
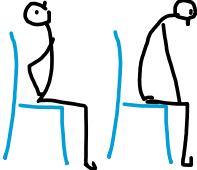




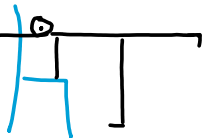



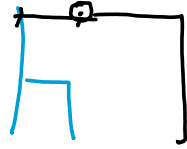
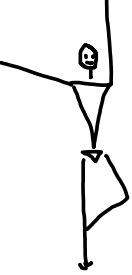

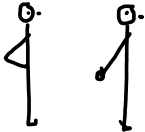

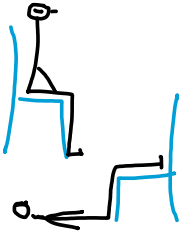
Yoga Boost (15-Minute Refresh with Chair Support)

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Breathe smoothly and deeply, listen to your body, modify if needed. Pause between poses and notice the effects. Enjoy!

<p>1. Centering – Mountain Pose (sitting)</p> <ul style="list-style-type: none"> ➤ Sit with knees slightly lower than the crest of pelvic bones, hands resting on thighs. Root down through sitz bone and lengthen spinal column skyward. Close eyes (if comfortable) and notice contact points, sensations, emotions, and thoughts. ➤ Set an intention: "How do I want to feel or be?" (Relaxed, connected, kind, etc.) Now, let go of trying to achieve anything and open to receive whatever is for your highest good. ➤ Take 3 deep, cleansing breaths. If it feels right, sigh or hum on the exhalations. 	
<p>2. Cat / Cow (sitting)</p> <ul style="list-style-type: none"> ➤ With hands on thighs, inhale through nose and expand heart center (base of sternum) forward and up as you lift face skyward and draw elbows back. ➤ Exhaling through nose, round your back and slide hands forward, chin toward chest. ➤ Repeat 5-10 times, noticing stretching sensations and feeling the spinal column waking up. 	
<p>3. Lion (sitting)</p> <ul style="list-style-type: none"> ➤ Rest hands on upper thighs and inhale deeply. ➤ Exhaling, slide hands forward, arms straight, spread fingers and face wide, stick out tongue, eyeballs look toward sky, and make a breathy sound to release any tension with the breath (and anything that no longer serves you). Repeat twice more. 	
<p>4. Figure 4 Hip Stretch (sitting)</p> <ul style="list-style-type: none"> ➤ Sit up tall, tilt pelvis forward slightly to maintain lumbar curve. Cross right ankle over left knee and flex right foot toward knee. Option: Slide left foot forward to lower thigh "shelf." Place hands comfortably on nearby knee and ankle. Reach right knee toward floor. ➤ Hold for 3-5 breaths; envision breathing into the stretch, releasing tension on exhalation. ➤ If your body invites you deeper, inhale to elongate skyward; Exhaling, lead with your heart center (center of chest) as you hinge forward at hips, head and neck neutral. Change sides. 	
<p>5. Mountain Pose to Forward Bend (sitting or standing)</p> <ul style="list-style-type: none"> ➤ Stand with feet parallel, hip's width. Bring 2/3 of the weight into heels and press crown toward sky; align skeleton with gravity in vertical neutral (ankles, knees, hip joints, shoulders, and ears). Feel the stability of Mountain. If seated, or for back support, separate feet wide. ➤ Place hands in prayer. Inhaling, lift arms skyward; exhaling, open arms out to the side and keeping torso elongated hinge forward at the hips, lightly touching hands to chair or floor. ➤ Let head hang for 3 deep breaths. Engage legs for stability and rise on an inhalation. Lift arms out, up, and then hands in prayer. Repeat 2-4 times, flowing with the breath (inhale to lift, exhale to lower). 	
<p>6. Crescent (sitting or standing)</p> <ul style="list-style-type: none"> ➤ Inhaling, lift arms skyward and elongate torso. Keeping the lift, exhale and reach into a crescent to the right. For more support place right hand on chair or outer right thigh. ➤ Envision inhaling into the left ribcage and neck; elongate on the exhalations for 3-5 breaths. Inhale to return to center. Change sides. Once complete, exhale arms out and down to rest. 	
<p>7. Bird Dog (standing)</p> <ul style="list-style-type: none"> ➤ From standing Mountain, touch hands to the seat of a chair. Engage abdominal muscles. ➤ Inhaling, lift right leg back and left arm forward; exhaling, elongate. Hold for 3-5 breaths, then change sides. OR move with the breath alternating sides (inhale lift, exhale lower). 	

Yoga Boost (continued)

<p>8. Lunge (standing or sitting side-saddle)</p> <ul style="list-style-type: none"> ➤ Standing close to a chair, touch outer edges of the seat with hands. Inhale to lift crown. ➤ Exhaling, step left foot far back onto ball of foot and bend right knee. Hold for 3-5 breaths; notice stretch in left calf, thigh, and groin. Option: lift one or both arms. Change sides. 	
<p>9. L Pose (standing)</p> <ul style="list-style-type: none"> ➤ From Mountain, place hands on wall or back of chair. Walk feet back until torso is parallel to the floor, legs straight. Keep ears between arms. ➤ Lifting through upper arm bones, reach sitz bones back and hold for 3-5 breaths. ➤ Walk forward to release and rest in Mountain. 	
<p>10. Tree (standing)</p> <ul style="list-style-type: none"> ➤ With hands on waist or touching right hand to wall or chair, shift weight to right leg and press heel down until right buttock engages. Place sole of left foot on inner right leg, below or above knee. Supportive Option: Bent knee aiming forward and big toe touching floor. ➤ Envision legs as roots, torso as the trunk, and extend crown toward sky. Place one or both hands in prayer position, or reach arms skyward like branches. 2-8+ breaths; change sides. ➤ Option: After resting in Mountain, repeat L Pose or Forward Bend. 	
<p>11. Upper Back Release and Neck Stretch (standing or sitting)</p> <ul style="list-style-type: none"> ➤ Extend right arm forward with palm up. Cross the arm straight over toward the left and hook the upper arm with the left elbow. ➤ Inhaling, elongate spinal column skyward; Exhaling, lower right ear toward right shoulder for an added neck stretch; Inhale to center then exhale left ear toward left shoulder. Inhale to return to center. Release arms out and up, then sunset arms down. Change sides. 	
<p>12. Shoulder and Chest Opener (standing or sitting)</p> <ul style="list-style-type: none"> ➤ Interlace fingers behind back or place hands on lower back. Inhaling, lengthen spinal column skyward, and draw elbows closer for 3-5 breaths. ➤ If fingers are interlaced, extend arms back. 	
<p>13. Twist (sitting)</p> <ul style="list-style-type: none"> ➤ Sitting toward front of chair, touch right hand on the seat behind buttocks or on low back. ➤ Inhaling, lift left arm skyward; Exhaling, twist to the right and touch outer right leg with left hand or arm. Feel twist at ribs/neck for 3-5 breaths. Inhale to return to center. Change sides. 	
<p>14. Relaxation (Sitting or legs on chair)</p> <ul style="list-style-type: none"> ➤ Relax into your seat or lie on floor and rest calves on seat of chair with legs bent at a right angle. Allow your entire body to release into the earth, from head to fingers to toes. ➤ Rest here for a few minutes and practice just being, letting everything come and go—sounds, breath, sensations, thoughts, emotions all passing like clouds. ➤ If lying down, draw knees into chest, roll to right side, and press hands into floor to rise. 	
<p>15. Closing and Dedication</p> <ul style="list-style-type: none"> ➤ Sit in a steady, uplifted posture with palms together in front of heart. ➤ Focus on your breath as it moves your belly (expanding on the inhalation and contracting on the exhalation) and experience the benefits of the practice. ➤ Dedication: "May this practice benefit each of us and all beings. May we all be at peace." 	