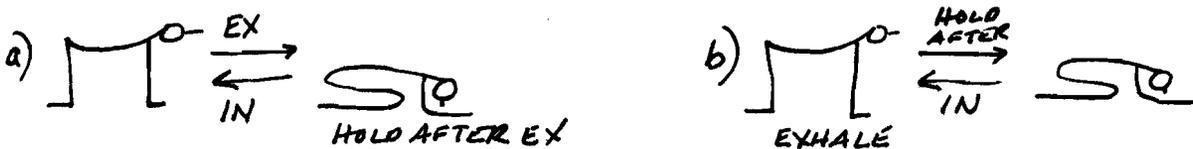


1. **Beginning Breathing - 10 – 12 breaths**

- Lie on the floor with something under your knees and possibly something under your head.
- Notice how the body feels and the attention of the mind.
- Notice the curves of the spine.
- Begin to deepen the inhale and lengthen the exhale, observing the breath.
- As you **inhale**, feel the rib cage and chest expanding. As you **exhale**, feel the belly drawing inward, feeling the **exhale** initiate at the pubic bone then to the naval then to the solar plexus, like a wave.
- Continue to feel the expansiveness of inhale and the stability of the low back on exhale.

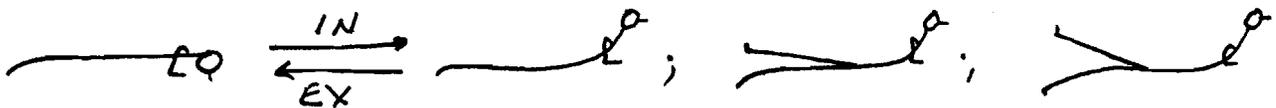
2. **Chakravakasana - Repeat a) 3X then b) 3X.**

- a) -Shoulders in line with wrists, hips in line with knees.
- On **inhale**, lift chest, leading with it, being careful not to over arch the low back and compressing it.
 - On **exhale**, gently contract the belly and round the low back slightly as you move the chest toward the thighs and the buttocks toward the heels. **Stay in the resting position with chest at thighs and buttocks at the heels for 2-3 seconds holding after exhale. Make sure to keep belly contracted.**
- b) -On **inhale**, lift chest, leading with it, being careful not to over arch the low back and compressing it.
- Then, **exhale** while in that position.
 - On **hold after exhale**, gently contract the belly and round the low back slightly as you move the chest toward the thighs and the buttocks toward the heels.



3. **Cobra Pose adaptation - Repeat 2X each, progressively widening legs every second repetition.**

- Place palms on the floor just below shoulders and turn the head to the right.
- On **inhale**, lift the chest,;
- Keep the pelvis level on the ground.
- On **exhale**, lower the chest.



4. **Swimmers Pose (Repeat 6X)**

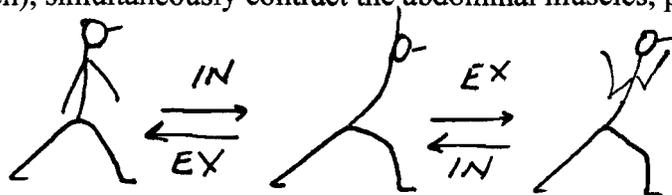
- Place palms on the floor just below shoulders and turn the head to the right.
- Keep the pelvis level on the ground.
- On **inhale**, lift the chest and legs, opening them wide apart, turning the head to the center.
- While keeping the chest and legs lifted, on **exhale**, squeeze the thighs together.
- Come down on **hold after exhale**, turning the head to the side, rest for a moment.



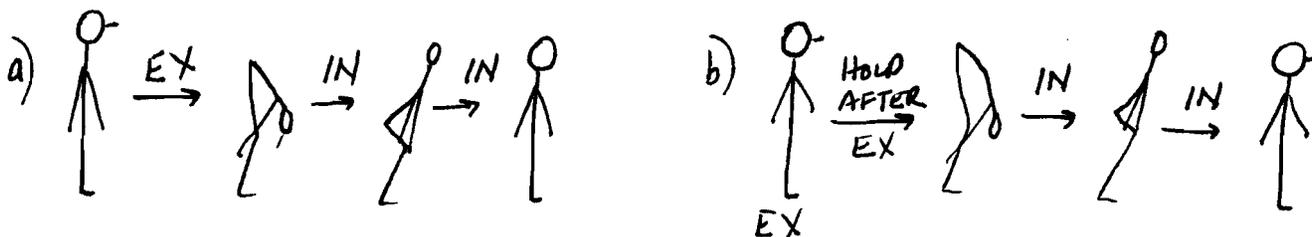
- 5a). **Chakravakasana** - Repeat a total of 6X while progressively lengthening exhale.
Exhale a count of 4 sec/2X, count of 6sec/2X, and count of 8 sec/2X
- Shoulders in line with wrists, hips in line with knees.
 - On **inhale**, lift chest, leading with it, being careful not to over arch the low back and compressing it.
 - On **exhale, counting**, gently contract the belly and round the low back slightly as you move the chest toward the thighs and the buttocks toward the heels.
- 5b) **Chakravakasana with asymmetrical adaptation** - Repeat a total of 3X, on each side, while progressively lengthening exhale. Exhale a count of 4/2X, count of 6/2X, and count of 8/2X
- Repeat the same series, but place one hand and one knee about 2 inches forward (same side) of the usual position.
 - Repeat the same movement with the same lengthening of the exhale.
 - Repeat on the second side.



6. **Warrior Pose (lat pull variation)** - Repeat 4X on each side.
- Stand with the left foot forward, feet as wide as the hips, and arms at the sides.
 - **Inhale** and simultaneously bend the forward knee as raise the arms overhead, displacing the shoulders a little forward of the hips, while lifting the chest and extending the spine.
 - As you **exhale**, pull the arms down as if you are pulling a bar behind your head (but keep the hands open), simultaneously contract the abdominal muscles, pulling the naval in and stabilizing the low back.

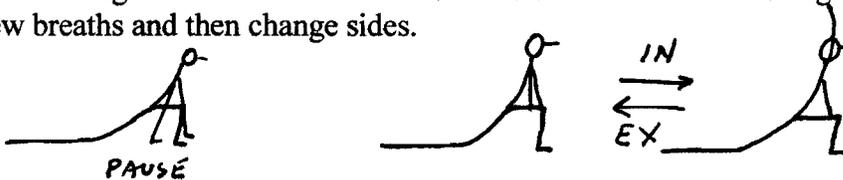


7. **Standing Forward Bend** - Repeat a) and b) 3X each
- a) - Stand with feet hip width and arms at sides.
- **Inhale** and extend the spine, creating maximum intervertebral space (like in Mountain Pose).
 - **Exhale**, bend the knees slightly, draw the belly in, and bend forward, sliding hands down the legs and maintaining length in the spine.
 - **Inhale**, bend the knees, press firmly down into the heels to support the lift of the back, and come out with the same feeling that you would lift up in Cobra pose – lift the chest, lengthen the spine, and draw the shoulders blades down as you come back upright
- b) - *While standing, exhale*, bend the knees slightly, draw the belly in, and on hold after exhale, bend forward, sliding hands down the legs and maintaining length in the spine.
- **Inhale**, bend the knees, press firmly down into the heels to support the lift of the back, and come out with the same feeling that you would lift up in Cobra pose – lift the chest, lengthen the spine, and draw the shoulders blades down as you come back upright



8. Lunge with arm movement

- Bring your right leg forward into a lunge with the back knee cushioned and your front leg knee directly above the ankle, supporting yourself with your hands on either side of your foot (or use a chair for help).
- Pause in this lunge position**, allowing the left quadracep and groin to open by sinking into the front hip and breathing gently. Stay for several breaths.
- Then, bring your hands to rest up on the knee, keeping shoulders down.
- With the **inhale**, raise the left arm forward and up, stretching into the left side of the chest and belly.
- On the **exhale**, release the arm back to the side. **Repeat arm movement 3X.**
- Then bring the hands back to the floor and transition back to bringing the knees together. Rest for a few breaths and then change sides.



9. Bridge Pose -

a) Repeat a total of 3X

Begin with knees hip width apart and feet reasonably close to the buttocks.

On **inhale**, begin to press the feet equally into the floor, roll the spine up off the floor from the bottom, vertebra by vertebra, lifting hips toward the ceiling. Keep the chin down.

On the **exhale**, upwind the spine down, again vertebra by vertebra to the starting point.

Keep the pelvis level throughout the movement.

b) Repeat 3X

-**Exhale** begin to press the feet equally into the floor, roll the spine up off the floor from the bottom, vertebra by vertebra, lifting hips toward the ceiling. Keep the chin down.

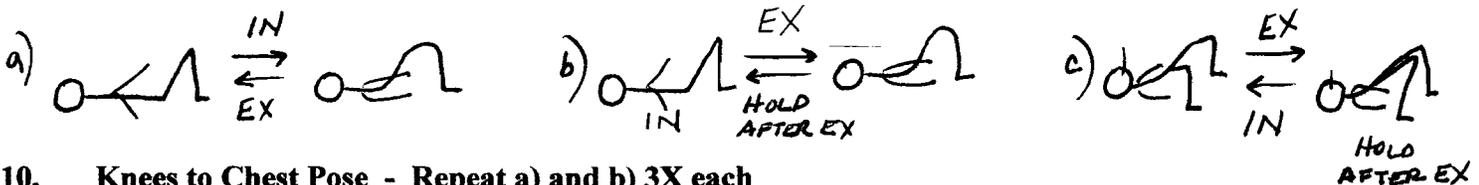
-On **hold after exhale**, come down immediately while holding the breath.

c) Repeat 12X

-Increase the distance between the feet to slightly more than hip width apart.

-**Inhale** and lift into the pose as described previously.

-Then, staying up, **exhale** and squeeze the thighs together, contracting the glutes, quads, abdomincals and adductors. **Hold after exhale**, then **inhale** and open the legs. Repeat 12X



10. Knees to Chest Pose - Repeat a) and b) 3X each

a) With hands

-Put one hand on each knee. On **exhale**, pull knees gently into chest, engaging abdominals and feeling low back move toward the floor. Keep the shoulders on the floor, keeping chin down.

-**Hold after exhale** for a few seconds.

-On **inhale**, return the knees to arm's length.

b) With no hands

-Place hands on the floor, **exhale** and squeeze knees to chest using hip flexors and abdominals only.

-**Hold after exhale** for 4 seconds.

-**Inhale** and allow knees to stretch away from chest a appromimately arms length. Keep neck, jaw and throat relaxed.



11. Supine Extended Leg Pose

a) Repeat 3X on each side

- With arms at sides and knees bent, **inhale** and lift left arm overhead to the floor behind and extend the left leg to the ceiling.

- **Exhale** and bring the knee back to the chest and arm down.

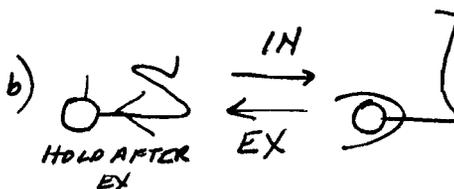
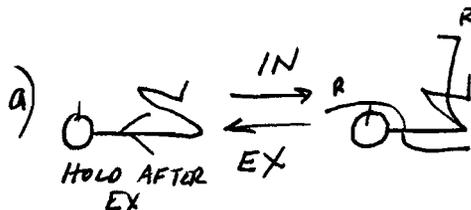
- **Hold after exhale** for a few seconds

b) Repeat 3X

- **Inhale** and bring both arms overhead to the floor behind and extend both legs toward the ceiling.

- **Exhale** and bring the knees to the chest and arms back down to the side.

- **Hold after exhale** for a few seconds.



KEEP FEET
FORWARD OF
HIPS

12. Lying Side Hip Strengtheners Series - do one side first, then Knees to Chest pose. Repeat second side and then Knees to chest pose again.

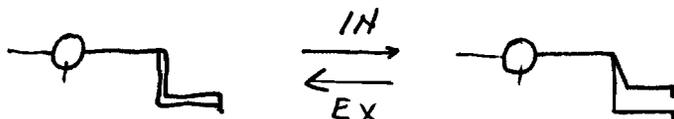
a) Repeat 6X

- Lie on your side with ample support for your head.

- Make right angles with your legs so that the knees are in line with your belly, your ankles are in line with your knees, and your hip are stacked on top of one another.

- **Inhale** and lift the leg from the hip and let the ankle stay hang lower than the knee.

- **Exhale** and SLOWLY lower the leg down.



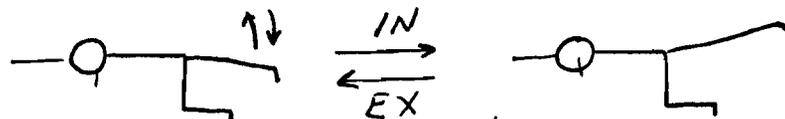
b) Repeat 3X

- Extend the leg out so the heel is in line with the crown of the head (6:00 position).

- Rotate the extended leg inward so that the knee and toes point down (but keep the hips stacked).

- **Inhale** and lift the leg; hold

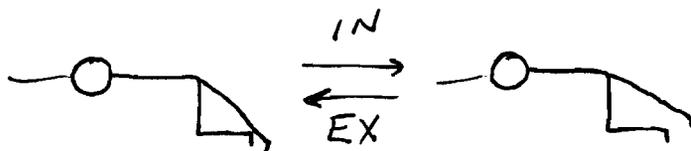
- **Exhale** and slowly release the leg down.



c) Repeat 3X each in the 5:00 position, 4:00 position and 3:00 position with movements as in part b)

***Make sure the hips stay stacked and in alignment throughout the poses and isolate the hip muscles rather than using the back. Do fewer reps, if needed, and build strength over time.

If at any time the weight of the leg feels too heavy, modify the strengtheners by bending the knee or take some resting breaths in between the positions.

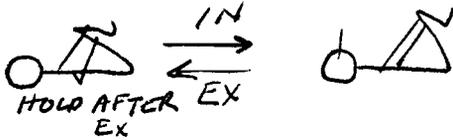


d) Knees to Chest Pose - Repeat 3X

-Put one hand on each knee. On **exhale**, pull knees gently into chest, engaging abdominals and feeling low back move toward the floor. Keep the shoulders on the floor, keeping chin down.

-**Hold after exhale** for a few seconds.

-On **inhale**, return the knees to arm's length.



13. Cross-Legged Hip Stretch - Repeat 3X

-Lie on back with knees bent and cross right ankle over the left knee.

-**Exhale** and draw the right shin or left knee toward the chest, using hands for support.

-**Inhale** and relax the knee away from the chest at arms length (like the Knees to Chest Pose)



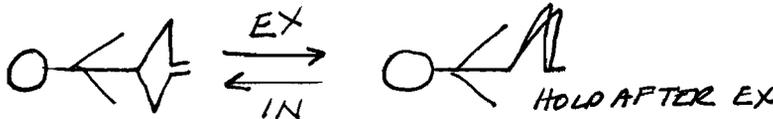
14. Butterfly Pose - Repeat 6X

-Knees bent and feet near the buttocks

-On **inhale**, open legs to the floor bringing the soles of the feet together.

-During an 8 second **exhale**, bring the knees *slowly* together.

-Pause and **hold after exhale** for 2-3 seconds



15. Relaxation - 3-5 minutes (Do not skip this part!)

-Lie flat on the back with a rolled up blanket or bolster underneath the knees, legs hip width or wider apart, arms out away from the body, palms up.

-Close the eyes and relax the body fully, keeping the mind alert.



16. Seated Pranayama - Two part exhale/Two holds after exhale, increasing the length of pauses

-**Inhale** slowly progressively expanding the chest and then to the belly.

-Begin the **exhale** from the public bone to the naval, then the naval to solar plexus feeling the low back move flattening the lumbar curve some.

-a)Progressively lengthen the exhale to 8 counts while letting the inhale be free.

-b)Then divide the **exhale** in half:

Exhale 4 counts pulling abdomen in from pubic bone to naval

Pause 2 counts

Exhale 4 counts contracting abdomen from naval to solar plexus

Pause 2 counts ** (this is new)

Inhale freely and fully from chest to the belly.

-Do this for 4 breath cycles

b) Then increase the pauses to 3 seconds for 4 breath cycles

c) Then increase the pauses to 4 seconds for 4 breath cycles

d) Then gradually release the breath by first releasing the pauses and then allowing the breath to progressively return to its natural rhythm.

-Stay for 2 minutes and observe.