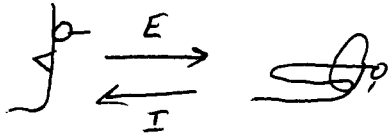


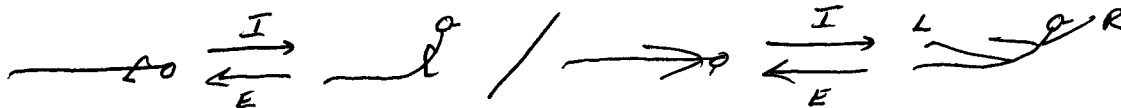
Increasing Exhale/Suspension & Lateral Poses, 2006 from Kathy Ornish

Always move slowly and mindfully through all the postures with careful attention to your breath. During this practice, begin with shorter exhales and progressively lengthen them and the movement.

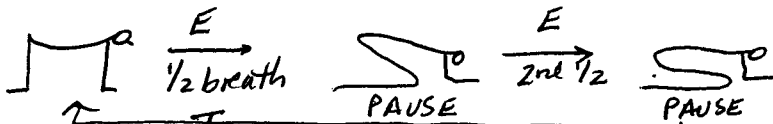
1. Vajrasana asymmetric - 4X alternating sides. Increase exhale



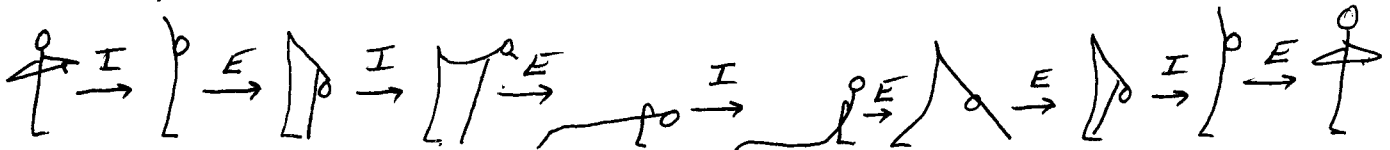
2. Bhjuangasana/Ardha Salabhasana - Repeat 4X/Repeat 4X alternating sides



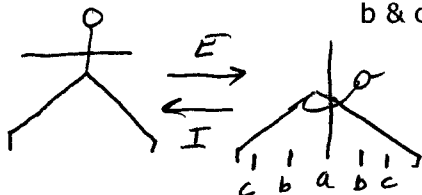
3. Chakravakasana with krama movement and breath - Repeat 6X.



4. Surya Namaskar A - 6 - 8 rounds. Stay in Uttanasana for 4B at the end.



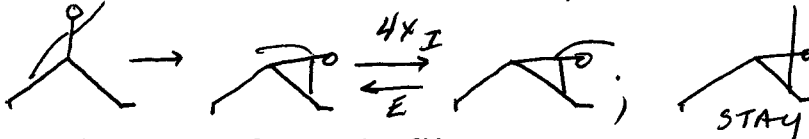
5. Parivrtti Trikonasana - a) repeat 2X alternating sides. Exhale 6 - 8 sec.
b & c) repeat 2X in position b with suspension of exhale for 2 sec,
Alternating sides. Repeat in position c



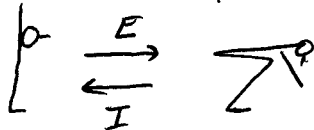
6. Prasarita Padottanasana - stay 4 - 6 breaths, lengthening exhale



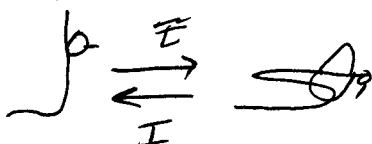
7. Trikonasana - move arm 4X then stay 4B.



8. Utkatasana - Repeat 4 - 6X



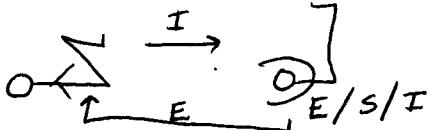
9. Vajrasana - Repeat 4X



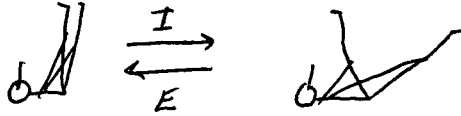
10. Lying Hip Stretch - Stay 4 breaths each side



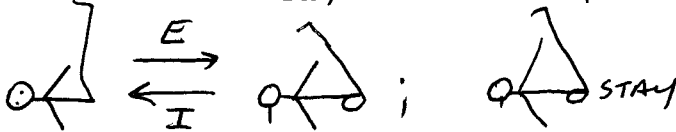
11. Urdhva Prasarita Padasana - repeat 4X. Suspend breath on exhale 2 sec each repetition.



12. Supta Padangusthasana - Repeat 6X



13. Jathara Parivrtti - Repeat 1X alternating sides, increasing exhale 4, 6, 8 sec (1X each). Stay 4B with 2 sec suspension of exhale.



14. Pascimatanasana - Repeat 4X; Stay 4B



15. Upavistha Konasana Lateral - Repeat 4X; Stay 4B with 2 sec suspension after exhale.



16. Parivrtti Pascimatanasana - stay 6 breaths with suspension of exhale 2-4 sec. Deepen pose on suspension.



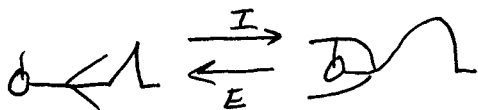
17. Pascimatanasana - Stay 4B



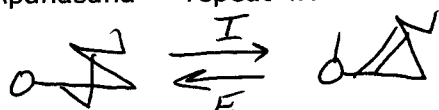
18. Baddha Konasana - stay 4B



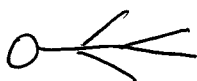
19. Dwi Pada Pitham - Repeat 4X



20. Apanasana - repeat 4X



21. Savasana - 5 minutes



22. Pranayama - *Viloma Krama* (This pranayama involves segmenting the exhale in half with suspension of the breath each time. Here we have segmented the breath two times. Remember, you can make the ratio whatever fits your ability. These numbers are only suggestions.)

IN	EX	S	EX	S	# rounds
6	12	-	-	-	4
6	4	2	4	2	4
6	6	2	6	2	4
6	6	3	6	3	4
6	6	-	-	-	2

23. Meditation of choice or Prana Shuddi (watching the breath, on inhale white light moves in both nostrils and meets at the third eye. On exhale, watch it move from the third eye out both nostrils)