

BODYWORK/YOGA/MOVEMENT ROUTINE

For Relaxation, energize and centering

PART ONE

THE RAGDOLL

Practice standing with your feet hip width apart and roll down thru through your spine and back up again at least 3 times. Inhale slowly and Exhale long.

STRETCH LIFT

Open the palms of your hands, then slowly bring your arms above your head. Hold the position and focus on lengthening your spine and keeping your tail bone tucking downward. Inhale and exhale for 6-12 breaths. Exhale as you lower your arms back to your side.

SHAKE AND TWIST Stand with your legs hip width apart and your knees slightly bent. Bounce from your knees while relaxing and loosening your jaw, neck, shoulders. Shake vigorously for about 2 minutes.

Twist your torso and head from side to side while keeping your knees bent, let arms swing and dangle. Let the pace increase, then gradually slow it down..do this for about 1 minute.

CHEST OPENER Interlock your hands together behind your back, press the top of your hands towards the floor and lift your chest, keep your knees bent. Do this for 12 complete breaths.

PART TWO

DEEP BREATHING Sit on the floor cross legged. Sit on a block or a pillow for support. Keep your torso over your pelvis. Practice the complete breath. One inhalation one long inhalation. Count to 4 on the inhale, hold for 4 counts, exhale 4 counts. Do 8-24 of these.

SEATED TWIST Twist your spine and head to your comfort zone to the right with your left hand on your right knee or thigh. Hold the position for 8 - 12 complete breaths. Repeat other side

SITTING FORWARD BEND Straighten your legs in front of you, sit on the very edge of your block or pillow, bend your knees and lengthen your lower back while you bend forward grasping behind your knees or your ankles. If you are hunching up your shoulders then pull back as you are going to far and creating tension in your shoulders and neck which you want to avoid.

PART THREE ~ Sun Salutations (See Attachment) for Sun Salutation, Triangle and Tree Pose

RELAXATION

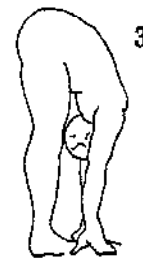
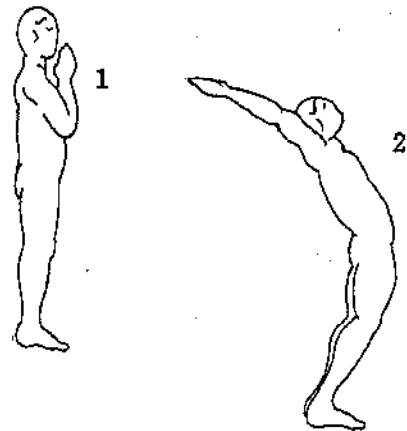
Lie on your back, be completely still, put support under your knees if you have low back pain. Squeeze your entire body tight and then relax. Clear your mind, and take 3 long, deep, complete breaths. Then stop counting your breaths and just let the breath breath You. Let the exhale be longer than the inhale. Do that 3 times. Then be completely still for 3- 5 minutes., when your mind wonders to worried or unnecessary thoughts, gently guide your mind back to your breathing.

CHAPTER 9

SALUTATION TO THE SUN (Surya-Namaskar)

The salutation to the sun is a sequence of twelve poses that are practiced in a continuous flowing movement in the following steps:

1. Stand erect facing east. Join the palms together and form the namaste mudra (humility gesture) near your chest. Place the feet and heels together and inhale.
2. Release the hands and raise the arms up, bending backward from the waist. The legs should remain straight.
3. Bend forward placing the palms on the floor at the outsides of the feet. The thumbs should be in a straight line with the toes. The legs should remain straight and the head should completely touch the knees. Heels must remain close together and on the ground. (In the initial stages, the knees can be slightly bent if you are unable to keep them straight, but in time they should be kept straight, forming a standing posterior stretch.)
4. Place your right foot back as far as possible, bottom of the toes touching the ground. Palms remain in this position for the next step (5). Keep the chest erect and the head slightly tilted back. Gaze upward toward the ceiling if indoors; toward the sky if outside.



ASANA—SALUTATION TO THE SUN

5. Take the left foot and bring it back, placing it close to the right foot, toes of both feet bent, knees off the floor. Keep toes, heels and knees together. Neck and head should remain in alignment, somewhat like the crocodile pose except the body is raised higher, the arms are straight, and the weight of the body is on the toes and arms rather than toes and wrists. Continue gazing upward.



6. Bend your knees and touch the floor with first the knees, then the chest, then the forehead in a sweeping motion. The pelvic and stomach areas are off the floor. The toes remain on the floor, as do the hands.



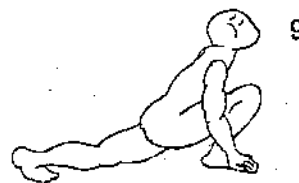
7. Lower the abdomen, then the pelvis to the floor, moving into the cobra pose. The head is arched back and the feet have changed position so the tops of the feet are now touching the floor.



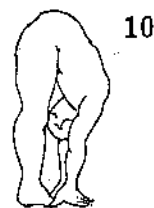
8. Keeping the hands/palms on the floor, raise from the waist and place the heels onto the floor stretching the waist area backward and up so the body is in a V-shape.



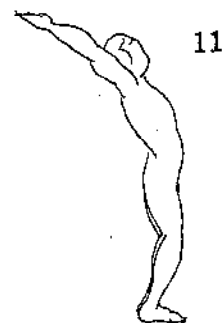
9. Bring the right foot forward and place it between the palms, keeping the left leg straight. The neck and head are raised, gazing upward. Arch the back at the waist.



10. Bring the left foot next to the right in such a way that the palms are in line with the feet. Keeping the legs straight, bend forward from the waist, placing the head to the knees.



11. Raise hands off the floor, swinging them up alongside of the head and arch backward from the waist, legs remaining straight. This is the same position as in step 2.



12. Unbend the body. Bring the head to an erect position, then lower the arms to the sides and assume a normal standing position

Most people lean forward in this pose. Let yourself rest back into the support of your spine, as you do when you are standing. You will not fall backward. You can do the pose with your back near a wall to establish the feeling of support and to find the correct alignment.

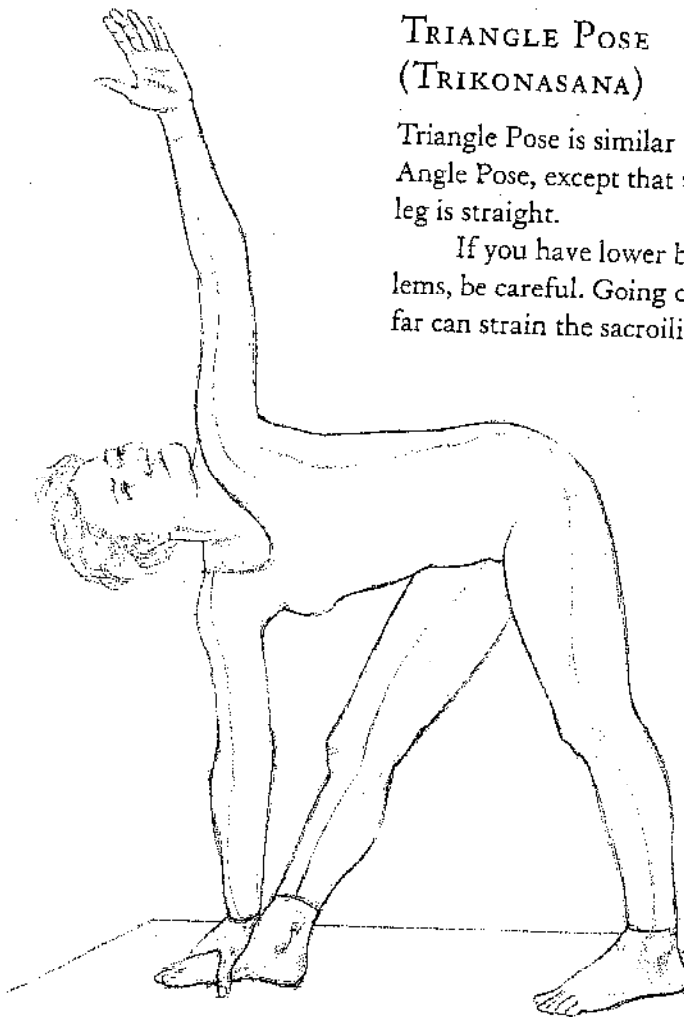
In addition to the downward pull on the back leg and the extension of the spine, the lightness and lift of the poses carries through the upper arm. As your upper back, neck and shoulders release, let your upper arm float out of your shoulder joint.

If you have neck problems or very stiff shoulders, you may not be able to find a comfortable position for your upper arm. If necessary, rest your upper arm on your side. If your neck is long and relaxed, turn your head and look up.

TRIANGLE POSE (TRIKONASANA)

Triangle Pose is similar to the Side Angle Pose, except that the front leg is straight.

If you have lower back problems, be careful. Going down too far can strain the sacroiliac joint.



TREE POSE (VRKSASANA)

- ✦ Start by standing straight.
- ✦ Bend one leg and place the heel as high as you can on the inner thigh of your straight leg. If you can, bring your heel right to the top of your thigh, there is a notch where it "fits." If necessary, hold your foot with one hand to prevent it from slipping. Or put your foot lower on your leg.
- ✦ As you exhale, press down firmly on the outer heel of your standing leg to strengthen and stabilize your pelvis.
- ✦ Dropping your bent knee away from your hip helps to lengthen your waist.
- ✦ When you are balanced, bring your arms over your head or into Prayer Position.
- ✦ Stay in the pose, with your breathing steady and your gaze relaxed and passive.
- ✦ When you are ready, return to standing straight.
- ✦ Repeat on the other side.

Variation

- ✦ Bend one leg in Half Lotus, and place it on the front thigh of your standing leg.

This variation is much easier to align and stabilize than the basic pose if you have flexibility in your hips to do Half Lotus.

