

LET IT GO YOGA

FORWARD FOLD SEATED: PASCIMOTTANASANA

Begin seated with both legs extended. Inhale, bringing your arms up and overhead. On the exhale lift the chest and begin bending forward at the hips, allowing your chest to come down over your legs. Allow your hands to grasp onto your feet, ankles or calves, wherever your flexibility allows. Inhale, lifting your chest, and on the exhale come forward a little more. Relax your head and neck. Adding resistance draw your chest towards your thighs and pull stomach in. If your flexibility allows, bring your forearms to the floor. Full deep breathing for a count of 10. To come out of the pose, place both hands on the floor next to your body and slowly walk yourself back up with your hands to an upright position.



Cues:

Slightly roll the thighs inward.

Hinge, folding forward at the hips.

Maintain a straight back as long as possible as you come forward.

Grasp the big toes with the index finger of each hand.

Take the outside edges of the feet, ankles or calves.

Modifications:

Allow the hands to grasp leg where flexibility allows.

Bend your knees slightly to relieve hamstrings.

Take the outside edges of the feet ankles or calves.

Grasp the big toes with the index finger of each hand.

Interlace the fingers, turning the palms away, and reach around the feet with your hands.

Benefits:

Soothes and calms the nervous system

Aids digestion

Stretches the upper and lower back

Contraindications:

Osteoporosis

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SEATED SPINAL TWIST: ARDHA MATSYENDRASANA

Begin sitting on the floor with the legs straight out. Bend the right knee and cross the right foot over the left thigh, placing the foot on the floor and the right knee raised toward the ceiling. Keep the left leg straight in front. Place your right hand behind your back and straighten your arm helping your back to straighten. Full inhale and as you exhale take your left arm past your right thigh, bending at the elbow and using the upper arm as leverage against your thigh begin to twist around to the right. Allow your left hand to come towards the ceiling. Breathe. Hold for a count of 10.

Repeat on the left side.

Cues:

Add resistance by pressing your arm into your leg and pressing your leg back into your arm.

Let your eyes look around your shoulder and find a point to focus on.

Modifications:

Keep the left leg straight in front.

Benefits:

Stimulated internal organs
Add flexibility to the spine
Relieves menstrual cramping
Relieves Sciatica

Contraindications:

Back Injury



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EXTENDED RIGHT ANGLE: UTTHITA PARSVAKONASANA

Take a wide stance along the length of your mat. Right foot on the line, and your left foot on the angle. Raise your arms to shoulder height, actively reaching out through your straight fingers. On the exhale, bend your right knee, creating a 90 degree angle with the knee directly over the ankle. Inhale and reach along the length of your leg, placing the right hand on the floor along the instep of the right foot. Bringing your left arm up towards the ceiling and roll your chest open. Now bring the right arm along side your left ear as you open your left shoulder, and continue opening your chest toward the ceiling. Turn your head to look up at your left thumb. Hold the pose for a count of 10. On the exhale, straighten your right leg and bring your body back up, turn your feet to set up for the other side. Repeat on the left side.

Cues: You are creating a straight line of energy from your waist to the longest fingers of your hand and from your waist to your foot. Press into the back leg. Be sure your knee is lined-up over your ankle.

Modifications: If you have any neck issues, look down or straight ahead to suit your comfort. Use a block or have the student rest the forearm on the leg.

Benefits: Strengthens and stretches thighs, knees, calves, and ankles, Stretches hips, groins, shoulders, and chest, Improves digestion, Lengthens the spine and improves posture, Stimulates abdominal organs, Increases stamina

Contraindications: Knee injury, Hip arthritis, Shoulder injury, Neck injury



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TREE: VRKSASANA

Fix your gaze on a point and bring the weight of the body onto the right leg, then bring the left foot up to the ankle, calf, or inner thigh as your flexibility allows. Once you are balanced, bring your hands together in front of your chest. Remaining balanced, slowly bring your hands up and overhead. The bent leg's foot is pressing into the standing leg, and the standing leg is pressing into the foot increasing leverage. Bring your hands together in front pressing your shoulders down.

Hold for a count of ten.

To come out, on the exhale, release your arms down, and then your leg.

Repeat on your other side.

Cues:

Fix your gaze.

Open the knee of your bent leg to continue to open the hip, and continue to expand your rib cage.

Lift the kneecap of the standing leg.

Keep your inner foot grounded.

Modifications:

You may use the wall if you feel unsteady.

Bring the foot up onto the front of your thigh, or your hip.

Benefits:

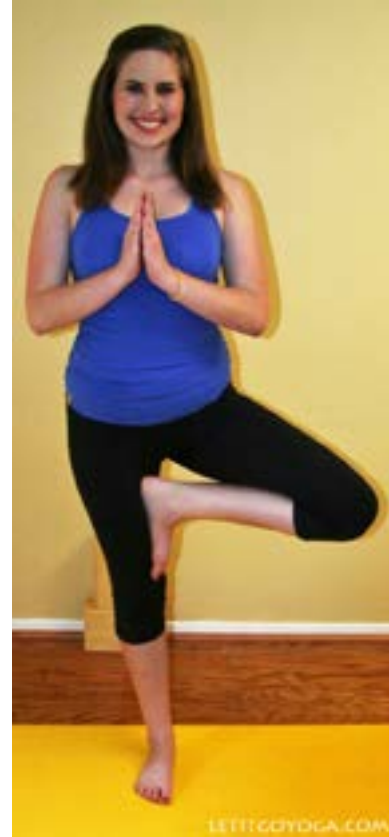
Improves balance

Strengthens the ankles, calves, and ankles.

Stretches the spine

Contraindications:

Knee pain



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CORPSE POSE: SAVASANA

Lying on your back with your feet apart and relaxed and your arms resting by your sides, with the palms facing upward. Gently tuck your chin toward your chest to lengthen the back of your neck.

Cues:

Close your eyes and relax

Breathe deep into your diaphragm, stomach soft, watching the rise and fall of your breath.

Modifications:

*If you are pregnant or have respiratory concerns and are unable to safely lie on your back, place bolster and blanket behind the back creating a 45° angle.

Support arms and head with additional bolsters and blankets.

Place a rolled up blanket under the knees to release the lower back.

Place a blanket under your head so that your chin is level.

Benefits:

Calms the brain and helps relieve stress and mild depression

Relaxes the body

Reduces headache, fatigue, and insomnia

Helps to lower blood pressure

Contraindications:

Lower Back Pain

Pregnancy *(practice with upper back elevated at a 45 degree angle or on the left side).

Obesity *(practice with upper back elevated at a 45 degree angle).

