

Gentle Yoga Sequence #2

Supine Poses:

Begin in Constructive Rest: Lying on your back, knees bent, pointing up to the ceiling, feet flat on the floor

- Tune in with your breath
- Set an intention for your practice
- Begin to deepen breath: Inhale through the nose for 6 counts, Exhale through the mouth for 6 counts
-

Shoelace Pose: Lying on back, draw knees to chest and cross one thigh on top of the other. Hold each side for 3-5 minutes

Knee to Chest: Hug R knee to chest, hold for 10 breaths, other side. Hug both knees to chest

Gentle Twist: Knees to chest, scoot hips to R, let legs fall to L. Hold for 10 breaths. Other side

Hands and Knees:

Table Top: Press through webbing between first finger and thumb, lift armpits. Hands directly under shoulders, knees directly under hips

Cat/Cow: Inhale lift tailbone and chest, exhale round spine, tuck tail, drop head. Repeat 10 times.

Side to Side: Inhale at center, exhale look to right hip. Other side. Repeat 10 times

Forward and Back: Walk hands one hands' distance in front of you. Inhale pull heart forward, drop pelvis, Exhale bring hips to heels. Repeat 10 times

Coming to Your Feet:

Tuck toes under. Lift knees one inch off ground. Hold for 10 breaths. Relax in child's pose. Repeat 3 times.

Shift weight to balls of feet, bring knees to chest. Let head hang heavy and without moving your hands or feet, lift your tail to the ceiling: Downward Facing Dog.
Bend one knee at a time: Walk the Dog

Look between hands, walk feet to hands: Forward Fold

Rag Doll: Grab opposite elbows, sway from right to left slowly

Release elbows, bring hands to thighs, halfway lift with straight spine. On your next inhale, lift all the way up to standing with spine straight, bringing arms over your head. Exhale hands to heart center.

Standing Strengthening:

Half Moon Pose: Inhale arms over head, grab hold of R wrist, bend body to L. Hold for 10 breaths. Other side

Heart Opener: Hands on lower back, push pelvis forward, lift heart, tilt chin up. Hold for 10 breaths

Forward Fold

You can flow these together a few times

Thunderbolt: Feet and legs together, Inhale arms over head, Exhale sit down in an imaginary chair, keeping arms over your head diagonally (like a thunderbolt). Hold for 10 breaths. Repeat 3 times

Camper's Pose: Feet and knees 6 inches apart, arms in front of you like a zombie. Exhale sit down in an imaginary chair. Hold for 10 breaths. Inhale stand up on your tiptoes keeping arms where they are, slide down imaginary wall to the chair keeping spine straight and pushing kneecaps forward (stay up on your toes!). Hold for 10 breaths, slide up and release to Mountain Pose.

Tree Pose: Shift weight to R foot, bring L foot to inside of R ankle, or inside of R calf. Avoid the knee. Balance on R foot for 10 breaths. Other side

Prone Backbends:

Prone Mountain: Lying on your belly, hands on either side of ribcage, line up your fingers with your shoulders, elbows pointing up to the ceiling. Toes together, legs together. Nose lightly touching the mat. Hold this for 2-3 minutes releasing any tension.

Baby Cobra: Bring heels together, inhale pull heart forward, peel chest off the ground using only back strength, not a push-up. Hold for 5 breaths, release back to mat. Look to one side. Other side.

Locust: Feet are the width of the mat. Arms are in a low V, palms down. Inhale, press pelvis into mat, lift arms, legs, chest, thighs. Keep breathing. Hold for 5 breaths. Release to the mat. Look to one side. Other side.

Bow: Kick heels to buttocks. Grab outside of feet with hands. Inhale kick into hands lifting chest, thighs off ground. Hold for 5 breaths. Release to mat. Look to one side. Other side.

Come in to Child's Pose.

Cool-Down:

Pigeon: Starting in Table Top Position, bring R knee to R wrist so lower R leg is 45 degree angle. Slide L leg back. Walk hands forward as much as feels comfortable. You can rest on a pillow or block to help support yourself. Stay for 3-5 minutes.

Mermaid. Roll to R hip, bring L leg so the knee and R foot meet. Start to recline back as far as feels comfortable. Stay for 2-3 minutes.

Do both on the other side.

Reclined Butterfly: Lying on back, bring soles of feet together to touch so that knees fall open like pages in a book. Stay here for 3-5 minutes.

Namaste!