


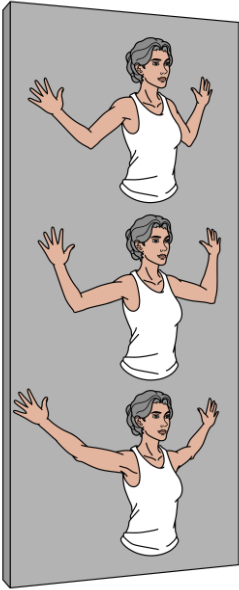




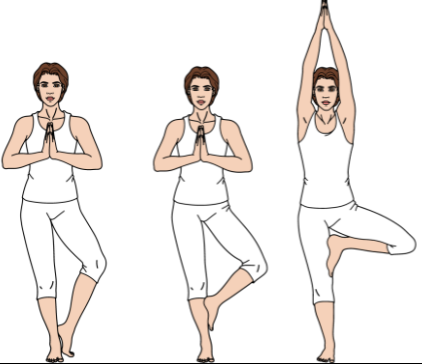



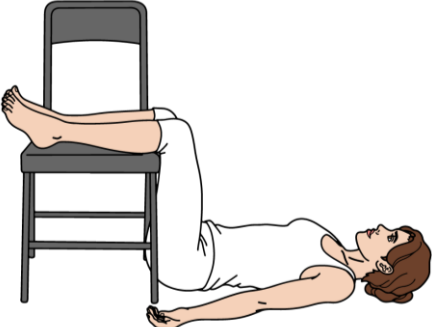


Asana Sequence #3

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

	<p>Breath Centering- Begin with a centering practice like breath awareness, kaki breath, belly breathing.</p>
	<p>NECK WARM-UPS “Head Nodding” (3-5X) Gently nod your head as if you are saying “yes!” Move slowly and cautiously, especially if you have neck issues. Keep length in the back of your neck, do not bend back too far when you lift your chin to look up; If any discomfort: just look up with your eyes. .</p> <p>Head Tilting (3-5X) Reach the crown of your head toward the ceiling, slowly lower your right ear toward your right shoulder. Go back to center then off to the left side. Repeat.</p>
	<p>Seated Twist Remain in Seated pose, but uncross your legs and recross with your other leg in front.</p> <p>INHALE: Reach the crown of your head up to the ceiling to lengthen your spine.</p> <p>EXHALE: Rotate your torso and head to one side using your stomach muscles, front hand to opposite knee, and the other hand touches the floor behind the opposite hip.</p> <p>You may continue moving with your breath from side to side, or stay on each side for multiple breaths.</p>
	<p>SHOULDER WARM-UPS Lean back against your chair, start with your arms out, elbows bent, with wrists and shoulders in-line, and elbows below - only if that is comfortable for your shoulder joint. Slowly raise your elbows up to shoulder level, pause, then begin to extend your arms outward, and lifting your elbows just above shoulder level. You should feel some work in your shoulders and your upper back. Slowly bend and draw your elbows back to the starting position.</p> <p>After you have completed 3-5 repetitions, shake your arms out and move your head a little to release any tension in shoulders/neck.</p>

	<p>SPHINX: (Hold for 10 breaths; work up to holding for 1 minute) Roll over onto your abdomen. Press through forearms and reach crown of head toward the ceiling. Isometrically draw your elbows toward your hips. Relax your jaw; relax your gluteal muscles. If you are not sure if the gluteals are tense, start by deliberately tightening the muscles in your buttocks, then release them.</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>TABLE TO DOWNWARD FACING DOG (2-10 reps) Move between table pose and downward dog with the breath. You may hold for a couple of breaths in each pose, or continue to transition between the two: Inhale= table, exhale "HA!"= downward dog. See notes about downward facing dog in instructions for Week 4. End in down-dog, walk your hands and feet toward each other to come to a standing forward bend.</p>
	<p>WIDE-LEGGED FORWARD FOLD (5-10 breaths each side) Step your feet wide. All 10 toes pointing forward or pointing out. Bend your knees slightly. Keep the spine straight as you bend from the hip crease and fold forward. You may use a block if that is more comfortable. Optional Twist: place your right hand on the floor and gently sweep your arm out to the left and up. Look up if that feels right for you (chin in). Switch arms and twist the other direction.</p>
	<p>TREE POSE (hold for 5 breaths each side) Fix your gaze on the floor in front of you 6 ft away. Balance evenly your feet (not leaning into the heels or the toes); shift your weight to your right leg; rotate your left leg outward and slowly draw your left foot up to your ankle (toes on ground), on the inner calf (sole of left foot on inside of right calf), or place your foot on the inside of your right thigh. Do not place your foot on the inside of the knee joint – as it could injure your knee. Place your hands into prayer position, or raise your arms overhead to "grow" branches.</p>
	<p>SEATED TWIST WITH LEG CROSS OVER (hold for 5-10 breaths) Bend right knee and cross right foot over the left thigh. Inhale: lengthen the spine, exhale: twist. Place the right hand behind right hip. If your elbow reaches, hook the outer left elbow on the outer side of the right knee/thigh. Use the breath to massage the edge. Inhale: back off a bit, lengthen the spine; Exhale: twist. Other side.</p>

	<p>SPINE ROLLING THEN “PUSH-PULL” (30 seconds - 1 minute) Lie down on your back. Gently draw your knees in toward your chest with your hands. Gently, and slowly roll from side to side. Experiment with drawing the knees in closer or further away; it massages a different area of your back as you move. Set up for isometric contractions between thigh and hands; L leg draws toward chest as hand pushes for resistance, and R leg pushes away from chest and R hand pulls isometrically inward.</p>
	<p>REPEAT SPHINX: (Hold for 10 breaths; work up to holding for 1 minute) Roll over onto your abdomen. Press through forearms and reach crown of head toward the ceiling. Isometrically draw your elbows toward your hips. Relax your jaw; relax your gluteal muscles. If you have any discomfort in your low back, separate your legs/ankles.</p>
	<p>SAVASANA-FINAL RELAXATION POSE (2-10 minutes) By now you know your optimal set-up for this pose. Begin with diaphragmatic breath until you feel relaxed. Sit up and practice Pranayama & meditation of your choice.</p>