

Yoga

Abductor Stretch with band



Exercise Description:

Abductor Stretch with band

Classification:

Yoga

Instructions:

1. Start by lying flat on the back. Place the strap to the arch of the right foot. Hold the strap in the right hand and slowly start to extend the right leg out to the side. Keep both legs straight and the left hip and leg working down towards the floor.
2. Keep the left shoulder, arm and hand connected to the floor. If the hamstrings and abductors are quite tight, you can place a block underneath your right leg to support it.
3. Stay here for 5 to 10 deep breaths. Repeat on the other side.

Baby Eagle



Exercise Description:

Baby Eagle

Classification:

Yoga

Instructions:

1. Once the eagle posture has been established and you are strong and stable here, then lean forward at the hips moving the chest down towards the thighs and the elbows over

top of the knees.

2. Find a focal point on the floor and hold this position for 5 to 10 deep breaths.

Beginner Reverse Warrior



Exercise Description:

Beginner Reverse Warrior

Classification:

Yoga

Instructions:

1. Bring the legs wide apart, bringing the right toes forward and the left toes at a 45-degree angle.
2. Bend the right knee bringing the knee to a 90-degree angle. Keep the back leg straight, reach the left arm down and the right arm up, look up.

Beginner Standing Wide Leg Stretch



Exercise Description:

Beginner Standing Wide Leg Stretch

Classification:

Yoga

Instructions:

1. Begin by standing in mountain pose Tadasana, inhale and softly jump the feet wide apart. Turn the big toes in and the heels out. Inhale and extend the arms to the side, exhale, place the hands onto the hips and bend forward with a straight spine. Do not allow the spine to round here. Spread the toes and gently push down through all four corners of the feet, lift the

kneecaps and tilt the tailbone up towards the sky. Tuck the chin in to lengthen the cervical vertebra. Pull the navel in towards the spine and lift the pelvic floor muscles. Hold this posture for 5 to 10 deep breaths.

Beginner windmill with block



Exercise Description:

Beginner windmill with block

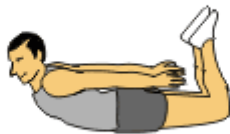
Classification:

Yoga

Instructions:

1. Place the feet wide apart, big toes facing in, heels facing out. Place the right hand down on the block and lift the left arm up. Look straight ahead or look up. Push down through all four corners of the feet and lift the tailbone up towards the sky. Maintain a straight spine.
2. Press down through the right hand and lift the left arm up towards the sky. Keep the legs straight and pull the navel in towards the spine, lifting the pelvic floor muscles.
3. Maintain this pose for 5 to 10 deep breaths.

Bow



Exercise Description:

Bow

Classification:

Yoga

Instructions:

1. Begin by lying on the stomach on the floor facing down. Bend the knees inhale and

lift the chest and the legs up towards the sky. Press the stomach into the floor, rotate the shoulders back and down and look forward. Now grab onto the tops of the feet pressing the legs up towards the sky at the same time, lifting the chest towards the sky. Either look straight ahead or look up. Legs are hip-width apart big toes are touching.

2. Drop the shoulders away from the ears and breath smoothly here. Relax the buttocks and the lower back.

3. Either hold this pose or rock forwards and back for 5 to 10 deep breaths.

Childs Pose



Exercise Description:

Childs Pose

Classification:

Yoga

Instructions:

1. Sit the hips back into the heels and extend the arms forward. Rest the forehead onto the floor. Relax the neck, face and shoulders.

2. Keep the arms stretched and the fingers spread. Take 10 to 15 deep, slow breaths.

Cow face hands down



Exercise Description:

Cow face hands down

Classification:

Yoga

Instructions:

1. Begin in a sitting position, place the left heel beside the right hip and the right leg

- over top of the left knee. The right foot is by the left hip.
2. Stack the knees on top of one another. Both sitting bones down on the floor extend the spine and work the crown towards the sky. Interlock the fingers and place the palms on top of the right thigh gently pushing down towards the floor.
 3. Breath here for 5 to 10 deep breaths. Repeat on the other side.

Eagle arms to side



Exercise Description:

Eagle arms to side

Classification:

Yoga

Instructions:

1. Begin by standing in mountain pose, feet together toes spread, kneecaps lifted, tailbone tucked up, abdominals lifted, chest lengthened, crown lifting towards the sky.
2. Inhale and reach the arms out to the side and place the weight over to the right foot. Slowly lift the left leg and hook the left foot behind the right calf. Sit back into the hips and keep lifting up from pelvic floor muscles and abdominals.
3. Keep the eyes focused on one point and keep the breath flowing. Place the right elbow in front and draw the left arm underneath pressing palms together. Draw the shoulders down away from the ears and the elbows away from the body. Sit the hips back and keep the chest lifted, spine tall.

Egyptian step with slight arch elbow grip 2



Exercise Description:

Egyptian step with slight arch elbow grip 2

Classification:

Yoga

Instructions:

1. Start in Tadasana mountain pose, walk the right foot forward and step the left foot back. Point both the shoulders and hips forward and grab onto the opposite elbows behind your back. Spread the toes lift the right kneecap up. Push evenly and down through all four corners of the feet, lengthen the spine and softly tuck the chin in to lengthen the cervical vertebrae.
2. Roll the shoulders back and down to open the chest. Take 2 to 5 deep breaths here and repeat on the other side. Inhale and gently arch the spine, look up.
3. Open the chest, drop the ribcage down towards the spine and breath.

Forward bend with strap**Exercise Description:**

Forward bend with strap

Classification:

Yoga

Instructions:

1. Begin by sitting on the floor with legs extended. Place the legs 6 inches apart toes lifted thighs engaged. Place the strap to the insole of the feet gripping on with both hands. Begin with an erect spine.
2. Gently press the sitting bones and backs of the knees down towards the floor, lengthen the spine and lift the crown up towards the sky. Inhale reach the chest up towards the sky exhale lower the chest down towards the thighs maintaining a straight spine.
3. Resist the temptation of dropping the head down towards the knees. Rather, look over top of the feet and allow the chest to reach over top of the thighs. Move the shoulder blades down the spine keeping the shoulders away from the ears. Relax the face and the upper body. Keep working the backs of the knees into the floor as you bend forward from the hips.
4. Consciously breathe into the lower back hamstrings and spine. Stay here for 5 to 15 deep breaths.

Hero Shoulder opener with blocks and straps



Exercise Description:

Hero Shoulder opener with blocks and straps

Classification:

Yoga

Instructions:

1. Kneel on the floor and place one brick between the feet and slowly drop the sitting bones down onto the foam brick. Align the knees and the ankles. Grip onto the strap by placing the hands wider than shoulders.
2. Inhale and slowly raise the arms over the head, drop the shoulder blades down the spine and look forward. Take the hands as wide as you need them to find the stretch in the shoulders. As you start to feel the shoulders opening in this pose start to extend the arms behind the head.
3. Maintain a straight spine not allowing the shoulders to come up towards the ears. If your hips are loose, you can remove the block and place the sitting bones on the floor and the heels to the outside of the hips. Take 5 to 10 deep breaths.

Hero tricep rotator cuff stretch



Exercise Description:

Hero tricep rotator cuff stretch

Classification:

Yoga

Instructions:

1. Begin by kneeling on the floor and place the foam brick lengthways between the feet. Lower both sitting bones onto the Sissel foam brick. Inhale and raise the right arm up towards the sky and bend the elbow. Now take the left hand and place it behind the back attempting to interlock the fingers or using a strap to help with this pose.

2. Lengthen the spine, look straight ahead and move the elbows away from one and other. Align the knees and the ankles. Do not allow the lower back to arch.
3. Maintain the head and neck in line with the spine. Hold this pose for 5 to 10 deep breaths. Repeat on the other side.

Hip Opener with shoulder stretch



Exercise Description:

Hip Opener with shoulder stretch

Classification:

Yoga

Instructions:

1. Begin in a seated position. Place the right heel by the left buttocks and lift the left leg over top of the right leg placing the knees on top of one another and the left ankle beside the right hip. Both sitting bones on the floor. Hips and shoulders facing forward.
2. Now grip the strap with both hands, slightly wider than shoulders. Inhale and raise the arms up towards the sky and drop the shoulder blades down towards the floor. Maintain a straight spine. As the shoulders start to loosen slowly extend the arms behind the head.
3. As the muscles start to loosen you may need to walk the hands closer towards each other. Hold this pose for 5 to 10 deep breaths. Repeat on the other side.

Intermediate to advanced warrior 2



Exercise Description:

Intermediate to advanced warrior 2

Classification:

Yoga

Instructions:

1. Turn the right toes facing forward and place the left foot at a 45 degree angle. Bend the right knee until it is at a right angle. Inhale reach your arms to the side and look over the right middle finger.
2. Be sure to keep the hips and shoulders facing forward. Do not allow the right knee to fall in towards the center. Keep the shoulders relaxed and the tailbone tucked under. Pull the navel towards the spine and lift the pelvic floor muscles.
3. Drop the ribcage down and lengthen the spine. Work the outside edge of your back foot into the floor and keep bending the right knee. Keep externally rotating both legs open, maintain the arms parallel to the floor in one line with the legs.

Intermediate triangle with block**Exercise Description:**

Intermediate triangle with block

Classification:

Yoga

Instructions:

1. Place the right toes facing forward and the left toes at a 45-degree angle. Keep both legs straight. Inhale reach your arms to the side exhale lower the right hand down and lift the left hand up, look up. Lift the right kneecap up, tuck the tailbone under, pull the navel towards the spine and lift the pelvic floor muscles.
2. Keep the weight light on the right hand and keep reaching the left arm up towards the sky opening the chest. Lift the left hip up towards the sky. Lift the right kneecap up to contract the quadriceps muscles to protect the knee. Feel as though the shoulders, hips, legs and head were against a wall.
3. Externally rotate both the legs to open the groin muscles. Push evenly down through all four corners of the feet to energize the pose. Feel the body extending in five different directions, down through the feet, reaching out through the arms and extending through the crown.

Intermediate windmill with block



Exercise Description:

Intermediate windmill with block

Classification:

Yoga

Instructions:

1. Place the feet wide apart, big toes facing in, heels facing out. Place the right hand down on the block and lift the left arm up. Look straight ahead or look up. Push down through all four corners of the feet and lift the tailbone up towards the sky. Maintain a straight spine.
2. Press down through the right hand and lift the left arm up towards the sky. Keep the legs straight and pull the navel in towards the spine, lifting the pelvic floor muscles.
3. Maintain this pose for 5 to 10 deep breaths.

Intermediate Wide leg forward fold with blocks



Exercise Description:

Intermediate Wide leg forward fold with blocks

Classification:

Yoga

Instructions:

1. Place the feet wide apart, big toes facing in, heels gently turning out. Lift the toes and spread the toes wide on the floor, lift the kneecaps up to contract the quadricep muscles and lift the tailbone up towards the sky.
2. Place the hands on the blocks, tuck the chin in to lengthen the cervical vertebra. Keep a straight spine and gently work the feet down towards the floor as the tailbone lifts towards the sky.
3. Maintain this pose for 5 to 10 deep breaths.

Modified Pigeon



Exercise Description:

Modified Pigeon

Classification:

Yoga

Instructions:

1. Begin by placing the left leg forward, the knee at a 90-degree angle and the right leg back as well at a 90-degree angle. Place the hands to the side of the body and find an erect posture. Shift the weight over to the right, inhale and lengthen the spine, exhale move the elbows down towards the floor shifting the weight to the right.
2. Only if the hip is extremely open, start to work the chest down towards the floor and extend the arms in front. Relax the head, neck, shoulders and arms and try to breath into the back body as well as into the hip.
3. Consciously release the hip while taking 5 to 15 slow deep breaths. Repeat on the other side.

Modified Spinal Twist



Exercise Description:

Modified Spinal Twist

Classification:

Yoga

Instructions:

1. Begin by lying on the back on the floor. Now bend the knees and place the feet flat on the floor. Now extend the left arm out to the side and look to the left. Rotate the left palm so that it is facing towards the sky.
2. Inhale and look to the left exhale and allow both knees to fall to the right. Keep the

knees together and the left shoulder on the floor. If the knees do not quite make it to the floor.

3. Place the foam block or a pillow between the right knee and the floor. Keep both hips on top of one and other and the knees together. Rest here for 5 to 10 deep breaths. Repeat on the other side.

Pigeon



Exercise Description:

Pigeon

Classification:

Yoga

Instructions:

1. Place the right knee forward and extend the left leg back. Make sure that the right toes are facing in on an angle and the left toes are pointed and facing down. Place the hands on either sides of the knee and shift the weight over to the left while lengthening the spine.
2. Square the hips and the shoulders. Move the right foot away from the groin working towards a 90-degree angle with the right calf. The right hip may or may not be connected the floor. The left hip is facing down towards the floor. If there is too much pressure in the knee, readjust the calf.
3. Replace this posture with the modified pigeon. Inhale and lengthen the spine, exhale and lower down onto the elbows maintaining the weight shift over to the left hip. Rock from side to side to help to increase the circulation in the hip joint.
4. Only if you are incredibly flexible in the hip, start to work your chest down to the floor extending your arms out in front of you. The left hip, thigh, calf and top of foot is facing towards the floor. Relax the head, neck, shoulders and face. Breathe into the hip and back body. Relax in this pose for 5 to 15 deep breaths. Repeat on the other side.

Plow (beginner)

**Exercise Description:**

Plow (beginner)

Classification:

Yoga

Instructions:

1. For beginners in this posture you will need a chair. Place the chair at the end of your yoga mat. Lie down on the floor with the chair about 2 feet or 60 centimeters away from the head. Begin by bending the knees and slowly rolling the spine into a ball supporting the lower back with the hands.
2. Keep the knees bend. Lock the elbows towards each other supporting the weight on the shoulders, not on the neck. If there is stress on the neck in this position, come out of the posture. Now slowly extend the legs placing the toes on top of the chair. Tuck the toes under, straighten the legs and extend the arms palms flat behind the body.
3. There should be no tension on the neck in this position. The weight is across the shoulders. If this feels okay and you feel you can go deeper in the pose, rest the tops of the feet onto the chair. If you are a beginner, hold this pose for 5 to 10 deep breaths.

Plow (advanced)**Exercise Description:**

Plow (advanced)

Classification:

Yoga

Instructions:

1. If you are an intermediate or an advanced student and you are more flexible, remove the chair and place the toes on the floor. Once again, the weight is across the shoulders

and not in the neck.

2. Begin by grabbing onto the big toes with the first two fingers. Keep the chin tucked in and the face relaxed. Work the backs of the knees up towards the sky to straighten the legs. Keep tucking the toes in towards the head and lift the heels away.

3. Slowly, once the posture has been established, remove the hands from the big toes and place the arms behind the body, palms flat onto the floor. To go deeper in this pose, lock the shoulders towards one and other interlock the fingers and place the hands in yoga mutra. Press both hands and arms into the floor. The weight should still rest on the shoulders and not on the neck.

4. If there is any strain on the neck, bend the knees or come out of the position. Work the arms down into the floor, the hips up towards the sky, the toes tucked under and the heels pressing away. Stay here for 5 to 10 deep breaths.

Plow (intermediate)



Exercise Description:

Plow (intermediate)

Classification:

Yoga

Instructions:

1. If you are an intermediate or an advanced student and you are more flexible, remove the chair and place the toes on the floor. Once again, the weight is across the shoulders and not in the neck.

2. Begin by grabbing onto the big toes with the first two fingers. Keep the chin tucked in and the face relaxed. Work the backs of the knees up towards the sky to straighten the legs. Keep tucking the toes in towards the head and lift the heels away.

3. Slowly, once the posture has been established, remove the hands from the big toes and place the arms behind the body, palms flat onto the floor. To go deeper in this pose, lock the shoulders towards one and other interlock the fingers and place the hands in yoga mutra. Press both hands and arms into the floor. The weight should still rest on the shoulders and not on the neck.

4. If there is any strain on the neck, bend the knees or come out of the position. Work the arms down into the floor, the hips up towards the sky, the toes tucked under and the heels pressing away. Stay here for 5 to 10 deep breaths.

Windmill

**Exercise Description:**

Windmill

Classification:

Yoga

Instructions:

1. Place the feet wide apart, big toes facing in, toes facing out. Press down through the right hand and lift the left arm towards the sky, look straight ahead or look up.
2. Lift the tailbone towards the sky and push down through all four corners of the feet. Lift the kneecaps up by contracting the quadricep muscles. Maintain a straight spine and keep the legs straight but not locked.
3. Maintain this pose for 5 to 10 deep breaths.

Pretzel hip opener**Exercise Description:**

Pretzel hip opener

Classification:

Yoga

Instructions:

1. Begin by lying on the back, knees bent, feet flat on the floor. Pick up the left foot and grip the left heel with the right hand, now pick up the right foot and grab the right heel with the left hand.
2. Stack the knees on top of one and other and slowly pull the feet down towards the floor. Hold this pose for 5 to 15 deep breaths. Repeat on the other side.

Prone quadricep stretch

**Exercise Description:**

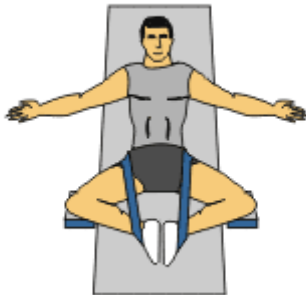
Prone quadricep stretch

Classification:

Yoga

Instructions:

1. Lie on the floor flat on the stomach. Bend the left knee and grip the left foot with the left hand. Gently push the hips towards the floor by tucking the tailbone under.
2. Now bend the right knee and grip the right foot with the right hand. Squeeze the heels towards the buttocks and continue to press the hips towards the floor.
3. Rest the head to one side. Be sure that the knees, ankles and hips are all in one line. Hold this pose for 5 to 10 deep breaths.

Reclining bound angle posture**Exercise Description:**

Reclining bound angle posture

Classification:

Yoga

Instructions:

1. You will need both blocks and strap with this posture. Begin by sitting on the floor with legs extended. Bend the knees and join the soles of the feet together. Guide the heels towards the groin. Loop the strap around the waist and underneath the feet placing the buckle to the side. The strap now should be resting on the lower back and the outside of the feet.
2. Gently tighten the strap until you feel soft pressure on the inner thighs and the lower back. Now position the blocks under each knee. Place the elbows on the floor and lower the spine, head and arms to the floor. Stretch the arms to the side, palms facing towards the sky. Notice the shoulders are away from the ears and the chin is gently tucked in.

3. Feel the openness of the pelvis and groin while the knees fall away to the side. Keep the soles of the feet together and allow the gravity to gently pull the knees down either towards the bricks or if you are more flexible remove the bricks and allow the knees to gently fall towards the floor.

4. For more support, place a thick blanket lengthwise underneath the spine and a pillow on top of the blanket to go underneath the head. This is a beautiful position to relax in for Savasana/relaxation at the end of your practice. Stay here for 10 to 20 deep breaths.

Reclining Hero Pose



Exercise Description:

Reclining Hero Pose

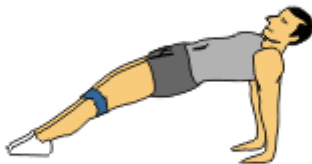
Classification:

Yoga

Instructions:

1. Begin by sitting in hero pose. Either by sitting on a foam block or on the floor. The knees are a few inches apart and spread the feet about 18 inches apart until they rest beside your hips. Insure that the inner side of each calf touches the outer side of each thigh.
2. Turn the soles of the feet towards the ceiling. Now place the hands behind the body, fingertips facing forward. Only if the quadriceps are flexible slowly lower yourself down onto the elbows.
3. Hold the toes and only if the neck is strong and flexible relax the crown of the head backwards. Remain here for 5 to 10 deep breaths.
4. If there is any strain in the knees raise yourself up to a modified position.

Reverse Plank with strap



Exercise Description:

Reverse Plank with strap

Classification:

Yoga

Instructions:

1. Come into a sitting position, legs extended. Now place the strap around the lower thighs and tighten the strap until legs are completely together.
2. Place the hands now behind the body, fingertips facing forward and hands underneath shoulders. Point the toes and inhale, contract your abdominals, lift your pelvic floor muscles extending the hips up towards the sky. If the neck is strong and flexible release the head back.
3. Keep the soles of the feet pressing down into the floor as well as palms pressing down to open the shoulders. Keep the hips lifted up towards the sky.
4. Stay strong through the abdominals and keep lifting the pelvic floor muscles. Hold this pose for 5 to 10 deep breaths.

Reverse Triangle**Exercise Description:**

Reverse Triangle

Classification:

Yoga

Instructions:

1. Begin with the feet wide apart with the right toes facing forward and the left toes facing at a 45 degree angle.
2. Inhale, reach the arms to the side and exhale, reach the left hand down towards the left leg and reach the right arm up. Look up and tuck the tailbone under pulling the navel towards the spine and pull up the pelvic floor muscles.
3. Spread the toes and work all four corners of the feet down into the floor, lift the right kneecap, stay light on the left hand, keep reaching the right arm up towards the sky and open the shoulder and chest. Feel the body reaching in five different directions, the feet are rooting down, the right arm is lifting up, the left arm is softly down on the leg and lifting the crown away from the body.
4. Keep the body in one straight line, do not lean forward or back.

Revolving Triangle

**Exercise Description:**

Revolving Triangle

Classification:

Yoga

Instructions:

1. Start in mountain pose Padasana. Step the left foot forward and the right foot back. Left toes are facing forward, right toes at a 45-degree angle, push evenly down through all four corners of the feet and spread the toes.
2. With a straight spine inhale reach the arms to the side. Stay here and get grounded. On the next inhale, lift the right arm up towards the sky and slowly reach forward through the hips placing the right hand down onto the right ankle and twist the left arm up towards the sky maintaining a straight spine.
3. Keep the legs straight and the right kneecap lifted. Slowly revolve the right the shoulder up towards the sky. Keep rooting the feet down towards the earth and lift the hips towards the sky. Pull the shoulders down away from the ears and gently tuck the chin in to lengthen the cervical vertebrae.
4. Remain in this posture for 5 to 10 breaths. Repeat on the other side.

Seated Beginner Spinal Twist**Exercise Description:**

Seated Beginner Spinal Twist

Classification:

Yoga

Instructions:

1. Start in a seated position legs extended forward. Bend the left knee and keep the right leg straight. Wrap the right arm around the left leg and place the left hand behind the

body.

2. Lengthen the spine, lift the right toes up towards the sky, contract the right quadricep muscles and look over the left shoulder into a gentle twist.

3. Sitting bones are rooted down towards the ground and the crown is lifting up towards the sky. Hold this posture for 5 to 15 deep breaths.

4. Allow the breath to guide you into the stretch inhale to lengthen the spine and the exhale to go deeper into the twist. Repeat on the other side.

Seated Hip Opener



Exercise Description:

Seated Hip Opener

Classification:

Yoga

Instructions:

1. Start in a seated cross-legged position, place the right heel towards the groin and lift the left leg up, bend the knee, place the left hand around the outside of the left knee and the left foot to the inside of the right elbow.

2. If you have the flexibility in the hip, interlock the fingers or just hold onto the knee and foot and rock the hip from side to side. Keep your spine lengthened and lifted, sitting bones rooted down towards the floor and the crown lifting up towards the sky.

3. Continue to shift the leg from side to side and hold this posture for 5 to 10 deep breaths. Repeat on the other side.

Seated Intermediate Spinal Twist



Exercise Description:

Seated Intermediate Spinal Twist

Classification:

Yoga

Instructions:

1. Begin by sitting legs extended, bring the left leg over top of the right leg, foot flat on the floor and keep the right leg extended, lift the right toes up towards the sky, contract the right quadricep muscles.
2. Hug the right knee into the chest with the right arm and place the left hand behind the body. Look over the left shoulder and allow the breath to increase the stretch.
3. Maintain a straight spine, sitting bones rooted down towards the ground and crown working towards the sky. Hold this posture for 5 to 15 deep breaths. Repeat on the other side.

Seated Meditation**Exercise Description:**

Seated Meditation

Classification:

Yoga

Instructions:

1. Sit in a cross-legged position with the ankles in front of one and other. Place the hands on the knees, index and thumbs in yoga mudra, palms facing up towards the sky.
2. Straighten the spine, gently tuck the chin in, close the eyes and look up to the imaginary third eye which is located between the brow slightly above on the forehead.
3. Allow the knees and hips to relax to the side and feel the sitting bones rooted to the floor and the crown over the head lifting towards the sky. Soften the face, neck and shoulders. Focus on the breath and try not to get attached to any one thought. Imagine your mind is like a pebble in a river and the thoughts are flowing past you. Witness your thoughts rather than getting involved. Hold this posture for 20 to 30 deep breaths.

Seated One Leg Side Balance

**Exercise Description:**

Seated One Leg Side Balance

Classification:

Yoga

Instructions:

1. Begin in a seated cross-legged position. Bend the right knee and place the strap to the insole of the right foot. With the strap, guide the right leg to the side. Shift the weight over to the left hip.
2. Now place the left hand behind the body and find the stability in the pose. Hips and shoulders are facing forward, navel pulled in towards spine and pelvic floor lifted. Only if you are feeling balanced here inhale and lift the left arm to the side. Look to the left.
3. Drop the shoulders away from the ears and maintain a straight right leg. Maintain this pose for 5 to 10 deep breaths. Repeat on the other side.

Seated Single Leg Forward Bend**Exercise Description:**

Seated Single Leg Forward Bend

Classification:

Yoga

Instructions:

1. Begin by extending the right leg out and place the leg sole of the foot to the inside of the right thigh. Gently twist the body to the right, lengthen the spine pushing the sitting bones down to the floor and extending the crown towards the sky.
2. Place the strap to the insole of the right foot, holding on with both hands. Push the back of the right knee into the floor while lifting the right kneecap to contract the quadricep muscles. Square the shoulders and hips towards the right leg.
3. Inhale and lengthen the spine, exhale with a straight spine start to bend forward from

the hips. Resist the temptation of bringing the nose down towards the thighs and rather extend your chest over top of the thighs, soften the face, relax the shoulders and maintain a soft grip on the strap.

4. Stay here for 5 to 15 deep breaths.

Seated Single Leg Side Bend



Exercise Description:

Seated Single Leg Side Bend

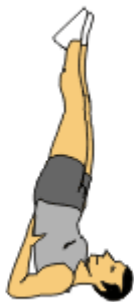
Classification:

Yoga

Instructions:

1. Begin by extending the right leg to the side and bend the left knee. Place the right elbow on top of the right knee or to the right side of the knee. Now place the strap to the insole of the right foot, holding on with the right hand.
2. Push the back of the right knee into the floor and raise the right toes towards the sky. Inhale and lengthen the spine, lift the left arm up towards the sky. Visualize the spine being against the wall and maintaining a lone, straight spine keeping the left shoulder open to the sky.
3. Keep opening the chest towards the sky and do not allow the back to round. As this posture opens start to extend the arm to the side to create a side angle stretch.
4. Look up, push the sitting bones down and allow the left hip to open. Soften the face, neck and shoulders and take 5 to 15 deep breaths.

Shoulder Stand



Exercise Description:

Shoulder Stand

Classification:

Yoga

Instructions:

1. Refer to the plow posture for the starting position. Whether the feet are on the chair or the floor, support the lower back with the hands and gently walk the elbows in towards each other.
2. Slowly float one leg up at a time towards the sky bringing yourself into the shoulder stand position. If there is any strain on the neck, shoulders or upper back, come out of the position.
3. If you are a beginner, bring yourself to a wall and place the feet on the wall with the head and shoulders approximately 1 to 2 feet away. Keep the knees bent and the feet flat on the wall.
4. For intermediate and advanced students, lift the legs straight up towards the sky, legs together, toes spread. Walk the elbows towards each other and palms on the lower back. Do not look sideways in this posture.
5. Keep the weight across the shoulders not on the neck. The hips, knees, ankles and feet are all in one line. Keep the chin gently tucked in to support the cervical vertebrae. Hold this posture for 10 to 20 deep breaths.

Side Plank 1**Exercise Description:**

Side Plank 1

Classification:

Yoga

Instructions:

1. Begin in the plank position hips, shoulders, head all in one line. Hands underneath the shoulders and feet hip width apart, navel pulled in towards the spine, pelvic floor lifted.
2. Pick the right foot up and float it across to the outside of the left foot, keep the abdominals contracted and inhale float the right arm up towards the sky. Be sure that the left hand is underneath the left shoulder.
3. Do not allow the left hip to drop down towards the floor. Spread the fingers of the left hand and push evenly down with all four fingers and thumbs. Keep the hips and shoulders stacked on top of one and other and look up towards the sky.
4. The right foot is back, the left foot is forward and the shoulders are relaxed down away from the ears. To increase the difficulty of this pose, lift the right leg up and place the right sole of the foot onto the inside of the left knee. Do not allow the left hip to collapse down towards the floor.

5. Maintain a straight line all the way down from the left foot to the left armpit. Keep the right knee and the right arm pointing up towards the sky. The abdominals are the power center for this pose, so do not lean onto the wrist or the feet to support the pose.
6. Hold this posture for 5 deep breaths. Repeat on the other side.

Side Plank 2



Exercise Description:

Side Plank 2

Classification:

Yoga

Instructions:

1. Begin in the plank position hips, shoulders, head all in one line. Hands underneath the shoulders and feet hip width apart, navel pulled in towards the spine, pelvic floor lifted.
2. Pick the right foot up and float it across to the outside of the left foot, keep the abdominals contracted and inhale float the right arm up towards the sky. Be sure that the left hand is underneath the left shoulder.
3. Do not allow the left hip to drop down towards the floor. Spread the fingers of the left hand and push evenly down with all four fingers and thumbs. Keep the hips and shoulders stacked on top of one and other and look up towards the sky. The right foot is back, the left foot is forward and the shoulders are relaxed down away from the ears.
4. To increase the difficulty of this pose, lift the right leg up and place the right sole of the foot onto the inside of the left knee. Do not allow the left hip to collapse down towards the floor. Maintain a straight line all the way down from the left foot to the left armpit. Keep the right knee and the right arm pointing up towards the sky.
5. The abdominals are the power center for this pose, so do not lean onto the wrist or the feet to support the pose.
6. To increase the difficulty of this pose, lift the right leg up and grab the big toe with the first two fingers of the right hand. The weight should balance to the outside of the left foot and then the left palm. Once again, keep a straight line from the left foot all the way to the left armpit. Do not allow that left hip to droop down towards the floor.
7. Keep the right leg straight look up towards the sky. Hold this posture for 5 deep breaths. Repeat on the other side.

Spinal Lift Half Bridge with Strap



Exercise Description:

Spinal Lift Half Bridge with Strap

Classification:

Yoga

Instructions:

1. Begin in a seated position, place the strap to the outside of the lower legs. Tighten the strap so the knees are in alignment with the hips and the ankles are underneath the knees.
2. Slowly lower yourself onto your back and place the arms at a 45 degree angle palms facing down. Keep the heels close towards the buttocks muscles and the feet in a gentle pigeon toe position.
3. Contract the abdominals, lift the pelvic floor muscles and drop the shoulders down away from the ears gently tucking the chin in. Inhale and slowly lift the hips up towards the sky pressing firmly down through the palms. Rest the weight across the shoulders, do not press the neck into the floor.
4. Press down through all four corners of the feet and gently squeeze the glutes together to support the lower back. Keep lifting the hips higher than the chest and remain here for 5 to 10 deep breaths.

Spinal Twist Hands Interlocked



Exercise Description:

Spinal Twist Hands Interlocked

Classification:

Yoga

Instructions:

1. Begin by sitting with legs extended, bend the left knee and place the heel by the right

buttocks, lift up the right leg and place the right foot to the outside of the left knee. Lengthen the spine and make sure the right foot is flat on the floor.

2. Hips are square shoulders are square. Inhale and lengthen the left arm up towards the sky and look up, place the right hand behind the body and slowly hug the right knee with the left hand.

3. Look over the right shoulder pushing down through sitting bones and lifting up through crown, keep a straight spine. Allow the breath to guide you into the stretch. The inhales releasing the stretch, exhales going deeper into the spinal twist.

4. Once you have maintained the spinal twist and feel you can go deeper into this pose, guide the left arm to the outside of the right leg and slide the arm underneath the leg, now reach around with the right arm twisting, looking around to the right and interlock fingers.

5. Maintain a straight spine both sitting bones on the floor and breath in the pose. Take 5 to 15 slow deep breaths. Repeat on the other side.

Split Forward Bend



Exercise Description:

Split Forward Bend

Classification:

Yoga

Instructions:

1. Begin by sitting on the floor with the legs extended in front. If you are a beginner, place the lower back, spine and head against a wall. Now extend the legs out to the side lifting the toes up towards the sky and gently press the backs of the knees into the floor.

2. If you are more flexibly, you do not need to be against a wall in this position. Gently press the sitting bones into the floor, lengthen the spine and lift the crown towards the sky. Inhale and lengthen exhale and slowly move forward from the waist maintaining an erect spine.

3. For beginners, one may not even have to lean forward to feel the stretch. For intermediate, one can drop down to the elbows and for advanced, grab onto the big toes with the first two fingers and slowly work the chest down towards the floor. Resist the temptation of rounding the spine just to get the chest or head to the floor.

4. Keep the quadriceps engaged by lifting the kneecaps and the backs of the knees pressing into the floor. Hold this posture for 5 to 10 deep breaths.

Spinal Lift Bridge with mutra and strap



Exercise Description:

Spinal Lift Bridge with mutra and strap

Classification:

Yoga

Instructions:

1. Begin in a seated position, place the strap to the outside of the lower legs. Tighten the strap so the knees are in alignment with the hips and the ankles are underneath the knees.
2. Slowly lower yourself onto your back and place the arms at a 45 degree angle palms facing down. Keep the heels close towards the buttocks muscles and the feet in a gentle pigeon toe position.
3. Contract the abdominals, lift the pelvic floor muscles and drop the shoulders down away from the ears gently tucking the chin in. Inhale and slowly lift the hips up towards the sky pressing firmly down through the palms.
4. Rest the weight across the shoulders, do not press the neck into the floor. Press down through all four corners of the feet and gently squeeze the glutes together to support the lower back. Keep lifting the hips higher than the chest and remain here for 5 to 10 deep breaths. Start to move the hands in towards each other and interlock the fingers behind the back in yoga mutra.
5. Lock the shoulders in towards each other to place the weight across the shoulders and not on the neck.

Squat



Exercise Description:

Squat

Classification:

Yoga

Instructions:

1. Begin in a squat position toes either facing out or facing forward, feet wide apart. Place the elbows to the insides of the knees and press the palms together into a prayer position.
2. Allow the tailbone to drop down towards the floor and lengthen the spine by reaching the crown of the head towards the sky.
3. If the heels do not come down towards the floor, either take the legs wider or raise the position until the hands are on the thighs and hips are parallel to the floor. Stay here for 5 to 10 deep breaths.

Standing 1 Leg Balance 1



Exercise Description:

Standing 1 Leg Balance 1

Classification:

Yoga

Instructions:

1. Begin in a standing position Tadasana/mountain pose. Spread the toes lift the kneecaps to contract the quadriceps, tuck the tailbone under gently, lengthen the spine gently tuck the chin in.
2. Find a point to focus on, contract the abdominals lift the pelvic floor muscles and lift the right foot off the floor. Either grab onto the strap and place it around the sole of the right foot or grab the big toe with the first two fingers of the right hand.
3. Do not allow the left leg to bend and keep the spine erect. Now the straighten the right leg. If you are using the strap, grip the strap with both hands. Maintain the focus on one point and breath smoothly here. Continue to lift the left kneecap by contracting the quadricep muscles.
4. Flex the right foot and work the toes towards the body and the heel away. Resist the temptation of rounding the spine to get further towards your foot. Stay here for 5 to 10 deep breaths. Repeat on the other side.
5. With the strap either around the sole of the right foot or the first two fingers connected to the big toe pivot the right leg to the side. Try not to interfere with the neutral positioning of the hips. Extend the left arm out to the side and keep hips, shoulders and left leg straight.
6. Only if the balance is good, look over the left middle finger and hold this pose for 5 to 10 deep breaths. Repeat on the other side.

Standing 1 Leg Balance 2



Exercise Description:

Standing 1 Leg Balance 2

Classification:

Yoga

Instructions:

1. Begin in a standing position Tadasana/mountain pose. Spread the toes lift the kneecaps to contract the quadriceps, tuck the tailbone under gently, lengthen the spine gently tuck the chin in.
2. Find a point to focus on, contract the abdominals lift the pelvic floor muscles and lift the right foot off the floor. Either grab onto the strap and place it around the sole of the right foot or grab the big toe with the first two fingers of the right hand.
3. Do not allow the left leg to bend and keep the spine erect. Now the straighten the right leg. If you are using the strap, grip the strap with both hands. Maintain the focus on one point and breath smoothly here. Continue to lift the left kneecap by contracting the quadricep muscles.
4. Flex the right foot and work the toes towards the body and the heel away. Resist the temptation of rounding the spine to get further towards your foot. Stay here for 5 to 10 deep breaths. Repeat on the other side.
5. With the strap either around the sole of the right foot or the first two fingers connected to the big toe pivot the right leg to the side. Try not to interfere with the neutral positioning of the hips. Extend the left arm out to the side and keep hips, shoulders and left leg straight.
6. Only if the balance is good, look over the left middle finger and hold this pose for 5 to 10 deep breaths. Repeat on the other side.

Standing Wide Leg Forward Fold

**Exercise Description:**

Standing Wide Leg Forward Fold

Classification:

Yoga

Instructions:

1. Place the feet wide apart, big toes facing in, heels facing out, place the hands on the floor with a straight spine. Tuck the chin in to gently lengthen the cervical vertebrae.
2. Lift the sigmoid up towards the sky and gently push down through all four corners of the feet. Maintain a neutral and straight spine. Pull the navel towards the spine to contract the abdominals and lift the pelvic floor muscles.
3. Keep the legs straight and the kneecaps lifted to contract the quadricep muscles. Maintain this posture for 5 to 10 deep breaths.

Starting Egyptian Step**Exercise Description:**

Starting Egyptian Step

Classification:

Yoga

Instructions:

1. Start in Tadasana mountain pose, walk the right foot forward and step the left foot back. Point both the shoulders and hips forward and grab onto the opposite elbows behind your back.
2. Spread the toes lift the right kneecap up. Push evenly and down through all four corners of the feet, lengthen the spine and softly tuck the chin in to lengthen the cervical vertebrae.
3. Roll the shoulders back and down to open the chest. Take 2 to 5 deep breaths here and repeat on the other side.

Forward Fold hands on calves



Exercise Description:

Forward Fold hands on calves

Classification:

Yoga

Instructions:

1. Place the feet hip-width apart, spread the toes, place the hands behind the calves on top of the Achilles tendon. Keep the legs straight and maintain lengthened spine.
2. Push evenly down through the feet, lift the kneecaps to contract the quadricep muscles and lift the hips towards the sky.
3. Relax the head, neck and shoulders. Soften the face. Remain here for 10 deep breaths.

Standing Wide Leg Forward Fold Big Toes Stretch



Exercise Description:

Standing Wide Leg Forward Fold Big Toes Stretch

Classification:

Yoga

Instructions:

1. Begin by placing the feet wide apart, big toes facing in towards the center, heels facing out. Lift the sacrum towards the sky and drop the head down towards the floor.
2. Maintain a straight spine and place the first two fingers to the inside of the big toes. Gently push the big toes down into the floor and lift the fingers up. Keep the elbows pressing towards the side and lift the kneecaps up by contracting the quadriceps muscles.

3. Push down evenly through all four corners of the feet and keep the shoulders, neck and face relaxed. Pull the navel in towards the spine to contract the abdominal muscles and lift the pelvic floor. Keep the legs straight.

Superwoman/man



Exercise Description:

Superwoman/man

Classification:

Yoga

Instructions:

1. Begin by resting on the stomach facing down towards the floor. Bring the arms to the side and the legs hip-width apart. Inhale and press the abdominals towards the floor as the chest, arms, legs and head lift away from the floor.
2. Rotate the thumbs up towards the sky palms facing down towards the floor. Gently squeeze the buttock muscles together continuing to lift the chest and legs higher. Keep the chin gently tucked in and the crown of the head lengthening away from the heels.
3. Softly squeeze the shoulder blades together allowing the chest to open. Hold this posture for 5 to 10 deep breaths.

Supine Abductor Stretch with strap



Exercise Description:

Supine Abductor Stretch with strap

Classification:

Yoga

Instructions:

1. Start by lying flat on the back. Place the strap to the arch of the right foot. Hold the

- strap in the right hand and slowly start to extend the right leg out to the side.
2. Keep both legs straight and the left hip and leg working down towards the floor. Keep the left shoulder, arm and hand connected to the floor.
 3. If the hamstrings and abductors are quite tight, you can place a block underneath your right leg to support it. Stay here for 5 to 10 deep breaths. Repeat on the other side.

Supine Hip Opener



Exercise Description:

Supine Hip Opener

Classification:

Yoga

Instructions:

1. Begin by lying on the back with the knees bent and feet on the floor. Now press the left ankle on top of the right thigh. Lift the right foot off the floor and glide both hands gripping onto the back of the right hamstring.
2. Gently pull the right thigh in towards the chest until you feel the stretch in the left hip.
3. Keep the hips square, the chin gently tucked in and breath 5 to 15 deep breaths. Repeat on the other side.

Supine Spinal Twist



Exercise Description:

Supine Spinal Twist

Classification:

Yoga

Instructions:

1. Lie on your back on the floor facing up towards the sky. Inhale and raise the right knee towards the chest. Place the left hand to the outside of the right knee and extend the right arm out to the side. Look to the right.
2. Inhale and pull the knee towards the chest. Exhale and guide the left knee over to the right with the left hand. Keep the right shoulder, elbow and arm glued to the floor. The left leg stays straight, the right palm faces up towards the sky.
3. If the left knee and foot do not reach the floor, place a foam block underneath the left knee. Stay in this posture for 5 to 10 deep breaths. Repeat on the other side.

Mudra Roll-up



Exercise Description:

Mudra Roll-up

Classification:

Yoga

Instructions:

1. Begin standing in a forward bend position feet are hip-width apart toes are facing forward head and arms are relaxed down towards the floor.
2. Bend the knees and interlock the fingers behind the body. Now straighten the legs and reach the arms away from the body slowly, roll the spine up vertebrae by vertebrae until you come back to the standing position.
3. Allow the head to be the last thing that comes up. Keep the palms pressing towards one and other and the shoulders rolled open and back.
4. Repeat this exercise 5 times breathing smoothly and slowly.

Preparation Pose Warrior Three



Exercise Description:

Preparation Pose Warrior Three

Classification:

Yoga

Instructions:

1. Place the right toes forward and lift the left leg up. Keep both hips square towards the floor and press the hands down towards the ground.
2. Maintain a straight spine and straighten the right and the left leg. Stay strong through the core and maintain this posture for 5 to 10 breaths.

Supine Groin Opener**Exercise Description:**

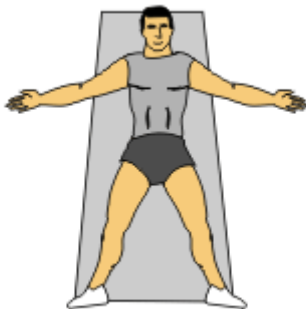
Supine Groin Opener

Classification:

Yoga

Instructions:

1. Begin by lying down on the back on the floor. Bend the knees and place the palms to the insides of the heels.
2. Draw the knees down towards the floor and flex the feet. Keep the head, spine and lower back resting on the floor.
3. Rest here in this position for 5 to 10 deep breaths.

Svanasana Corpse**Exercise Description:**

Svanasana Corpse

Classification:

Yoga

Instructions:

1. Start by lying on the back extend the arms out to the side, palms facing towards the sky. Now separate the legs 10 inches apart and allow the inner thighs to externally rotate. Tuck the tailbone under to lengthen the spine and the chin tucked in to lengthen the cervical vertebrae.
2. Relax the lower jaw and allow the lips to separate. Place a towel or eye pillow across the eyes. Cover the body up with a blanket to keep the heat from escaping. The body cools off very quickly after a practice and it is important to stay warm.
3. If the chin is jetting up towards the sky, place a folded blanket or pillow underneath the head. Allow your whole body to relax. Feel the body sinking or melting towards the floor.
4. Keep the breath smooth and free of tension. Imagine your mind is like a pebble in a river and all of your thoughts are flowing past you. Relax the toes, the soles of the feet and the ankles.
5. Relax the shins, the calves, the knees, the hamstrings and the quadriceps. Allow the buttocks and lower back to sink down towards the floor. Relax the stomach, the abdominals and the ribcage. Feel the middle back and upper back sinking towards the floor. Relax the side body. Feel the chest, heart and lungs softening. Relax the fingers, thumbs, palms and wrists. Feel the forearms, elbows, upper arms and shoulders sinking down towards the floor.
6. Relax the throat, lower jaw, upper jaw and tongue. Feel the cheeks melting, the eyes sinking and the forehead opening. Feel the whole head relaxing down to the floor. Continue to breathe without effort smoothly and softly. Feel the energy flow throughout your body allowing your mind, body and spirit to relax.
7. Stay in this posture for 5 to 10 minutes.

Table with Strap**Exercise Description:**

Table with Strap

Classification:

Yoga

Instructions:

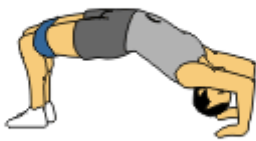
1. Begin in a seated position, knees bent. Now loop the strap around the lower thighs and tighten until knees and ankles are aligned.
2. There should be slight tension so the knees cannot go wider than ankles. Place the

hands behind the body fingertips facing forward and inhale. Lift the hips towards the sky, pushing evenly down through all four corners of the feet and hands.

3. Only if the neck is strong, release the head back looking behind you otherwise keep the chin tucked in and keep lifting the hips higher than the chest. Keep the navel pulled in towards the spine and lift the pelvic floor muscles.

4. Press down into the hands to open the shoulders. Keep the knees over top of the ankles and the hands underneath the shoulders. Stay here for 5 to 10 deep breaths.

Upright Bow Bridge Wheel



Exercise Description:

Upright Bow Bridge Wheel

Classification:

Yoga

Instructions:

1. Lie on your back on the floor. Bend the knees and pull the heels towards the buttocks. Bring the feet into a slightly pigeon toed position. Place the feet so that they align with your hips.
2. Bend the elbows and place them behind the head. Palms are flat on the floor on either side of the head. Fingers pointing towards the shoulder blades. Gently press down through the palms and the feet and slowly push your shoulder blades back and lift the hips up off the floor and place the crown of the head on the floor.
3. Take 5 breaths here. Pull the navel in towards the spine, lift the pelvic floor muscles and inhale shift your weight from your palms to the front of your feet and push the torso up in one single movement.
4. The weight should be equally distributed on the hands and the feet. You can add the strap by placing it around the legs, just above the knees. This will help to build you into the full upward bow position.
5. Hold the posture for 5 to 10 deep breaths.

Upward Facing Dog with Blocks

**Exercise Description:**

Upward Facing Dog with Blocks

Classification:

Yoga

Instructions:

1. Lie prone on the floor place the hands behind the shoulders and the big toes together. Inhale push evenly down through your hands and lift the chest up keeping the hips gently pushing down towards the floor.
2. Relax the buttocks and the legs. Lift the hips and thighs off the floor, pushing the tops of the feet into the ground. Roll the shoulders back and down, keep the shoulders away from the ears. Look up, relax the face, release the lower jaw.
3. Strongly push down through all four fingers, palms and thumbs, keep the arms straight.
4. Remain here for 5 to 10 breaths.

Wide Leg Up Dog**Exercise Description:**

Wide Leg Up Dog

Classification:

Yoga

Instructions:

1. Begin by coming onto the hands and knees, hands are shoulder-width apart knees are hip-width apart. Tuck the toes under and inhale, lift the hips towards the sky straightening the arms and straightening the legs. Bring the feet to the side and widen the stance, big toes are gently facing in and heels are facing out.

2. Lift the tailbone up towards the sky and drop the chest down towards the floor. Spread all fingers and thumbs, gently pushing down through all four corners of the palms. Rotate the shoulder blades away from one another opening the upper back and drop the ribcage down.
3. Push the outsides of the feet down into the floor as well as the big toes and heels. Most of the weight should be in heels as the hips lift towards the sky.
4. Take 5 to 10 long deep breaths here.

Camel



Exercise Description:

Camel

Classification:

Yoga

Instructions:

1. Start by sitting on your knees with your body perpendicular to the floor.
2. Slowly lean back (hyperextend) with your back and attempt to touch your heels with your hands.
3. Return to the starting position and repeat for the prescribed number of repetitions.

Forward fold hands under feet stretch



Exercise Description:

Forward fold hands under feet stretch

Classification:

Yoga

Instructions:

1. Stand with your feet side by side and your arms in front of you.
2. Slowly lean forward until your hands are touching the floor.
3. Lift your toes up and place your hands under your feet.
4. Hold this position for the required amount of time.

Yoga Advanced Pigeon



Exercise Description:

Yoga Advanced Pigeon

Classification:

Yoga

Instructions:

1. Place the right knee forward and extend the left leg back. Make sure that the right toes are facing in on an angle and the left toes are pointed and facing down.
2. Place the hands on either sides of the knee and shift the weight over to the left while lengthening the spine. Square the hips and the shoulders. Move the right foot away from the groin working towards a 90-degree angle with the right calf.
3. The right hip may or may not be connected the floor. The left hip is facing down towards the floor. If there is too much pressure in the knee, readjust the calf. Replace this posture with the modified pigeon.
4. Inhale and lengthen the spine, exhale and lower down onto the elbows maintaining the weight shift over to the left hip. Rock from side to side to help to increase the circulation in the hip joint. Only if you are incredibly flexible in the hip, start to work your chest down to the floor extending your arms out in front of you.
5. The left hip, thigh, calf and top of foot is facing towards the floor. Relax the head, neck, shoulders and face. Breathe into the hip and back body. Relax in this pose for 5 to 15 deep breaths. Repeat on the other side.
6. Glide the left arm underneath, palm facing towards the sky and sweep the right arm around resting the hand onto the lower back. Look up towards the sky. Keep working the left shoulder open towards the sky.

Beginning Wide Leg Stretch



Exercise Description:

Beginning Wide Leg Stretch

Classification:

Yoga

Instructions:

1. Begin by standing in mountain pose Tadasana inhale and softly jump the feet wide apart. Turn the big toes in and the heels out.
2. Inhale and extend the arms to the side then exhale and place the hands onto the hips and bend forward with a straight spine. Do not allow the spine to round here.
3. Spread the toes and gently push down through all four corners of the feet then lift the kneecaps and tilt the tailbone up towards the sky. Tuck the chin in to lengthen the cervical vertebra.
4. Pull the navel in towards the spine and lift the pelvic floor muscles. Hold this posture for 5 to 10 deep breaths.

Beginner Camel



Exercise Description:

Beginner Camel

Classification:

Yoga

Instructions:

1. Kneel on the floor with the arms by your sides. The knees are hip width apart and the toes are flat. Shift the weight more to the front of the knees and keep the spine upright. Place the palms onto the lower back either the fingertips facing up towards the shoulder blades or down towards the buttocks. Push the thighs forward slightly and inhale lift the chest and gently arch the spine. Squeeze the shoulder blades together to open the chest

and only if the neck is strong release the head back.

2. Gently press the knees down to the floor and think of lifting and lengthening the spine rather than bending backwards.

3. If there is tension in the lower back do not extend quite as far. Relax the shoulders away from the ears and soften the face. For beginners hold this pose for 5 to 10 deep breaths.

Intermediate Camel



Exercise Description:

Intermediate Camel

Classification:

Yoga

Instructions:

1. Kneel on the floor with the arms by your sides. The knees are hip width apart and the toes are flat. Shift the weight more to the front of the knees and keep the spine upright. Place the palms onto the lower back either the fingertips facing up towards the shoulder blades or down towards the buttocks.

2. Push the thighs forward slightly and inhale lift the chest and gently arch the spine. Squeeze the shoulder blades together to open the chest and only if the neck is strong release the head back. Gently press the knees down to the floor and think of lifting and lengthening the spine rather than bending backwards.

3. If there is tension in the lower back do not extend quite as far. Relax the shoulders away from the ears and soften the face. For beginners, hold this pose for 5 to 10 deep breaths.

4. If your spine is a little more flexible you can place the blocks to the outside of the shins facing upright. Place the hands on top of the foam blocks and gently push the hips forward coming into a deeper stretch. If the spine is quite supple and flexible, tuck the toes under and place the hands on the heels. Maintain the hips over top of the knees and the chest lifted. Only if the neck is strong, allow the head to relax back. Be sure that the thighs are perpendicular to the floor.

Advanced Camel

**Exercise Description:**

Advanced Camel

Classification:

Yoga

Instructions:

1. Kneel on the floor with the arms by your sides. The knees are hip width apart and the toes are flat. Shift the weight more to the front of the knees and keep the spine upright.
2. Place the palms onto the lower back either the fingertips facing up towards the shoulder blades or down towards the buttocks. Push the thighs forward slightly and inhale lift the chest and gently arch the spine. Squeeze the shoulder blades together to open the chest and only if the neck is strong release the head back.
3. Gently press the knees down to the floor and think of lifting and lengthening the spine rather than bending backwards. If there is tension in the lower back do not extend quite as far. Relax the shoulders away from the ears and soften the face. For beginners hold this pose for 5 to 10 deep breaths.
4. If your spine is a little more flexible you can place the blocks to the outside of the shins facing upright. Place the hands on top of the foam blocks and gently push the hips forward coming into a deeper stretch.
5. If the spine is quite supple and flexible tuck the toes under and place the hands on the heels. Maintain the hips over top of the knees and the chest lifted. Only if the neck is strong allow the head to relax back. Be sure that the thighs are perpendicular to the floor.
6. For more advanced point the toes to the back and continue to hold onto the heels. If you do not have the flexibility to keep the thighs perpendicular to the floor modify by tucking the toes under. Maintain this pose for 5 to 10 breaths. Always balance this posture out with a counter stretch. An example is a child's pose or squat with chin to chest.

Cow Face1



Exercise Description:

Cow Face 1

Classification:

Yoga

Instructions:

1. Begin in a sitting position place the left heel beside the right hip and the right leg over top of the left knee. The right foot is by the left hip.
2. Stack the knees on top of one another. Both sitting bones down on the floor extend the spine and work the crown towards the sky. Interlock the fingers and place the palms on top of the right thigh gently pushing down towards the floor. Breath here for 5 to 10 deep breaths.
3. Repeat on the other side. Once the hips have become open, inhale and reach the right arm up towards the sky, bend the right elbow. Now place the left hand behind the back and either interlock the fingers or use a strap.
4. Lift the right elbow up towards the sky and roll the left shoulder back and down opening the shoulder joint. Inhale and lengthen the spine, exhale slowly move the chest over top of the thigh and move the chin over top of the knee. Relax the head down, keep the elbows moving away from one another.
5. Stay in the pose for 5 to 15 deep breaths. Repeat on the other side.

Cow Face version 2



Exercise Description:

Cow Face version 2

Classification:

Yoga

Instructions:

1. Begin in a sitting position place the left heel beside the right hip and the right leg over top of the left knee. The right foot is by the left hip.
2. Stack the knees on top of one another. Both sitting bones down on the floor extend the spine and work the crown towards the sky. Interlock the fingers and place the palms on top of the right thigh gently pushing down towards the floor. Breath here for 5 to 10 deep breaths.
3. Repeat on the other side. Once the hips have become open, inhale and reach the right arm up towards the sky, bend the right elbow. Now place the left hand behind the back and either interlock the fingers or use a strap.
4. Lift the right elbow up towards the sky and roll the left shoulder back and down opening the shoulder joint. Inhale and lengthen the spine, exhale slowly move the chest over top of the thigh and move the chin over top of the knee. Relax the head down, keep the elbows moving away from one another.
5. Stay in the pose for 5 to 15 deep breaths. Repeat on the other side.

Downward Facing Dog



Exercise Description:

Downward Facing Dog

Classification:

Yoga

Instructions:

1. Place the feet hip width apart and toes facing forward. Place the hands shoulder width apart and spread the fingers. Keep the tailbone lifted towards the sky and gently push down through the heels. Open the upper back by rotating the shoulder blades away from one another.
2. Keep the shoulders away from the ears and press down firmly through all fingers and thumbs. Spread the fingers push down through index and thumbs. Place more weight onto the feet than the hands.
3. Pull the navel towards the spine and lift the pelvic floor muscles. Drop the ribcage down towards the spine. Lift the kneecaps up and contract the quadricep muscles.
4. Maintain in this pose for 5 to 10 deep breaths.

Egyptian with slight arch



Exercise Description:

Egyptian with slight arch

Classification:

Yoga

Instructions:

1. Start in Tadasana mountain pose and walk the right foot forward and step the left foot back. Point both the shoulders and hips forward and grab onto the opposite elbows behind your back.
2. Spread the toes lift the right kneecap up. Push evenly and down through all four corners of the feet, lengthen the spine and softly tuck the chin in to lengthen the cervical vertebrae. Roll the shoulders back and down to open the chest.
3. Take 2 to 5 deep breaths here and repeat on the other side. Inhale and gently arch the spine and look up. Open the chest and drop the ribcage down towards the spine and breath.

Front Split with side bend



Exercise Description:

Front Split with side bend

Classification:

Yoga

Instructions:

1. Start in a sitting position with legs extended in front. If you are a beginner place the lower back against a wall.
2. Now extend the legs out to the side and lift the toes up towards the sky and contract the quadricep muscles. Gently push the backs of the knees down into the floor and begin with a straight spine.
3. For beginners place a strap to the insole of the right foot and rest the right elbow onto the right knee. For intermediates rest the right elbow onto the floor and for advanced grab the right big toe with the first two fingers of the right

hand.

4. Now roll the left shoulder back and down and inhale float the left arm up towards the sky or for a more advanced exercise bring the bicep towards the ear.

5. For beginners you should keep the lower back and middle spine the upper spine the shoulder and arm against a wall.

6. For intermediate to advanced maintain a straight spine by opening the left shoulder up towards the sky and lifting the chest. Continue to root the sitting bones down towards the floor and look up towards the sky.

7. If there is extreme stretch in the inside of the knees you have brought your legs out too far. Modify by bringing the legs in a little bit closer. Stay here for 5 to 10 deep breaths. Repeat on the other side.

Intermediate Front Stretch with side bend



Exercise Description:

Intermediate Front Stretch with side bend

Classification:

Yoga

Instructions:

1. Start in a sitting position with legs extended in front. If you are a beginner place the lower back against a wall.

2. Now extend the legs out to the side and lift the toes up towards the sky and contract the quadricep muscles. Gently push the backs of the knees down into the floor and begin with a straight spine. 3. For beginners place a strap to the insole of the right foot and rest the right elbow onto the right knee. For intermediates rest the right elbow onto the floor and for advanced grab the right big toe with the first two fingers of the right hand.

4. Now roll the left shoulder back and down and inhale float the left arm up towards the sky or for a more advanced exercise bring the bicep towards the ear.

5. For beginners you should keep the lower back and middle spine the upper spine the shoulder and arm against a wall.

6. For intermediate to advanced maintain a straight spine by opening the left shoulder up towards the sky and lifting the chest. Continue to root the sitting bones down towards the floor and look up towards the sky.

7. If there is extreme stretch in the inside of the knees you have brought your legs out too far. Modify by bringing the legs in a little bit closer. Stay here for 5 to 10 deep breaths. Repeat on the other side.

Gentle Spinal Twist



Exercise Description:

Gentle Spinal Twist

Classification:

Yoga

Instructions:

1. Begin in a seated position knees bent and feet flat on the floor. Inhale lengthen the spine exhale and drop the knees to the left. The left foot facing towards the right inner thigh allowing the right leg to externally rotate.
2. Both sitting bones should be on the floor. Place the left hand behind the body and the right hand on the left knee. Inhale lengthen the spine exhale and slowly twist the spine looking over the left shoulder.
3. Gently push the hips forward. Allow the breath to guide you in this stretch. On the inhales slowly releasing out of the twist and on the exhales going deeper into the twist.
4. Maintain a straight spine. Take 5 to 10 deep breaths here.

Lower Back Massage Circles



Exercise Description:

Lower Back Massage Circles

Classification:

Yoga

Instructions:

1. Lie on your back feet flat on the floor knees bent. Tuck the chin in to lengthen the cervical vertebrae. Place the hands on the knees then inhale and lift the knees up so the feet come off the floor.
2. Now slowly start to draw circles with the knees allowing the lower back to get a

massage. Start by drawing big slow circles, massaging through the tight areas in the lower back.

3. Keep the knees and ankles and feet together. Perform this exercise on a harder surface. Repeat 10 times in each direction. Breath smoothly and slowly.

Spinal Twist



Exercise Description:

Spinal Twist

Classification:

Yoga

Instructions:

1. Begin by sitting with legs extended bend the left knee and place the heel by the right buttocks. Lift up the right leg and place the right foot to the outside of the left knee. Lengthen the spine and make sure the right foot is flat on the floor.
2. Hips are square shoulders are square. Inhale and lengthen the left arm up towards the sky and look up and place the right hand behind the body and slowly hug the right knee with the left hand.
3. Look over the right shoulder pushing down through sitting bones and lifting up through crown and keep a straight spine. Allow the breath to guide you into the stretch. The inhales releasing the stretch exhales going deeper into the spinal twist.

Standing one leg side balance



Exercise Description:

Standing one leg side balance

Classification:

Yoga

Instructions:

1. Begin in a standing position Tadasana mountain pose. Spread the toes lift the kneecaps to contract the quadriceps and tuck the tailbone under gently. Lengthen and the spine gently tuck the chin in. Find a point to focus on and contract the abdominals lift the pelvic floor muscles and lift the right foot off the floor.
2. Either grab onto the strap and place it around the sole of the right foot or grab the big toe with the first two fingers of the right hand. Do not allow the left leg to bend and keep the spine erect. Now straighten the right leg.
3. If you are using the strap grip the strap with both hands. Maintain the focus on one point and breath smoothly here. Continue to lift the left kneecap by contracting the quadricep muscles.
4. Flex the right foot and work the toes towards the body and the heel away. Resist the temptation of rounding the spine to get further towards your foot. Stay here for 5 to 10 deep breaths. Repeat on the other side.
5. With the strap either around the sole of the right foot or the first two fingers connected to the big toe pivot the right leg to the side. Try not to interfere with the neutral positioning of the hips. Extend the left arm out to the side and keep hips, shoulders and left leg straight.
6. Only if the balance is good, look over the left middle finger and hold this pose for 5 to 10 deep breaths. Repeat on the other side.

Standing one leg balance variation**Exercise Description:**

Standing one leg balance variation

Classification:

Yoga

Instructions:

1. Begin in a standing position Tadasana mountain pose. Spread the toes lift the kneecaps to contract the quadriceps and tuck the tailbone under gently. Lengthen the spine gently tuck the chin in.
2. Find a point to focus on contract the abdominals and lift the pelvic floor muscles and lift the right foot off the floor.
3. Either grab onto the strap and place it around the sole of the right foot or grab the big toe with the first two fingers of the right hand.
4. Do not allow the left leg to bend and keep the spine erect. Now the straighten the right leg. If you are using the strap grip the strap with both hands. Maintain the focus on one point and breath smoothly here. Continue to lift the left kneecap by contracting the quadricep muscles. Flex the right foot and work the toes towards the body and the heel away.
5. Resist the temptation of rounding the spine to get further towards your foot. Stay here for 5 to 10 deep breaths. Repeat on the other side

Supine one leg hamstring stretch



Exercise Description:

Supine one leg hamstring stretch

Classification:

Yoga

Instructions:

1. Begin by lying on the back with legs extended and chin tucked in. Place the strap to the arch of the left foot. Inhale and slowly raise the left foot up towards the sky keeping the right leg and hip connected down towards the floor.
2. Grip the strap with both hands and only go to the point where you feel the first initial stretch in the hamstrings. Flex the left foot and contract the quadricep muscles.
3. Stay here for 5 to 10 deep breaths. Repeat on the other side.

Wide Leg Upward Dog



Exercise Description:

Wide Leg Upward Dog

Classification:

Yoga

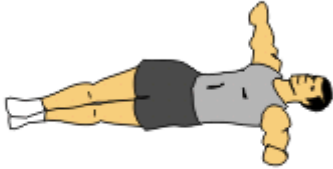
Instructions:

1. Begin by lying on the stomach on the floor. Place the hands behind the shoulders and bring the legs out to the side slightly wider than hip-width.
2. Relax the buttocks and the legs. Inhale and push evenly down through the hands and lift the chest up towards the sky, gently arching the spine. Roll the shoulders back and down and away from the ears, look up towards the sky.
3. Do not allow the lower back to collapse down towards the floor. Stay connected to the core musculature by pulling the navel in towards the spine and lifting the pelvic floor muscles.
4. Keep the fingers and thumbs spread evenly pushing down through all four corners of the palms. Relax the buttocks and the legs. Lift the thighs and chins off the floor pushing down

evenly through hands and through the tops of the feet.

5. Do not allow the lower back to collapse and keep connected to the core. Stay here for 5 to 10 deep breaths.

Yoga Back Stretch



Exercise Description:

Yoga Back Stretch

Classification:

Yoga

Instructions:

1. Lie on your side with knees bent and hips, knees and ankles stacked. Stretch the bottom arm straight out and rest top arm on top, palms together.
2. Keeping your hips stacked and abs engaged, draw the top arm across your body with your fingertips trailing the body and out to the other side. Feel a gentle stretch in your back.
3. Draw the arm back in, stretching over the bottom arm and repeat for recommended repetitions then switch sides.

Yoga Bridge



Exercise Description:

Yoga Bridge

Classification:

Yoga

Instructions:

1. Lie on the floor with knees bent, heels close to the hips. Exhale and press feet into the floor as you lift hips up until thighs are parallel to the floor. Relax the glutes, feeling your quads activate to hold you in place.
2. Hold for 3 or more breaths and slowly roll back down onto the mat. Pull the knees into the chest to stretch the back and relax.
3. Repeat for recommended repetitions.

Yoga Cat Stretch

**Exercise Description:**

Yoga Cat Stretch

Classification:

Yoga

Instructions:

1. Kneel on all fours, knees under hips and hands under shoulders. Spread the fingers out on the floor with palms flat and contract the abs to bring the head, neck and back in alignment.
2. Inhale and tip the sitz bones towards the ceiling while drawing the shoulders back and down away from your ears; look up.
3. Exhale and tuck the chin while pulling your belly towards your spine. Round the back and feel a stretch down your spine.
4. Repeat for 4 to 6 breaths, moving smoothly between each move.

Yoga Corpse Pose**Exercise Description:**

Yoga Corpse Pose

Classification:

Yoga

Instructions:

1. Lie on your back with legs and arms out from the body. Let your feet flop out and relax your fingers. Close your eyes and relax the muscles round each eye as you breath deeply.
2. Starting at your feet, consciously relax each part of your body, letting all your tension go as you breath. Stay here for 5 or more minutes.

Yoga Childs Pose

**Exercise Description:**

Yoga Childs Pose

Classification:

Yoga

Instructions:

1. From the Cat Stretch, sit back on your heels and bring your arms down along your body, palms facing up.
2. Relax and breath for as long as suggested.

Yoga Side Stretch**Exercise Description:**

Yoga Side Stretch

Classification:

Yoga

Instructions:

1. While in the Child Pose, place your right hand next to the chest, elbow bent and stretch your left arm up over your head, palm resting on the floor, keeping your hips straight.
2. Turn your head and look under your arm, feeling a stretch down the left side of your back.
3. Hold for 3 or more breaths and switch sides.

Advanced Cobra



Exercise Description:

Advanced Cobra

Classification:

Yoga

Instructions:

1. Lie on your front. When you are fully relaxed, begin to come into the cobra. Still lying on your front, place your hands flat on the floor so that they are directly underneath your shoulders.
 2. Next lift your head up a little and bend your neck, then lower your forehead to the ground.
 3. Inhale, slowly rolling up and back. First bring your forehead up so that your nose rests on the floor, then continue rolling up and back. Move slowly, so that you feel each vertebra arching back.
 4. Hold the pose for 10 to 60 seconds. Slowly roll down, keeping your head back until last. As you do the cobra, make sure you are not overextending the lower back. No pain should be felt in the lower back. You may want to repeat it two more times.
 5. Once you are proficient in the above steps, you can attempt some variations.
 6. In the cobra, turn your head to look over your right shoulder, trying to see your left heel. Hold for about 10 seconds, then return your head to the center and repeat while looking over the other shoulder
 7. From the starting position, lift your hands off the ground and roll your body up using only your back muscles
 8. Always return to a resting position on your abdomen after these poses
- With practice you may be able to attempt the "King cobra" variation in which your feet touch your head

Gentle Sun Salutation



Exercise Description:

Gentle Sun Salutation

Classification:

Yoga

Instructions:

1. Stand up with toes together, heels apart. Inhale and sweep the arms up overhead. Exhale and fall forward, bend knees if you need to.
2. Place the hands on the floor, your ankles or shins. Inhale and look up, pulling your back up until it is flat. 3. Exhale and fall forward. Inhale and sweep the arms up as you come back to standing position. Exhale and take the arms down.
4. Repeat this series 4 times.

Yoga Cow Face Down



Exercise Description:

Yoga Cow Face Down

Classification:

Yoga

Instructions:

1. Begin in a sitting position, place the left heel beside the right hip and the right leg over top of the left knee. The right foot is by the left hip.
2. Stack the knees on top of one another. Both sitting bones down on the floor extend the spine and work the crown towards the sky.
3. Interlock the fingers and place the palms on top of the right thigh gently pushing down towards the floor. Breath here for 5 to 10 deep breaths.
4. Repeat on the other side.

Yoga Cow



Exercise Description:

Yoga Cow

Classification:

Yoga

Instructions:

1. Place the hands shoulder-width apart and the knees hip-width apart, tuck the toes under, arch the spine.
2. Lift the tailbone towards the sky, drop the belly down towards the floor look up release the lower jaw and open the chest.

Yoga Supine Breathing



Exercise Description:

Yoga Supine Breathing

Classification:

Yoga

Instructions:

1. Lie on the floor with knees bent and feet flat on the floor. Place one hand on your lower belly and inhale, concentrating on expanding through the ribcage and feeling your fingers separate.
2. Exhale and press the bellybutton towards the spine and closing the ribs.
3. Keep the breath flowing and relax the tension in your shoulders and face.
4. Repeat for 4-6 breaths.

