

Gentle Yoga Sequence
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Group Health Cooperative
Monona Terrace Lunchtime Yoga

Seated Warm-ups

One hand on heart one hand on belly, notice the rhythm of your breath
Begin to deepen your breath

Side Stretch - R hand on ground, L arm up and over head, reverse

Back Stretch - clasp hands in front of you, roll to fleshy part of buttocks, tuck chin to chest, round spine

Front Stretch - clasp hands behind you, open up chest, tilt chin up

Seated side twist

R hand on L knee, L hand on heart. Inhale grow taller, Exhale twist to the L

Keeping hand on knee, untwist body, L arm over head: side stretch II

Reverse

Hands and Knees (Table Top)

Cat/Cow - Inhale, lift tailbone and chin, extend spine (Cow), Exhale, tuck tail, round spine (Cat)

Do a few rounds following your breath

Sunbird - R arm stretches forward, L leg stretches back. Keep hips steady like balancing a tray on your low back. Switch arms and legs with the breath

Forward and Back - Walk hands one hands' distance in front of you. Inhale, drop pelvis to the mat, stretch heart forward. Exhale, keep hands in place, drop hips to heels
Do a few rounds following your breath

Child's Pose: Hips on heels, arms stretched flat in front of you

Coming to standing

Starting in Table Top, tuck toes under, keeping knees bent deeply, shift weight to balls of feet. Stomach on the thighs, chest on the knees, drop your head, look between your legs like you're getting ready to pounce forward

On your exhale, lift the hips into an upside down V shape, keeping knees slightly bent, relaxing shoulders and keeping neck relaxed so head can hang heavy: Downward Facing Dog

Walking the dog: bend one knee at a time, pressing opposite heel into the mat

Forward Fold: Look between hands, walk feet in between hands, grab elbows and hang from hips letting head hang heavy

Roll up one vertebra at a time, head is the last to come up until you come to standing

Standing Strengthening Poses

Half Moon Pose: Feet hip distance apart. Inhale arms over head, interlock fingers, release index fingers, cross thumbs. Exhale bend body to the right, pushing hips to left. Imagine you're squeezed between two frames of glass. Hold this for ten breaths

Repeat other side

Come back to center, inhale stretch up, exhale push hips forward, tilt chin up, bring arm bones behind ears, baby backbend, hold this for five breaths

Come back to center, inhale stretch up, exhale stretch fingers forward and down to forward fold, hold this for ten breaths

Chair pose: Feet hip distance apart, arms stretched in front of you like a zombie, shoulders relaxed, weight in heels. Inhale, fill lungs, exhale sit down in an imaginary chair keeping heart lifted. Hold this for ten breaths

Chair pose II: Feet hip distance apart, arms stretched in front of you, inhale, lift heels, standing on your toes, Exhale slide down imaginary wall to your chair staying up on your heels. Hold this for five breaths

Warrior I: Starting at the front of your mat, hands on your hips, step R foot back, heel lifted. Inhale. Exhale bend front knee making sure knee lines up over toes, Inhale straighten. Repeat this 10 times. On your 11th knee bend, stay there, bring hands to heart center. Keep your hands here or lift them over your head, 10 breaths
Repeat on the other side

Warrior II: Facing the long end of your mat, hands on hips, step your feet out wide, 4-foot minimum. Pivot R foot towards short side of your mat, bring L foot in 45 degrees. Inhale. Exhale bend R knee making sure knee lines up over the toes, Exhale straighten. Repeat ten times. On 11th knee bend stay there, bring hands to heart center. Inhale raise arms up, Exhale spread arms out wide looking over your R fingers. Hold this for ten breaths
Repeat other side

Sun Salutation

Starting at front of your mat, inhale arms up

Exhale forward fold

Inhale halfway lift

Exhale forward fold

Inhale step feet back into high plank (push up position)

Exhale knees, chest, chin to mat

Inhale release pelvis, peel chest off mat (Cobra)

Exhale Downward Facing Dog, stay here for five breaths

Look between your hands and walk your feet in between your hands (Forward Fold)

Inhale sweep arms over head, stand up (Mountain Pose)

Exhale hands to heart center

Repeat this 10 times

Cool Down

Come to seated, R leg straight out to a 45 degree angle, L knee bent, L foot up high on your R inner thigh. Inhale arms over head, exhale face R leg, inhale stretch up, exhale fold over R leg reaching for R foot. Stay here for 10 breaths

Repeat other side

Both legs together straight in front of you, inhale arms over head, exhale reach for toes. Stay here for 10 breaths

Lie down on your back. Inhale R knee to chest, L leg straight on the floor. Hold this for 10 breaths. Repeat other side.

Inhale both knees to chest, wrapping arms around shins. Hold for 10 breaths

Final Relaxation

Lie on your back, eyes closed, palms facing ceiling, feet flopped open. Visualize relaxing each body part starting from the feet to the top of the head.

Namaste!

(The divine in me recognizes and honors the divine in you)