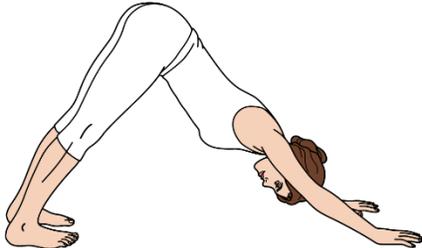
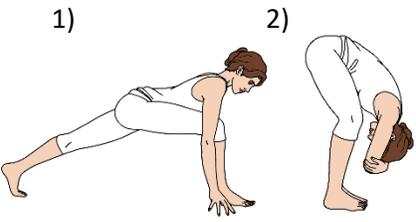
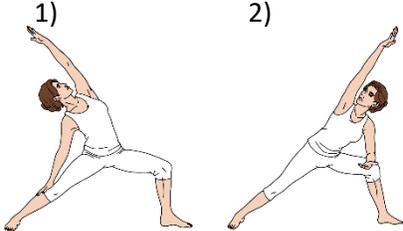
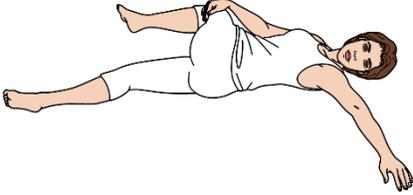


Asana Sequence 4

Practice the following sequence daily if possible, if not, a minimum of 4 days in the week

	<p>SILENT SEATED CENTERING – BODY SCAN – use a mudra Find a comfortable seat on the floor or in a chair, if on the floor, ideally with your hips higher than your knees. Scan your body, noticing any areas of tension, releasing with each exhalation. Start at the top of your head and move down to the feet through the following points: head, forehead, eyes, jaw (open & close to release), throat (swallow, then relax throat), chest, abdomen, hips, knees, feet and ankles.</p>
	<p>SEATED LEG EXTENSIONS (<i>seated on the floor or in the chair</i>) Keep the gentle forward rotation of the pelvis and straight back as you bend your right knee and draw it in toward your chest. Support your thigh by interlacing your hands under your thigh. Use as much or little support as feels right for your body. Extend (straighten) your left leg. Hold for 10 breaths. Notice how much work you are doing in the abdomen and top of the thigh to keep the extension.</p>
	<p>WIDE LEGGED FORWARD FOLD (hold for 3-10 breaths) – Do not go to maximum range of motion – not warmed up yet. Set your feet as wide apart as feels comfortable to you. The picture shows a very flexible person; do not strive to get this low. Reach up with the crown of your head and bend at your hip crease –keep your whole spine long. Place your hands on the floor between your legs, or your elbows if that feels right. Take 3-10 deep breaths.</p>
	<p>DOWNWARD FACING DOG – (hold for 3- 5 breaths) Start from table position. To set your hands, line up your elbows and your shoulders; place hands wherever elbows line up or wider (different for everyone). Turn your toes under, press palms into floor, lift hips up and back; keep knees bent gently at first. Pull the body back so the ears fall between the upper arms. Press through one heel then the other. Lift heels and lower. You may continue to move, or hold the pose static-whatever feels right for your body.</p>
	<p>LUNGE – (Hold for 3 breaths) , then FORWARD FOLD 1) From Downward facing dog, step the right foot forward. You may want to lift your torso and take several steps forward with the right foot. Lift the back heel and lower your hips. Keep the spine long, lengthening all the way through the top of the head. Hold for 3 breaths, then 2) Step the left foot forward to meet the right. Keep as much of a bend in the knees as feels comfortable to hand and hold. Step the right foot back into a lunge on the other side. Hold for 3 breaths. Step the right foot forward into a forward fold. Hold.</p>

	<p>HERO II (OR WARRIOR II) – (Hold for 3 breaths) From forward fold, bend your knees and come up to standing. Step your feet wide. Rotate your left foot out 90°, and your left in 15°-45°. Raise the arms to shoulder height or just below. Bend just your left knee to go into Hero 2 pose. Look down and make sure your knee is directly over your feet and don't let it go beyond the toes. Hold for 3-5 breaths; go into the next 2 poses before switching to the other side.</p>
	<p>REVERSE WARRIOR to SIDE ANGLE POSE– (repeat several times) 1) Lower your back arm and take the hand to your back thigh; sweep your front arm up overhead; look up if that feels comfortable to you. 2) Swing your front arm forward and bring your elbow to the front knee; sweep your back arm up, overhead, alongside the ear. Feel the stretch from the ankle to the fingers. Go back to Hero II, pivot to face the other side and repeat Hero II, Reverse Hero, & Side Angle on the other side.</p>
	<p>CHILD'S POSE (Hold for 5-10 breaths) You may spread your knees apart to make room for your belly. Bring your forehead to the floor, a block or pillow. If your ankles are uncomfortable, roll up a blanket and place it under the front of your ankles for support. Allow your elbows to drop to the floor. Massage internal organs with breath.</p>
	<p>SOMATIC YOGA HIP RELEASE (OPTIONAL HEAD LIFT) – 2 PART Lie on your side; bend your hips and knees at a 90° angle. Prop your head on your arm or on a blanket. 1) Keep your hips stacked and knees together as you lift your foot/ankle straight up as demonstrated in the image. 2) Next lift your top knee off your bottom knee (keep the foot/ankle higher than the knee) no image available. Optional: you may add a gentle lift to bring your head up off the bottom arm (or pillow)-the hand is just support; it does not "pull" your head up. 10 times each side.</p>
	<p>Knee Down Twist (2-10 minutes) Lie flat on your back. Reach your arms out into a "T." Bend your left knee and cross your whole left leg past your mid-line and over your right leg. Allow your right leg to bend gently and rotate a bit with the twist. You may reach down with your right arm to rest your right hand on the outer edge of your left knee. Hold for 5 breaths and go back through center – relax all muscles for a count of 5, then repeat on the other side.</p>
	<p>SAVASANA-FINAL RELAXATION POSE (2-10 minutes) Final Relaxation pose is a very important part of the Yoga practice, please do not skip this step. Support the natural curvature of the entire spine. Begin with diaphragmatic breath until you feel relaxed.</p>
	<p>PRACTICE PRANAYAMA & Meditation (1-3 minutes)</p>