between your feet.
Feet parallel.

Arms up parallel to the floor.
All five fingers together. Palms flat.
Stretch your arms forward towards the mirror, elbows locked.

Execution:

Exhale breathing.
Suck your stomach in.
Sit your hips down, like you're sitting in a chair.
Maximum body weight on the heels.

Lift your chest up. Bring your upper body back.
Chin parallel to the floor.
Shoulders down. Stretch your fingertips toward the mirror.

Open your knees, keep 6 inches between your toes, heels, knees, and hands.
Keep the body weight on your heels.

Continuously stretch your fingertips forward. Upper body back more.
Bend your whole spine backward.
Sit down more. Stomach in more.

Exit:

Inhale breathing and press
up. Keep your arms up.

Part 2

Set up:

Focus one point in the mirror.
Stand up on your toes as high as possible.
Thigh muscles tight. Concentrate.

Take a deep breath.
Stretch your whole upper body up towards the ceiling.
Suck your stomach in.

Execution:

Sit down, on the top of the toes, spine straight.
Keep your upper body back.
Hips, head, shoulders in one line.

Sit down as if you are sitting in a chair.
Heels up. Spine straight. Stomach in.

Hips stay higher than your knees.
Hold it.

Exit:

Inhale breathing and press up.
Keep your arms there.

Part 3

Set up:

Shift the weight to your toes, heels off the floor.
Bring your knees together.
Exhale breathing, suck your stomach in to keep your spine straight.

Execution:

Sit down, very slowly. Spine straight.
Sit all the way down until your hips hover just above your heels.

Continuously, stretch your spine towards the ceiling. Stomach in.
Keep your knees together, forward, and down.
Thighs parallel to the floor.

Exit:

Take a deep breath, slowly come up.
Stomach in. Spine straight.
Arms down. Step your right foot back.

EAGLE POSE

Set up:

Arms up over your head.

Bring your right arm under your left arm.

Cross at your elbows and then your wrists.

Palms together. Hands in the center. Thumbs toward your face.

Pull your elbows down to stretch your shoulders.

Sit your hips down. Bring your upper body back.

Stay down low.

Lift your right leg up and over your left leg.

Cross your legs and hook your right foot underneath your left calf.

Execution:

Sit down more and twist your legs tight.

Bring your upper body back.

Bring your knees to the right, upper body to the left, to get everything in one line.

Continuously, suck your stomach in.

Sit down more.

Pull your elbows down.

Upper body back.

Exit:

Change. Arms up over your head.

Left side.

STANDING HEAD to KNEE POSE

Dandayamana Janushirasana

Set up:

Shift your weight to your left leg. Lock the knee.
Right leg up. Round forward and interlace all 10
fingers just below your toes.
Keep a tight grip.

Focus in the mirror. Concentrate on one point.

Left thigh tight. Knee locked.
Suck your stomach in.
Body weight even all over your foot.

Execution:

Take a deep breath.
Slowly lift your right leg up and stretch it toward the mirror.
Leg parallel to the floor. No higher. No lower.
Standing leg LOCKED.

Kick your right heel forward toward the mirror.
Flex your right foot back. All five toes toward your face.

Kick your heel forward. Turn your toes back. Lock your right knee.
When you can balance with both knees locked, bend your elbows down
toward your calf muscle.
Try to bring your elbows down below your calf muscle.

*(Second set) If your elbows come down below your calf muscle,
slowly, tuck your chin to your chest and touch your forehead to
your knee.*

Balance there.

Exit:

Slowly come up. One step at a time.
*(Head up. Straighten your arms. Bend your knee. Right foot
down.)*

STANDING BOW PULLING POSE

Dandayamana Dhanurasana

Set up:

Bend your right elbow. Palm facing up. Elbow touching your waist.
Bring your right hand back and pick up your right ankle
from the inside.
All five fingers together.

Stretch your left arm up. Shoulder close to your chin.
Bring your knees together.
Chin up. Look forward.
Concentrate on one point in the mirror.

Execution:

Inhale breathing, stretch up toward the ceiling.
Kick your right leg back and up behind you.
Slowly, bring your body down until your abdomen is parallel to the floor.
Continuously, kick your right leg up as hard as possible.
Stretch your left arm forward toward the mirror.

Kick your right knee directly behind you.
Right toes pointing straight up over your head in the mirror.
Eventually, two heels in one line from the side.

Kick back to bring your right shoulder behind you.
Stretch your left arm forward toward the mirror.
Bring your shoulder to your chin.
Feel your shoulders stretching in opposite directions.
Eventually two shoulders in one line from the front.

Stretch your left arm forward.
Kick your right leg back.
Bring your body down.
Kick back. Kick harder. Keep kicking.

Exit:

Change.
Inhale breathing.
Slowly come up.
Right leg down.

Left side.

BALANCING STICK POSE

Tuladandasana

Set up:

Feet together, toes and heels touching.

Bring your arms over your head sideways.

Palms together, interlock your fingers, release your index fingers, keep your thumbs crossed.

Stretch up to the ceiling, lock your elbows.

Arms touching with your ears, no gap between your arms and head.

Chin up, stretch up.

Inhale, step your right leg forward. Lock both knees.

Execution:

Take a deep breath.

Come down, until your whole body is parallel to the floor, arms with your ears.

Bring your left leg up, point your toes.

Keep your knees locked.

Stretch forward.

Continuously stretch your body forward toward the mirror.

Chin forward, look at your right foot in the mirror.

Stretch your whole body apart, arms forward and your leg back.

Bring your chest down and leg up.

Knees locked. Point your toes.

Continuously stretch forward.

Exit:

Inhale and come up with your arms and head together.

Left side.

STANDING SEPARATE LEG STRETCHING POSE

Dandayamana Bibhaktapada

Paschimotthanasana

Set up:

Feet together.

Bring your arms over your head.

Right leg step to the right. Take a big step.

At the same time, bring your arms down parallel to the floor.

Keep your heels in one line, feet straight.

Execution:

Suck your stomach in, slowly bend your upper body down.

Look forward, stretch forward, keep your knees locked.

Grab your heels from the outside, thumbs with the index finger.

Pull on your heels. Stretch your body down from the lower spine towards the floor.

Keep both knees locked, weight forward on the balls of the feet.

Stretch your spine down to touch your forehead to the floor.

Look forward, roll forward. Keep stretching.

Use your stomach muscles to lengthen your spine toward the floor.

Eventually the crown of the head will touch the floor between your feet.

First the posture stretches your legs, then your hips, and then your spine.

To create a stretch along the whole backside of your body.

Breath normally.

Pull harder. Look forward.

Roll your weight forward.

Touch your head to the floor.

Exit:

Inhale breathing, slowly come up.

Step your right leg back.

Arms down by your sides.

TRIANGLE POSE

Trikanasana

Set up:

Bring your arms over your head sideways.
Take a big step to the right.
At the same time, arms down parallel to the floor.

Look forward.
Hips tight.
Spine straight.

Turn your right foot out parallel to the wall in front of you.
Heels on the same line.
Inhale breathing. Bend your right knee and sit down.
Thigh parallel to the floor.
Hips down. Push your left hip forward.
Bring your right knee back in line with your toes.
Arms back. Spine straight.

Execution:

Inhale, move both arms at the same time.
Right elbow in front of your knee. Fingertips toward your toes.
Stretch your left arm up. Stretch your right arm down.
Feel your shoulders stretching apart.

Turn your head.
Touch your chin to your left shoulder.
Look up toward the ceiling.

Push your left hip forward. Left leg locked. Left foot flat on the floor.
Push your right knee back. Touch your toes.

Continuously stretch your arms apart.
Left arm up. Right arm down.

Suck your stomach in.
Turn your upper body back.
Twist.

Exit:

Inhale breathing, come up, stop in the middle.
Keep your arms there.
Turn your right foot in.
Left side.

STANDING SEPARATE LEG HEAD to KNEE POSE

Dandayamana Bibhaktapada Janushirasana

Setup:

Arms up over your head. Bring your palms together, thumbs crossed.
Stretch your arms up, biceps touching with your ears.

Step your right leg to the right, three feet.
Turn to the right. Two heels in one line, back foot 45 degrees.
Bring your left hip forward. Hips parallel.
Left heel down.

Execution:

Exhale breathing.
Tuck your chin to your chest and curl down, arms with your ears.

Suck your stomach in. Look at your belly. Touch your forehead to your knee,
to create maximum compression to the front side of your body.

If your forehead won't touch your knee, you can bend the knee.

Fingertips to the floor.
Stretch your arms forward.
Elbows locked.

Push your hands against the floor and lock your knee.
Suck your stomach in. Round your spine more.
Upside down, throat compressed. Breathe normally.

Shift your weight forward to bring your right hip up toward the ceiling.
Eventually, two hips parallel to the floor.

Stomach in.
Push your knee back, forehead touching.
Lock your knee.

Exit:

Inhale breathing, slowly come up with your arms and head together.

TREE POSE

Tadasana

Set up:

Come back to the center of your mat.

Feet together, toes and heels touching.

Focus in the mirror.

Pick up your right foot, with your left hand, sole of your foot facing the ceiling.

Execution:

Slowly, relax your knee down.

Hips forward. Hips tight. Pull your right knee back.

Open up your hips.

Stretch up from your lower spine toward the ceiling.

Spine straight. Stomach in.

Hips in one line. Shoulders in one line, parallel.

Lift your right hand up to the center of your chest.

If you can balance there without your foot slipping, bring your left hand up.

Palms together.

Press your hips forward.

Stomach in.

Spine straight.

Stretch up.

Left leg locked, thigh contracted.

Focus on one point. Balance.

Exit:

Slowly, right foot down. Left side

TOE STAND POSE

Padangustasana

Set up:

Shift your gaze to the floor in front of you.

Focus one point on the floor.

Lift your right foot up on your left thigh, as high as possible.

Relax your right knee down toward the floor.

Execution:

Bend forward at your hips and reach towards the floor.
Touch the floor.
Slowly bend your left knee.
Bring your hips down towards your heel.

Walk your hands back to your sides.
Balance on your fingertips.
Look down, focus on one point.
Stretch your spine up toward the ceiling.

Push your right knee down, parallel with the left.

Left hand up, center of your chest.
Stretch your spine up.
Slowly, right hand up. Palms together.

Stretch your spine up toward the ceiling.
Suck your stomach in.
Balance there.

Exit:

Place your
hands on the
floor and
slowly come
up.
One step at a
time.

DEAD BODY POSE

Savasana

Set up:

Turn around and relax on your back.
Feet facing the back wall.

Arms by your side, palms up.
Heels together. Toes fall apart.
Eyes open.
Breathe normally.
Completely relax.
Lie still.

WIND REMOVING POSE

Pavanamuktasana

Set up:

Lift your right knee up.

Interlace all 10 fingers on your shin, just below the knee.

Grip tight.

Execution:

Pull your right knee down toward your shoulder, avoid the rib cage.

Create compression on your hip joint and lower abdomen.

Hold it.

Press your chin down, neck flat on the floor.

Feel your whole spine stretching against the floor.

Bring your elbows close to your body. Shoulders down.

Left leg straight, on the floor.

If your left knee is bent, flex your left foot and stretch your heel to the back wall.

Pull your knee down, increasing circulation to your digestive organs.

Pull down harder, and freeze.

Exit:

Change sides.

Right leg down.

Left leg up.

DOUBLE LEGS

Execution:

Lift both legs up to your chest.

Reach your arms over your legs and grab your opposite elbows.

If you can't reach your elbows, grab as high on the forearms as is possible.

Bring your feet together. Relax your feet.

Body compact, create compression in your abdomen.

Chin down. Neck stretching against the floor.

Shoulders down. Look down.

Hips down.

Breathe normally.

Freeze.

Exit:

Change.

Lower down.
Relax.

SIT-UP

Set up:

Toes and heels together. Flex your feet.
Keep your heels on the floor.
Arms over your head, cross your thumbs.
Keep your arms with your ears.

Execution:

Take a deep breath and sit up.
Tuck your chin to your chest. Curl up.
Grab your feet and double exhale.

Exit:

Turn around and lay on your stomach for the spine strengthening series.

COBRA POSE

Bhujangasana

Set up:

Chin forward.

Place your hands under your shoulders, five fingers together.

Bring your hands close to your chest, invisible from the top.

Palms flat, body weight even on your hands.

Keep them here.

Bring your legs together, heels touching.

Lock your knees. Hip and leg muscles nice and tight.

Elbows your close to your body. Shoulders down.

Elbows in.

Execution:

Take a deep breath and lift your upper body up.

Elbows at a 90-degree angle, belly button on the floor.

Stretch your elbows down toward your hips to bring your shoulders down.

Pull your elbows in. Draw your elbows down.

Legs tight. Hips tight. Squeeze your glutes.

Shoulders down. Chest up.

Whole spine backward bending.

Use your strength. Hips tight.

Come up, higher.

Freeze. Hold it.

Exit:

Slowly lower down.

Turn your head to the right. Left ear on the towel.

Arms down by your sides. Relax.

LOCUST POSE

Salabhasana

Set up:

Arms straight, turn your palms down toward the floor.
Bring your arms underneath your body. Elbows locked.
Lie on your elbows. It is normal to feel this in your elbows.
Spread your fingers apart.
Grip the floor with your fingertips.

Chin forward. Relax your left leg.
Tighten your right leg.
Right leg locked. Point your toes.

Execution:

Inhale breathing.
Slowly lift your right leg up as high as possible with your knee locked.
Hips parallel to the floor.
Sole of the foot facing the ceiling.

Lift your leg up as high as you can.
Feel the compression in your elbows and strength in your back.
Lock your knee.
Point your toes.
Lift up. Higher.

Exit:

Change. Slowly lower your right leg down.
Right leg relaxed. Left side.

Double legs

Set up:

Bring your chin in, mouth down on the floor.
Arms a little closer.
Walk your fingertips closer to your knees.
Bring your legs together.
Lock your knees.

Execution:

Take a deep breath and lift both legs up as high as you can with your knees locked.
Feet together. Point your toes.
Continuously press your arms down to lift your legs higher.
Shift your weight forward toward your shoulders.
Legs up.

One more time: come up.

Lift up.

Higher.

Exit:

Slowly lower both legs down.

Bring your arms out from under your body.

Turn your head to right.

Relax.

FULL LOCUST POSE

Poorna Salabhasana

Set up:

Chin forward.
Bring your arms out to the sides like a T.
Five fingers together.
Lock your elbows.

Bring your legs together.
Heels together. Lock your knees.

Execution:

Take a deep breath. Look up and lift up.
Lift your whole body off the floor.
Arms up. Chest up. Legs up.
As high as possible.

Bring your fingertips up as high as your head.
Arms up. Legs up. Chest up.
Arms up. Arms back.

Chest up more.
Lift up more.
Go up more.

Exit:

Slowly lower down.
Turn your head to the right.
Arms by your sides, palms
up.
Relax.

BOW POSE

Dhanurasana

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Set up:

Chin forward.

Bend your knees.

Reach back and hold your feet from the outside, just below your toes.

Five fingers together. Grip tightly.

Keep six inches between your knees and toes.

Wrists straight, point your toes.

Execution:

Take a deep breath.

Slowly, kick your legs back and up toward the ceiling.

Keep kicking throughout the posture.

Look up.

Kick your legs up to roll your body's weight forward toward your belly.

Eventually, feet in the center from the side.

Kick up, continuously.

Kick back more.

Kick higher.

Wrists straight.

Bring your knees in and your toes out, parallel to each other

Kick up. Keep kicking.

Use your glutes.

Kick up. Thighs up. Toes up. Look up.

Exit:

Slowly lower down.

Turn your head to the right.

Relax. Arms down by your sides.

FIXED FIRM POSE

Supta Vajrasana

Set up:

Come to the front of your towel.
Bring your knees and feet together.
Open your feet.
Sit between your heels. Hips to the floor.*
Heels touching your hips, feet straight back.

If you can't sit comfortably, open your knees.

Execution:

Place your hands on your toes behind you, fingertips towards the mirror.

*(*Please do not qualify that students' hips must touch the floor before going back. That is not a prerequisite for the posture.)*

Bring your right elbow down.
Bring your left elbow down.
It's okay if your hips are not touching the floor, but knees stay on the floor.

Go back.
Touch your head to the floor.
Then the back of your head.
Then your shoulders.
When your shoulders touch the floor, grab your elbows over your head.

Bring your elbows down.
Chin down, neck flat.
Lift your chest and stomach up toward the ceiling,
To get more stretch, bring your knees
closer together.
Make sure the knees always touch the
floor.

Exit:

Slowly come up, one elbow at a time.
Turn around.
Savasana

HALF TORTOISE POSE

Ardha Kurmasana

Set up:

Come to the back of your towel,
Bring your knees and feet together.
Sit on your heels.

Arms over your head.
Palms together, thumbs crossed.

Triceps tight, lift your chin up.
Keep your arms by your ears.

Execution:

Stretch up to the ceiling.
Suck your stomach in.
Slowly go down, arms and head together.
Try to keep your hips on your heels.
Come down until your baby fingers touch the floor.
Hips back.
Arms and head together.
Elbows locked.

Continuously stretch your fingers forward toward the mirror and reach your hips back toward your heels, to stretch your spine and shoulders.
Chin forward. Hips back.

Exit:

Suck your stomach in.
Chin forward.
Slowly come up, arms and head together.
Arms down.
Turn around, relax on your back.

CAMEL Pose

Ustrasana

Set up:

Come to the top of the towel.
Open your knees and feet six inches.
Place your hands on your hips.
Thumbs on the outside, fingers facing the floor

Execution:

Hips tight.
Take a deep breath.
Lift your chest up toward the ceiling and relax your head back.
Push your stomach and hips forward

Go back halfway and pause.
Take a deep breath and
Reach your right hand down and grab your right heel, thumbs on the outside.
Drop the left hand down and grab your left heel, thumbs on the outside.
Palm on your heel. Grip tight.

Inhale breathing, chest up.
Push your stomach and hips forward toward the mirror.
Feel a tremendous stretch down the front of the body and compression in the back.
Whole spine backward bending.
Continuously keep pushing.
Chest up. Hips tight.
Breathe.

Exit:

Slowly come up, one hand at a time back to your hips,
Lift your chest up.
Head comes up last.

Turn around, lie down.
Completely relax.
Savasana.

RABBIT POSE

Sasangasana

Set up:

Come to the back of the towel and sit on your heels.

Knees and feet together.

Pull the corners of your towel over your heels.

Grab your heels over the towel, thumbs on the outside, fingers on the inside.

Hold tightly.

Execution:

Stretch up out of your waist.

Tuck your chin to your chest.

Suck your stomach in.

Pull on your heels and, slowly round down

Until the top of your head touches the floor.

Exhale breathing.

Lift your hips up as high as possible.

Pull on your heels as hard as possible.

Roll forward. Elbows locked.

Continuously keep pulling, to create a tremendous stretch down your whole spine.

At the same time, lift your shoulders away from your ears.

If your forehead and knees are not touching, walk your knees up to your forehead.

Heels together. Feet flat on the floor.

Keep pulling to stretch your whole spine from top to bottom.

Suck your stomach in.

Hips up one more time.

Exit:

Slowly come up.

Head comes up last

Turn around and relax on your back.

HEAD to KNEE POSE

Janushirasana

Turn around and sit facing forward.
Bring your right leg out and bend your left leg in.
Place the sole of your foot on your inner thigh.
90-degree angle between your legs.

Execution:

Bring your arms over your head.
Turn to the right and hold your right foot with all ten fingers interlaced.
Flex your foot back toward your face.
Round your spine, tuck your chin in, and
Touch your forehead on your knee.
If your forehead does not touch, bend your knee up a bit.

Bend your elbows down toward the floor.
Keep your stomach in tight.
Push your forehead against your knee.
Round your spine more.
Push your heel forward.
Flex your foot back.

Bring your left elbow down more.
Round your spine and look at your stomach.
Push your knee down
with your forehead.

Exit:

Inhale, come up.
Other side.

STRETCHING POSE

Paschimotthanasana

Set up:

Bring your legs straight out in front of you.
Lie down and sit up right here.

Hold your big toes with your index and middle fingers.
Flex your feet back.
Keep your feet together.
Look forward. Keep your head up.

Walk your hips back several times.
Try to lock your knees.

Turn your toes back and flex your feet.

Execution:

Inhale breathing.
Chest up, spine straight.
If your legs are locked, bring your elbows down.
Inhale and stretch your body forward over your legs.
Get your stomach on thighs, chest forward of your knees.
Try to touch your forehead to your toes.
Lengthen your whole spine over your legs.

Chin forward.
Look forward.
Stretch forward.

Exit:

Inhale, and come up
Turn around and lie down on your back.

SPINE TWISTING POSE

Ardha Matsyendrasana

Set up:

Turn to face the left side of the room.
Bend your left knee and put your right foot over your left knee.
Touch your heel to your knee.
Right foot flat on the floor.
Keep both hips on the floor, weight even.
Spine straight.
Point your left toes.

Stretch your left arm up and put your elbow against your right knee.
Push your knee back.
Turn your wrist and hold your right knee with your left hand.
Keep your wrist straight and knee on the floor.
Keep your hand, heel and knee touching each other.
Knee should stay on the floor.

Place your right hand on the floor behind you, close to your hips.
Push your fingers against the floor to stretch your spine up toward the ceiling.

Execution:

Take a deep breath.
Stretch your spine up and keep your chest lifted.

Turn and look over your right shoulder.

Twist your spine to the right all the way from the base of your spine to the top of your head.
Continuously look over your shoulder and twist your spine.

If you can keep your spine straight, bring your right arm around your back to grab your right inner thigh.

Chest up. Spine up.
Look over your shoulder.
Twist.

Exit:

Change.
Other side.

BLOWING IN FIRM POSE

Kapalbhati in Vajrasana

Set up:

Sit down on your heels, kneel down position.

Keep your knees and feet touching and your hips on your heels.

Throughout the exercise, exhale only through your mouth.

Snap your belly in.

Exhale only, your inhale will happen automatically.

Keep your hands on your knees with your elbows locked to help keep your spine straight.

Relax your shoulders, relax your belly.

Execution:

Begin (60 exhales)

Exit:

Change.

2nd set is faster (60 exhales).