

Add
Pose
Cues



Exhale, press lower back into the floor. Inhale, arch lower back away from the floor. Continue for 6 breaths.



Move knees down, one at a time, 6 times to each side, using the following breath: Exhale, move the knee down. Inhale, move the knee up.



Yoga sit-up: support head in your hands, keep hips steady, lift straight up from the center of your chest. 6 times. Use the following breath: Lift with an exhale, come down, then inhale.



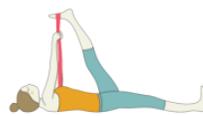
Inhale - move arms over head, Exhale - move arms down. 6 breaths



Neck rolls - roll head from side to side. 6 time to each side. Be aware of the breath.



Draw the knee in on exhale, hold for 3 breaths. (Hold behind knee if knee pain). Repeat 2 times on each side.



Set up with the bottom foot pressed against the wall, Hold for 6 breaths on each side. (leg straight up) Perform this variation on each side, then add leg out, then add leg across.



Hold for 6 breaths on each side. (leg out)



Hold for 6 breaths on each side.



Move hips forward and back, coordinating with breath.



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





Stand upright, balancing the weight in the soles of the feet.



Facing the long side of the mat step the legs wide apart. Turn right foot out, left foot in. Exhale, bend the knee, arms out to the sides. Hold for 3 breaths. Come to center, repeat on other side. Do two repetitions.



Step legs wide apart, turn the feet to the right, bend the knee over the heel, bring one arm down onto the leg, stretch other arm over your ear. Turn the chest up. Hold for 3-4 breaths. Repeat on the other side.



Facing the long side of the mat step the legs wide apart. Turn right foot out, left foot in. Exhale reach over the right leg, bring one arm down. Hold for 3 breaths. Come to center, repeat on other side. Do two repetitions.



Step legs wide apart, fold from the hips. Hold for 3-4 breaths, walk the hands back and let the torso hang as comfortable. Take a few small steps in and stand up.



Sit tall, then hinge forward from the hips.



Lengthen forward, use block for support. Hold for 1-2 min



Use props or arms to support the forehead, hold for 2-3 min



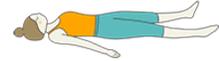
Press the feet and the shoulders into the floor, inhale, roll the spine up, exhale, roll down. Bring movement into the upper back. 6x



Support the knees with a block or pillow between the knees. Also use blanket or pillow under the knees as needed. Start by shifting the hips to the right, then bring the knees towards the chest and down to the left side. Hold for 6-8 breaths, repeat on the other side.



Hold for 3 breaths, rock side to side.



Rest for 2-3 minutes, relaxing the whole body