

1



Sukhasana
Easy Pose and Centering

Sit quietly. Feel all the points of contact and observe the natural movements of breath. Set an intention: “Why am I practicing yoga today? What attitude or way of being would be most supportive at this moment?”

2



Marjaryasana/Bitilasana
Cat/Cow Pose & Extension

Start in Tabletop position on hands (or fists) and knees. Inhale into Cow by lifting tailbone, lowering belly, and lifting face. Exhale into Cat by tucking tailbone, rounding mid back, and looking back toward knees. Repeat several times, leading with deep breaths.

Extension: On an inhalation, extend right leg back, parallel to floor. Find your balance and extend left arm forward. Engage belly. Hold steady for a few deep breaths, then exhale to release. Change sides.

3



Balasana
Child's Pose

Bring knees apart and big toes together. Draw buttocks toward heels, and rest forehead on the mat or a block. Reach arms forward and straight, press down on hands to lift arms a little, and soften heart center toward floor. Take several deep breaths. Observe.

4



Modify: Bend knees

Adho Mukha Svanasana
Downward-Facing Dog

Starting in Tabletop position, walk knees back a few inches, and soften upper back. Exhaling, lift knees and reach hips skyward. **Bend knees to emphasize elongated spine.** Lift up through armpits, and press down through fingerprints and the base of the fingers (rather than through heels of the hands). Reach top of thighbones back. Inhaling, engage arm and leg muscles; exhaling, lengthen limbs and spine.

5



Modify: Bend knees

Tadasana
Mountain Pose w/ breath to Half Sun Salute

Standing, engage leg muscles. Lengthen from pelvis downward, and lift crown skyward. Inhale to lift arms out to the sides and up; exhale to lower arms. Repeat 4x. On next exhalation, hinge forward at hips **with an elongated spine**, arms out to sides, into standing forward bend. Touch floor or blocks, knees bent as needed. Inhale to come halfway up, exhale to fold forward. Inhaling, rise up with an elongated spine, arms out to sides, then overhead. Finish with palms together at heart center. Repeat 2x.

6



Shoulder Stretch

Interlace fingers behind back, or take hold of strap with hands shoulder-width apart. Inhaling, lift shoulders and sides of torso, then draw shoulders back and shoulder blades in toward spine. Pull slightly on hands or strap and extend arms away from body.

7



Virabhadrasana II Warrior II Pose

Stand with feet wide apart. Turn right foot out, left foot in, so feet are in a “T” position. Extend arms. Exhaling, bend right knee directly above right ankle. Engage leg muscles and press down through feet. Hold for a few breaths; Inhale to rise up. Change sides.

8



Modify: bend knees

Prasarita Padottanasana Wide-Legged Forward Fold

Stand with feet wide apart, parallel; Engage leg muscles. Inhaling, lift arms to sides; Exhaling, elongate spine and hinge forward, touching mat or blocks. With deep slow breaths, keep legs engaged, and relax jaw. Lengthen spine toward floor. After several breaths, inhale to rise up.

9



Seated Twist

Sit comfortably on blocks, a cushion, or chair. Place right hand on floor behind buttocks, close to spine, fingers pointed back. Inhaling, lift left arm; Exhaling, twist to right, placing left arm on outer right thigh, palm facing out. After 3 deep breaths, inhale to center, pause, and feel the effects. Change sides.

10



Setu Bandha Sarvangasana Bridge Pose

Begin lying on back, with knees bent, feet on floor hip’s width apart. Tuck shoulders under to lift chest a bit. Inhaling, lift buttocks; exhale to lower. Or, if it feels safe, keep buttocks raised and take several deep breaths.

Supported Bridge: After bridge, rest sacrum on a block. Stay here, or, keeping chest lifted, raise one or both legs skyward, and take several deep breaths.

11



Savasana Corpse Pose

Relax body completely for several minutes. Release any remaining tension with each exhalation, and dwell in the inner stillness.

Closing: Sit quietly and observe the effects of the practice.