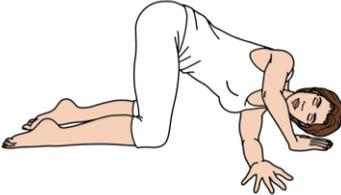
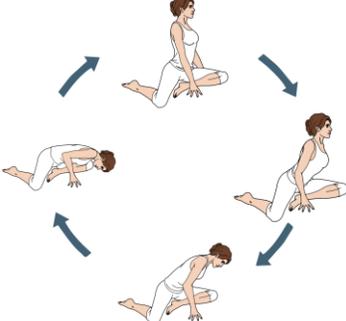
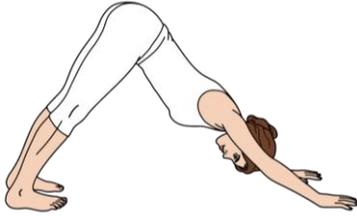


Asana Sequence #2

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

	<p>Start with a Centering – count #of breaths in 1 minute (time it). LATERAL BENDS (2-5 each side) w/balance challenge Place hands on the floor next to hips, fingers turned out. INHALE: Reach left arm straight up in the air, lengthen left waist. EXHALE: Bend over to the right; keep head, chest & arm in the same plane (don't bend forward). Bend the right elbow in toward right hip to support the upper body in the bend. Repeat other side-move with the breath. For the last two sets, lift the opposite knee and hip and shift the weight to one sit bone to challenge your balance.</p>
	<p>CAT/COW/CHILD FLOW- (Repeat 3-5X moving with the breath) INH: Cow- Keep belly drawn in lightly toward navel to support your spine; lift your tailbone, press your chest forward as you draw your shoulders back and down; look up. EXH: Cat pose into Child's pose Lift your back ribs up toward the ceiling, scoop your tailbone under and draw your chin in toward your chest; pull hips back to heels into child's pose. INH: Table. Repeat whole series 3-5X.</p>
	<p>THREAD THE NEEDLE (hold for 5-10 breaths) Starting from table position, thread the right hand under your body as the right arm crosses the midline, draw the shoulder and side of the head to the floor; keep the chin tucked in toward your throat gently. If it doesn't feel right, place a blanket or pillow under your head/shoulder for support. You may lift the supporting arm as shown in the graphic or you may keep the supporting hand on the floor. Hold for 5- 10 breaths. Repeat other side.</p>
	<p>Dolphin Rolls (5 reps, each side) Sit in mermaid pose (both legs wrapped to the right); you may use a blanket under your sit bones to take some pressure off the knees. Rotate your body to the left, place hands on either side of the left thigh. Inhale deeply, exhale as you bow down leading with your nose. When you reach your edge and completed your exhalation, scoop your head, then body upward with an inhale.</p>
	<p>DOWNWARD FACING DOG w/ LION'S BREATH– 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 your hips up and back. Press through one heel then the other. Lift your heels and lower. You may continue to move or hold the pose for 5 breaths-whatever feels right for your body. Chair/wall option.</p>

	<p>FORWARD FOLD (hold 2-5 breaths) From downward facing dog, Walk your hands back and/or your feet forward into a forward fold. Bend your knees generously; if your hamstrings (muscles on the back of the thighs) are tight, you may want to lean back into a wall or lean into a chair. Notice sensations in your face and head.</p>
	<p>HERO 1 – (hold for 2-5 breaths) Step your right foot back, with feet hip-width apart. Steady your stance and take a moment to orient both hips level and pointing forward; keep your back heel lifted. Drop your tailbone down, and press through the back heel as you bend the front knee. When you feel steady, lift your arms up over head. Draw the palms together and hold. If you feel unsteady, hold the wall or back of chair and hands on hips. Keep the breath steady. Repeat on other side.</p>
	<p>CHILD'S POSE: (Hold for 5-10 breaths) Pull back into child's pose. You may spread your knees apart to make room for your belly. Bring your forehead to the floor, a block or pillow. keep your arms active or allow your elbows to drop to the floor. Massage internal organs with breath by breathing deeply into the abdomen.</p>
	<p>KNEE-DOWNRECLINING TWIST – (hold for 30second – 1 minute) Lie down on your back. Draw the left knee in toward the chest, cross the midline and drop the left knee over the right side of the body. Keep the right leg extended, but allow the hips to roll over with the left knee. Reach your right arm down to cradle the left knee. Reach left arm out to the left side; gaze over the left arm.</p>
	<p>SAVASANA-FINAL RELAXATION POSE (2-10 minutes) Final Relaxation pose is a very important part of the Yoga practice, please do no skip this step. Support the natural curvature of the entire spine. Begin with diaphragmatic breath and exhalation longer than the inhalation until you feel relaxed.</p>
	<p>1) PRACTICE PRANAYAMA (1-3 minutes) see tracking chart 2) MEDITATION- Repetitive affirmation, mantra, or prayer OR focus on breath and lift tongue to roof of mouth on inh, drop it down for exh. On inhale think the word "Sat" (sounds like "sot") on exhale think "Nam" (sounds like "nom").</p>