

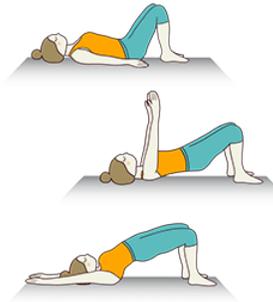
Gomukhasana - Eagle Pose Practice



Exhale, press the spine into the floor, inhale, arch the spine away from the floor, 6x



Place feet wider than hip width apart. Alternate sides, bringing one knee down across the midline.



Inhale, lift the hips and the arms, reaching the arms all the way behind you, exhale lower the hips and the arms. 6x



Roll head side to side



Cross right leg over the left knee, press right knee out. Move legs and hips from one side to the other, starting with about 50% range and eventually going to the floor as comfortable. Use abdominals to control the twist.



Cross arms over the chest, let the knees rest against each other, feet wider than hip width apart. Hold for 3-4 br, recross the arms



Cross one knee over the other, sit tall, 3-4 br, other side



Hold on to the knee and tilt the torso forward, both sides



Sit on a folded blanket or pillow. Inhale, extend the spine, exhale round. Repeat 6x.



Inhale, place one arm out to the side, reach the other arm up. Exhale, reach over to the side. Alternate sides, repeat 3x on each side.



Start in a cross-legged position. Inhale, lengthen up, exhale, take right hand behind you, left hand to the right knee. Inhale, come back to center, exhale, repeat to the other side. Repeat each side 3 times, alternating.



Cross one arm over the other, bend the elbows. Hold each side for 3-4 br. Lift the elbows to shoulder level



Exhale as you round the spine and feel the belly draw in, inhale as you arch, still maintaining the abdominal support.



Keep the hips and back level, alternate sides,. Draw opposite arm and leg out on the inhale, down on the exhale.



Rest for 4 breaths.



Tuck the towels under and straighten the back leg. Keep weight even in both legs and out of the hands.



Stand upright, grounding the feet and lengthening the spine.



Gomukhasana arms: Cross one arm over the other, wind the arms around each other. Practice both sides.



Balance on one leg, lifting the other. Hold each side for 3-4 br



Slide hips back, balance weight in the feet. Hold for 2-3 breaths.



Chair pose with gomukhasana arms, both sides 2-3br



Practice with opposite arm and leg on top. Bring one knee in front of the other. Toes can stay on the floor for balance. Both sides, 2-3 br



Forward bend



Step legs wide apart, turning the feet to the right, bend the knee over the heel, chest facing the long side of the mat. Stretch the arms out to the sides. Hold for 2-3 breaths, then reverse as in the following picture and hold for 2-3 breaths. Repeat on the other side.



Variation of the Warrior pose, reversing the arms



Step legs wide apart. Turn feet to one side, reach arm out to the sides and hinge at the hip reaching over the right leg. Keep both sides of the torso long, chest facing forward. Roll the top shoulder back, arm in line with shoulder.



Step legs wide apart, fold from the hips. Hold for 3-4 breaths, then take a few small steps in and stand up.



Press foot into the strap. Hold for 4-6 breaths.



Repeat the pose above, then open leg out to the side,



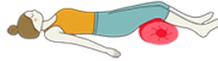
Repeat the two poses above add this one. Bring leg across the body, let hips turn reaching the shoulder back. Lengthen the side of the waist.



Press the feet and the shoulders into the floor, inhale, roll the spine up, exhale, roll down. Bring movement into the upper back. 6x



Bring knees into the chest, relax the back gently rocking side to side.



Rest in a comfortable position, eyes closed. Progressively relax the whole body from the feet up. 1-2 min