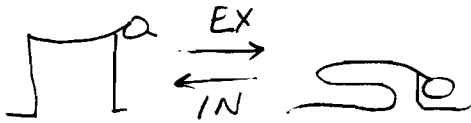


Beginning Practice – Twisting
Good Space Yoga – 2011

1. Seated Ujjayi breathing – Feel the body move with the breath. Feel the spine lengthen during inhale and engage the belly during exhale with special attention to the exhale.



2. Chakravakasana – Repeat 6X with special attention to abdominal contraction on exhalation.



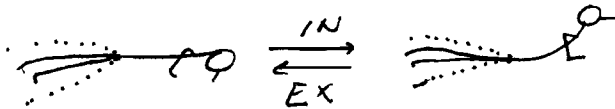
3. Supta Padanghusthasana – Repeat 3X, then stay 1 breath, then repeat 1 breath stay.



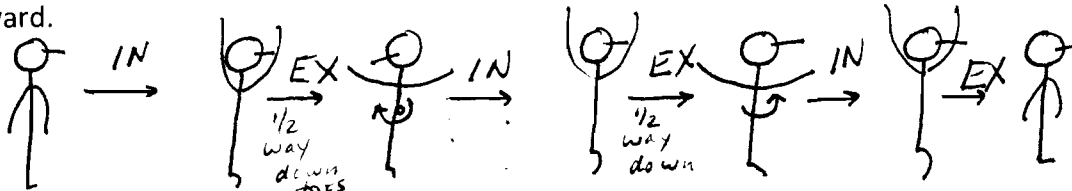
4. Apanasana adaptation for hip stretch – stay 3 breaths on each side



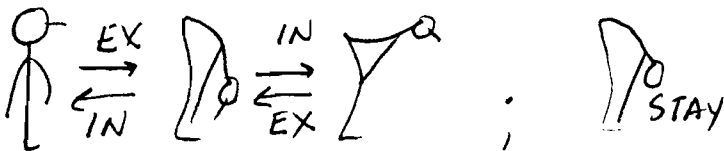
5. Bhujangasana – Repeat 3X with legs 6" apart, then 3X with legs mat width apart.



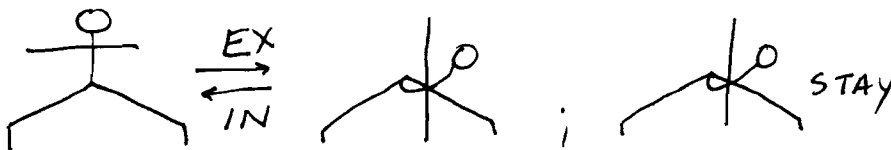
6. Tadasana with twist – 3-4X, alternating sides. Move from the exhale and twisting of the spine. Keep pelvis facing forward.



7. Uttansana/Ardha Uttanasana – Repeat 3X, then stay down 3 breaths.



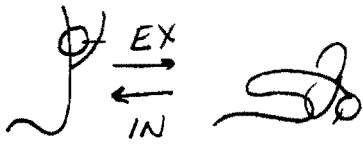
8. Parivrtti Trikonasana – Repeat 3X, then stay 2 breaths, then repeat 2 breath stay, alternating sides.



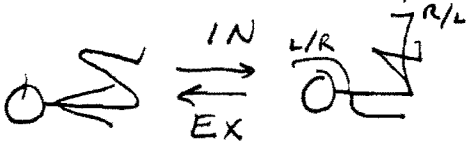
9. Prasarita Padottansana – Repeat 3X, then stay 3 breaths.



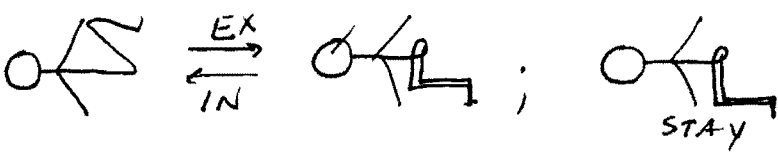
10. Vajrasana – Repeat 6X.



11. Urdhva Prasarita Padasana – Repeat 3X each side, alternating sides.

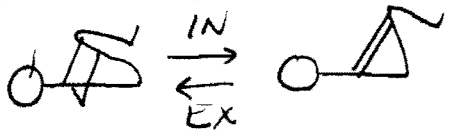


12. Jathara Parivrtti – Repeat 3X each side, alternating sides, then stay 3 breaths.

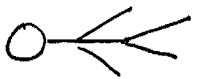


This can be gentler by keeping feet on floor while moving/ alternating sides

13. Apanasana – Repeat 6X



14. Shavasana – 3-5 minutes



15. Ujjayi Pranayama – 12-16 breaths. Try to get your exhale about 1.5X as long as your inhale (e.g inhale=8 seconds and exhale=12 seconds). Focus on gentle and progressive engaging of the abdomen on exhale and the feeling of letting go.

