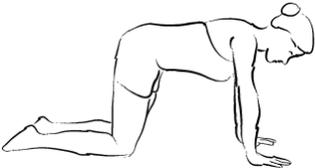
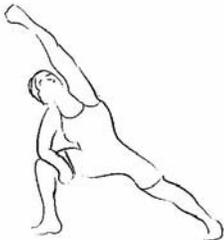


# HOLY YOGA

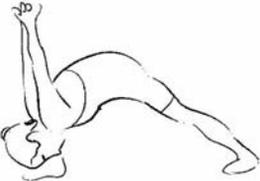
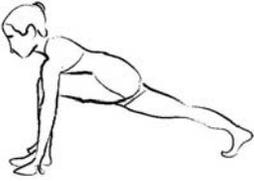
## Standing Postures

Pose	Name	Description
	Mountain	Stand tall and lift the crown upward away from the ears. Distribute weight evenly over the four corners of each foot. Engage (or flex) the legs and draw the shoulder blades onto the back body.
	Tabletop	Get down on all fours with arms straight but elbows not locked. Wrists should be under your shoulders, palms spread on the floor. Emphasize the length in the side body. Knees should be under your hips. Draw in your navel so that your back remains flat.
	Downward Facing Dog (Downdog)	Begin from tabletop. Inhale. Exhaling, lift the hips up and back toward the ceiling while pressing into the mat through the palms. Engage your legs. Don't lock your knees. Press heels toward the floor. Bring the shoulder blades onto your back body. Soften the heart toward the thighs. Lift your inner thighs toward the back of the room. Lift your navel.
	Extended Side Angle	Begin in Downdog. Bring the right foot forward to the front of your mat. Make a 90 degree angle with your front knee. Spin the left foot so that the outer edge of the left foot presses into the mat for stability. Move your front kneecap towards your pinky toe. Bring the right hand down to your mat or place your forearm on your thigh. Extend the left arm up to the ceiling, bicep by the ear, and stack your shoulders (left and right shoulders form a vertical line). Keep your back leg strong and your hip lifting. Keep your chest open.

## Standing Postures cont'd

Pose	Name	Description
	Triangle	<p>Start in Mountain. Exhale and step your right leg out to the side in a wide stance. Inhale and raise your arms out to the side parallel to the floor. Keep your left foot pointing forward while turning your right foot straight out to the right. Keep your hips facing front. Exhale while reaching the right fingertips toward the right toes and hinge at the hips towards the right. Your right hand can be on the floor, on your thigh or your shin. Lift the left arm high and reach toward the ceiling. Gaze upward, straight ahead, or at the floor. Focus on moving your crown towards the front of the room as the tail moves back and stacking the hips and lungs.</p>
	Revolved Triangle	<p>Start in Standing Forward Fold. Step your right leg back about 3 feet with both sets of toes facing forward. Inhale and lengthen your spine. Place the right hand to the inside of the left foot on the floor or on a block. Keeping the length in the spine, extend the left arm out and upward toward the sky, drawing the torso open. To make the position easier, soften your left knee or move your right hand toward the right.</p>
	Warrior 1	<p>Begin in Mountain. Step the right foot straight out front about 3 feet. Turn the back heel in slightly so the foot is at a 45-degree angle., pressing the outer edge of the back foot firmly into the mat. Bend the front knee to a 90-degree angle, while slowly extending the arms forward and up overhead. Soften the shoulders away from the ears. Focus on moving your front knee towards your pinky toe, squaring your hips to the front of the room, and engaging your core.</p>
	Warrior 2	<p>Begin in Warrior 1. Straighten your front leg. Turn your body so that your hips are squared to the side wall now. Bend the right knee to a 90-degree angle while lifting your arms straight out to the sides, parallel to the floor, palms down. Imagine your fingertips intentionally reaching toward opposite ends of the room. Open your heart and engage the legs.</p>

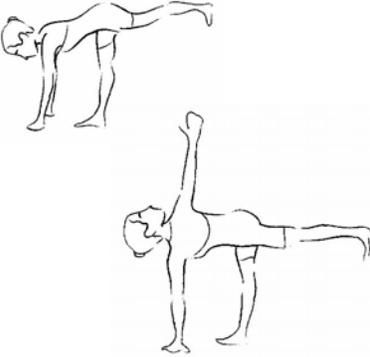
## Standing Postures cont'd

Pose	Name	Description
	Humble Warrior	<p>Begin in Warrior 1. Interlace your hands at your tailbone. Drop your knuckles toward the floor as if there were a 10-pound weight in your hands. Take a little back bend here if you can; open the chest, drop the head back, and lift the chin upward. Gently hinge forward from the hips, keeping the hands interlaced behind you. Rest your right shoulder on your right thigh. Bend into the front knee as much as you can, and then gently draw the front hip back and in toward the midline of the body. Keep the outer edge of the back foot rooting into the mat, lifting the inner arch and pressing the back hip forward.</p>
	Crescent Lunge	<p>Begin in Downdog. Step the right foot forward and place it on the mat between your hands. Stay on the ball of the left foot. You can drop the knee if necessary. Lift your torso off your thigh so that it is vertical, bringing your shoulders directly over the hips. Bring your arms up, biceps next to your ears, softening your shoulders away from your ears. If you like, you can take a back bend here, gently dropping your head back and pressing your chest to the ceiling.</p>
		
		
	Revolved Crescent	<p>Begin in Downdog. Step the right foot forward and place it on the mat between your hands. Stay on the ball of your left foot. You can drop the knee if necessary. Bring your left hand to the floor inside of the right foot. Take your right hand upward, twisting the torso. Bring your hands into prayer position and rotate for a deeper twist.</p>

## Standing Postures cont'd

Pose	Name	Description
	Chair	Start in Mountain. Keeping your spine straight, bend your knees as close to 90-degrees as possible, as if you were sitting down in a chair. Allow your posterior to extend out toward the back (do not tuck it under). Touch your fingertips to the floor on either side of your feet if you can. Reach your arms straight out front and then upward toward the sky, keeping them parallel to one another until your arms are alongside your ears. Drop your shoulders down. Grow tall through the spine, all the while keeping the knees bent to 90-degrees. Draw your thighs energetically toward one another as though there was an imaginary block between them.
	Standing Spread-Leg Pose	Begin in Mountain. With your right foot, step out to the right in a nice wide stance, about the length of one leg. Keep your feet parallel, toes pointing forward. Bringing your hands to your hips, extend the crown upward as to lengthen the spine. Hinging from the hips with a straight spine, fold forward. You can relax your hands where comfortable: on the floor, outer edges of feet, gripping the great toe, or using blocks. If you are able, draw the crown of the head to the floor. Keep the leg muscles engaged and lift the navel.
	Pyramid	Begin in Mountain. Step your right foot out in front about 3 feet. Center yourself over your front and back feet, both heels on the floor. Keep both sets of toes facing forward, and keep your hips squared forward. Keeping the legs as straight as possible without locking the knee joints, hinge forward from the hips, dropping the chest toward the front thigh. Keep moving the hips back and the head forward, melting the heart and crown toward the mat. Place your hands where comfortable. They can be on the floor alongside your front foot, or you can interlace your fingers behind you and allow the hands to wrap up and over the crown.

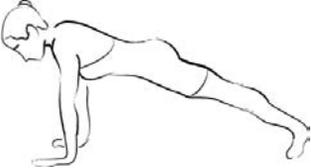
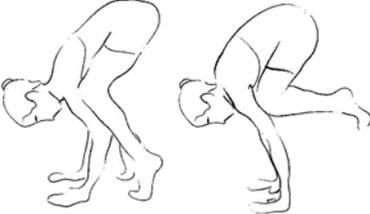
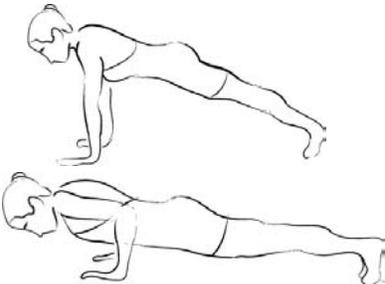
## Balancing Postures

Pose	Name	Description
	Tree	<p>Start in Mountain . Inhale. As you exhale, transfer the weight of your body to your right foot. Place the sole of your left foot on the inside of your right leg just above the ankle, toes pointing to the floor. Slowly draw your left foot upward until it is resting as high on your right leg as is comfortable. Inhaling, draw your hands to heart center in prayer position with thumbs touching your breastbone and fingers toward the ceiling. Keep lengthening the spine. Be sure the left foot isn't pressing into the ankle or knee joints. Drop the shoulders away from the ears. Bring the left knee back so it is in line with your left hip. Draw the navel in and up for stability.</p>
	Boat	<p>Begin in a seated position, legs straight out in front of you. Draw your knees into your chest, bringing the feet up off of the floor. Draw your inner thighs together. Bring your palms to the back of the thighs and lift the heels so that they are level with the knees. Keep the feet flexed and the legs engaged. To make this more difficult, extend your legs straight out so that your body is now in a V position.</p>
	Half-Moon	<p>Begin in Downdog. Step your right foot forward between the hands and lift the left leg so you will be balancing on the right foot and leg. Be sure that the left heel is in line with the left hip. Move your right fingertips to about 2 o'clock from your right pinky toe. Inhale and float the left arm up toward the sky, keeping the abdominals and legs engaged. Stack your hips and lungs, imagining the hips, shoulders, and head are against a wall. Keep both arms and legs straight. Look where it is comfortable.</p>
	Revolved Half-Moon	<p>Begin in Downdog. Step your right foot forward between the hands and lift the left leg so you will be balancing on the right foot and leg. Be sure that the left heel is in line with the left hip. Set your left fingertips to about 10 o'clock from your right great toe, extending your right arm outward and then upward toward the sky. Open your chest and look up toward your top hand. The hips should be squared to the mat by lifting the left inner thigh toward the ceiling and rotating the left pinky toe toward the mat. Rotate the torso by pressing the left lung forward and drawing the right shoulder and lung back. Engage every muscle in your body and keep the spine straight by moving the crown forward.</p>

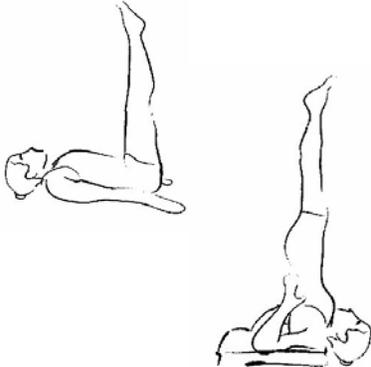
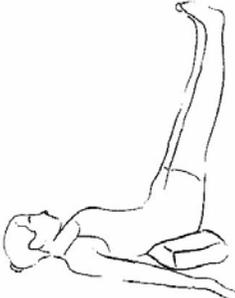
## Balancing Postures cont'd

Pose	Name	Description
	Warrior 3	<p>Begin in Mountain. Exhale and bend forward from the hip joint, not from the waist. Bring your fingertips to the floor slightly in front of your feet. Inhale. Lift your left leg so that the heel is in line with the hip. Keeping the left foot flexed, press down through the four corners of the right foot. Stretch your arms out like wings to the side and lift the torso until it is parallel to the floor. Keep the left leg engaged with the heel pressing back while extending the crown forward. Keep the hips square to the mat and engage your core. To increase the difficulty, bring your arms out in front of you, parallel to each other, palms facing together. Draw the biceps by the ears.</p>
	Dancer	<p>Start in Mountain. Spread the toes on the right side, rooting in with the 4 corners of the foot. Transfer your body weight to your right foot and bend your left knee, bringing the heel up backward while you reach for it with your left hand. Place your left foot in the palm of your left hand. Take a moment to balance, then draw the left kneecap in toward the right. Slowly take your right arm up forward, bringing your right bicep next to your right ear. Take a couple of breaths and balance. Working slowly here, begin to press your left foot back behind you, at the same time begin bowing your chest forward. Your body works like a lever here, so press back only as much as you bow forward and vice versa. Flex your left foot and take the grasp to the left ankle. Press back through the left shin. As you open through the hip, press the right arm forward toward the front of the room and lift it higher.</p>
	Extended Leg	<p>Start in Mountain. Spread the toes on the right side, rooting in with the 4 corners of the foot. Transfer your body weight to the right foot and draw the left knee in and up toward the chest. Balance on the right leg, ensuring the spine is long by drawing the navel in and up while you slide the tailbone slightly down. Hook your left great toe with the first two fingers and thumb of your left hand. Be sure your left arm is on the inside of the left leg. Begin to straighten your left leg to whatever degree of ability you have in this particular moment. Keep the left heel pressing forward as the left toes come back toward the nose. Try to lengthen the spine as much as possible by deliberately taking the rounding out of the upper back. Engage the right leg. To take it further, open the hip and foot out to the left.</p>

## Arm-Balancing Postures

Pose	Name	Description
	Plank	<p>Begin in Tabletop. Energetically melt your heart toward your thumbs so that there is no rounding through the upper back. Soften your tailbone toward the floor slightly and draw your navel in and up toward the small of your back. Turn your toes under so that the pads of your toes are on the floor. Pressing the heels back, roll the weight into the balls of the feet, lift your knees off the floor, and come to a high push-up position. Be sure that you are on the balls of both feet, pressing the heels toward the wall behind you. Keep the legs and core engaged. Drop to your knees if needed.</p>
	Side Arm Balance	<p>Begin in Plank. Keeping your right hand on the mat, bring it directly under your nose. Shift your weight to the outer edge of your right foot and lift your left foot off the mat, stacking the left foot onto the right, toes to heel, if your body permits. Take your left hand up toward the heavens. As you move the right side of the body slightly forward, draw the left side of the body slightly back—stacking the hips and shoulders. Focus on engaging the core and opening the chest. To make this more gentle you can always drop the right knee to the mat.</p>
	Crow	<p>Start in Mountain, taking your feet to the edges of your mat. Take a deep bend in both knees coming into a squat position. Drop your tail toward the floor and lift your navel in and up. If you can, drop your heels to the mat. If not, stay on the balls of your feet. Press your palms together at heart center, moving triceps firmly into the inner thighs. Energetically hug the inner thighs against your triceps. Place your hands on the mat about 2 inches in front of the toes. Lift the tail up and roll the weight into the hands. Take your gaze about 6 inches in front of you on the mat. Roll onto your tiptoes, moving the weight into your hands. Either stay here or start lifting one set of toes off the mat and then the other, trying to bring your great toes together. Focus on energetically drawing your thighs together and your navel in and upward.</p>
	Yoga Push-Up	<p>Begin in Plank. Keeping the entire body engaged, roll the body forward to the tiptoes. Be sure that the inner eyes (creases) of the elbows are facing forward. Hinge at the elbows and begin to bring your body down toward the mat. Pause for a breath in the low position. Really press through the heels of the hands and come back up. Keep your eyes focused out in front of you. Keep the body taut as you lower down. Keep the elbows moving back alongside the body, hugging your ribs. Really lift up your navel to remove the sway in the lower back. For a gentler version, drop the knees to the mat on the way up and/or the way down.</p>

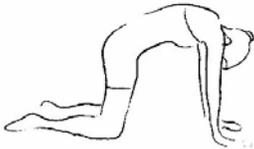
## Inverted Postures

Pose	Name	Description
	Shoulder Stand	Start by lying flat on the floor, knees bent with the soles of the feet to the mat. Place your hands under your lower back for support, dropping your elbows into the mat. Lift your feet up off of the floor, drawing the knees toward your face, and lift your legs upward toward the ceiling. Push yourself up so that your hips are off the mat, still supporting your lower back with your hand, legs straight and toes pointed at the sky. If you like, you can begin to move the hands up toward the mid-back to get the hips and legs more vertical. Be sure that the neck is not pressing flat into the mat but that the natural curve in the neck is maintained.
	Plow	Start by lying flat on the floor, knees bent with the soles of the feet to the mat. Place your hands under your lower back for support, dropping your elbows into the mat. When you feel completely supported, take your feet up off of the floor, lifting the legs upward toward the ceiling. Hinging from the hips, drop the legs up and over the head, so that the toes are behind the head. Keep the hands on the lower back if you would like, or begin to move the hands up toward the mid-back for more support. If your toes touch the floor behind you, try to roll the balls of the feet to the floor, pressing the heels back behind you. Be sure that the neck is not pressing flat into the mat, but that the natural curve in the neck is maintained.
	Legs-Up-the-Wall	Start by sitting on the floor sideways next to a wall that is suitable for working against. Your right hip should be against the wall. Place the soles of the feet on the floor so that the knees are bent, keeping the spine vertical. Exhaling, lie back onto the floor perpendicular to the wall, swinging your outstretched legs up onto the wall. Your legs will be completely supported by the wall. Place your hands or a folded blanket underneath your lower back if it would be more comfortable. It is essential to maintain the natural curve in your neck by keeping the chin up off of the chest and pressing the back side of the skull into the mat.

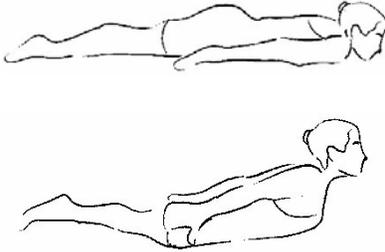
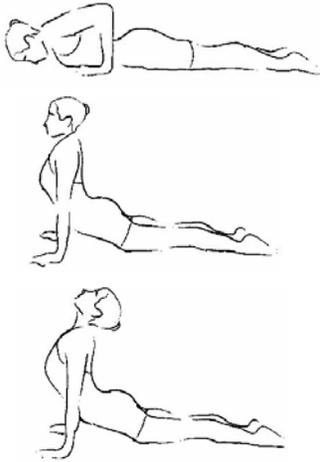
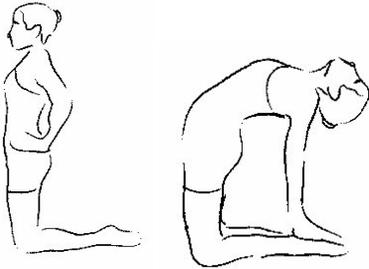
## Inverted Postures cont'd

Pose	Name	Description
	Headstand	<p>Begin in Tabletop. Drop your forearms to the floor and interlace your fingers. Open your wrists outward, forming a hollow in your hands. Press down with the forearms, becoming aware of the foundation you are setting. Place the crown of your head in the hollow of your hands so that the interlaced fingers are just behind the crown, cradling your skull. Move the weight of your body forward onto the crown, moving the hips forward and pressing the forearms down. If you feel comfortable, tuck your toes (leaving them on the floor) and begin to lift your hips up, just like Downdog but with the forearms and crown in the mat. Keep a bend in the knees if necessary and begin to walk the feet closer to the head. You want to bring the hips forward enough that they stack onto the shoulders, keeping your feet on the floor as you do so. Stay here if you are newer. If you are ready for a full headstand, root into the mat with your forearms before you attempt to fully invert. Slowly lift your legs up straight. Focus on engaging your core and keeping your shoulders away from your ears.</p>
		
		<p>*If you are a beginner, you may move your mat near a wall or a corner. You can use the wall to support your legs as you are learning. It is also advisable to have a friend help you as you get used to inverting your entire body*</p> <p>*Your neck cannot support the weight with your forearms, so make sure you are fully rooted into your mat with your forearms*</p>

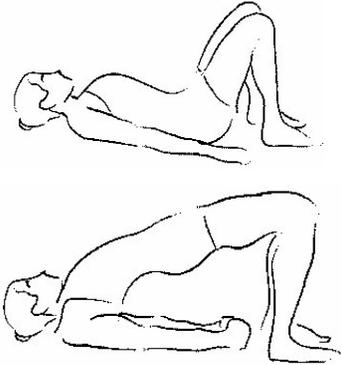
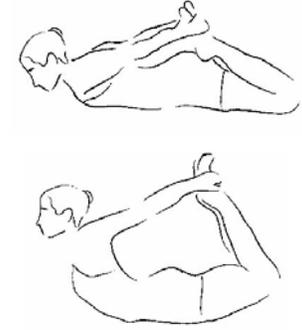
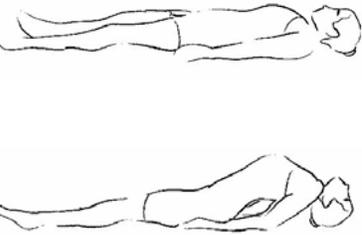
## Backward-Bending Postures

Pose	Name	Description					
<p>Cow</p> 	Cat/Cow	<p>Begin in Tabletop. Be sure that the palms are spread flat and that all 10 fingertips are pressing into the mat—not gripping, but aware of the connection. Bring the shoulders directly over the wrists and the hips directly over the knees. Cow pose: Lift your crown and tail simultaneously upward, allowing your belly to soften toward the floor. Cat pose: Pressing firmly in with the palms, draw your navel in and up and tuck your tail and crown toward the floor at the same time. Really arch the upper back around the back side of the heart. Flow this a few times, inhaling as you come to Cow and exhaling into Cat, replenishing the spine.</p>					
<p>Cat</p> 				Sphinx	<p>Lie on your belly, legs at hip width, tops of the feet on the floor. Relax your forehead on the mat. Start by bringing the chin to the mat. Place your forearms, palms down, on the mat so that the tops of the fingers are in line with the tops of the shoulders. Inhaling, press your forearms into the floor and begin to lift your chest and head. Look straight ahead. Pelvis stays on the mat. Bring your elbows directly under the shoulders and press down through the forearms and heels of the hands. Lengthen your spine as much as possible, then draw your shoulders and forearms back while lifting the crown upward. Focus on drawing your shoulder blades back behind your heart. Feel your hands energetically pull the mat back in a traction type of action.</p>		Cobra
	Sphinx	<p>Lie on your belly, legs at hip width, tops of the feet on the floor. Relax your forehead on the mat. Start by bringing the chin to the mat. Place your forearms, palms down, on the mat so that the tops of the fingers are in line with the tops of the shoulders. Inhaling, press your forearms into the floor and begin to lift your chest and head. Look straight ahead. Pelvis stays on the mat. Bring your elbows directly under the shoulders and press down through the forearms and heels of the hands. Lengthen your spine as much as possible, then draw your shoulders and forearms back while lifting the crown upward. Focus on drawing your shoulder blades back behind your heart. Feel your hands energetically pull the mat back in a traction type of action.</p>					
	Cobra	<p>Lie on your belly, legs at hip-width, tops of the feet on the floor. Relax your forehead on the mat. Start by bringing the chin to the mat. Place your forearms, palms down, on the mat so that the fingertips are in line with the tops of the shoulders. Inhaling, press your forearms into the floor and begin to lift your chest and head. Look straight ahead. Pelvis on the mat. Spread all 10 fingertips wide and press down through the heels of the hands, drawing the shoulder blades back and down away from the ears. Extend the crown upward toward the heavens, keeping the buttocks soft until you lengthen as much as possible. Begin to press the palms down, lifting the elbows off of the mat. Raise your chest and head as high as you feel comfortable, keeping your elbows bent.</p>					
							

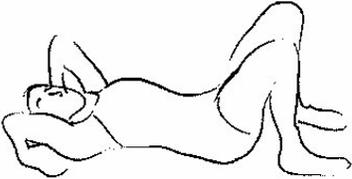
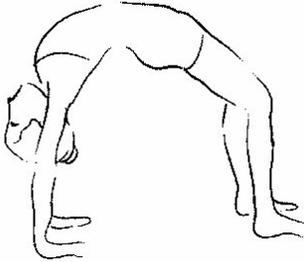
## Backward-Bending Postures cont'd

Pose	Name	Description
	Locust	Lie on your belly with one cheek on the floor. Start by bringing the chin to the floor. Keeping your chin there, lengthen your arms alongside the body so that the palms are facing down and the fingertips are reaching for the wall behind you. Begin to lift your head and chest up off of the floor. The crown of the head will be lengthening forward directly in front of you, so the gaze will be directly under your nose. Lift both legs, pointing the toes toward the wall in back. Lift one leg at a time to make the pose more gentle. Feel free to take legs and arms up at the same time, or opposite arm and leg. Any variation is fine, just stay with your breath and stay conscious of the sensation. Focus on keeping the legs engaged.
	Upward Facing Dog	Lie on your belly with one cheek on the floor. Start by bringing the chin to the floor. Keeping your chin there, bring your fingertips in line with the tops of the shoulders. Spread all 10 fingertips wide and press down through the heels of the hands, drawing the shoulder blades back and down away from the ears. Extend the crown upward, keeping the buttocks soft until you lengthen as much as possible. Begin to press the palms down, lifting the upper body. You will straighten your arms as much as possible here. You can leave your thighs resting on the mat, or you can engage the thighs by drawing the inner thighs toward one another and then upward. Your thighs will lift off the floor as you press firmly into your mat with the tops of your feet.
	Camel	Start in a kneeling position, shoulders stacked directly over the hips, shins, and tops of the feet on the floor. From your knees to your crown should be a straight line upward. Bring your hands to your lower back for support. The fingertips can be facing downward or upward depending on the flexibility of your wrists. Engage the legs by pressing the tops of the feet into the mat and squeezing the inner thighs in toward one another. As you do, draw the tailbone slightly down and forward to protect the lower back. Use your hands to press your hips forward over the knees, drawing your elbows toward one another behind you. You can stay here or tuck your toes so that the balls of the feet are touching the floor behind you and bring one or both hands to your heels. If you want to deepen the pose, drop the tops of the feet to the mat. Your gaze will be up and backward.

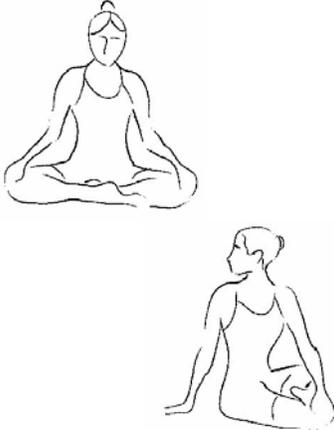
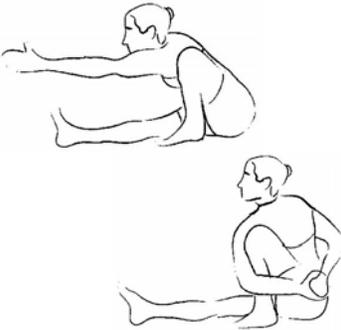
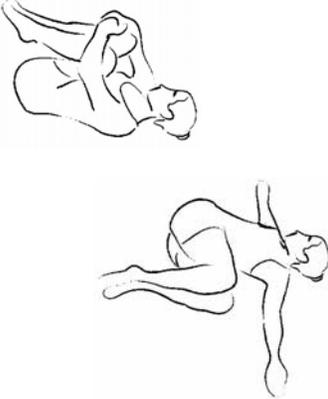
## Backward-Bending Postures cont'd

Pose	Name	Description
	Bridge	<p>Begin by lying on your back. Bend the knees so that the soles of the feet are flat on the floor. Bring the heels about 3-5 inches from the tail and spread the toes nice and wide. Place your hands alongside your body on the mat with the palms facing down. As you press in through the soles of the feet, begin to lift the hips up toward the ceiling. Bring the hips up only as much as is comfortable, remembering that back bends are designed to heal the spine, not hurt it. You can interlace your fingers down to the knuckles underneath you, really drawing the shoulder blades onto your back body. Feel your heart lift upward as your hips elevate just a bit more. Focus on energetically drawing the thighs together. Gentle release, rolling down a vertebrae at a time. Draw your knees into your chest.</p>
	Bow	<p>Lie on your belly with one cheek on the floor. Start by bringing the chin to the floor. Keeping your chin there, bend the knees and flex the feet so that the soles of the feet are facing upward. Reach back with your hands for either the ankles or the top of the feet. Strongly lift your heels away from your buttocks and lift your thighs away from the floor. Pull your chest and head off the floor, opening the chest.</p> <p>Focus on keeping the knees in line with the hips.</p>
	Fish	<p>Start by lying on your back. Slide your hands beneath your lower back, directly under the tailbone. Touch your first fingers together and thumbs together, making a diamond shape. Bending your elbows, push your chest upward on the forearms and elbows. Make sure that the elbows are pointing straight back behind you. Draw your shoulder blades way back and lift your heart upward. Allow your head to tilt back, if you like, resting the crown on the mat. Be sure to engage your lower body.</p>

## Backward-Bending Postures cont'd

Pose	Name	Description
	Wheel	<p>Begin by lying on your back. Bend the knees so that the soles of the feet are flat on the floor. Bring the heels about 3-5 inches from the tail and spread the toes nice and wide. Bring your hands up by your shoulders, placing the palms flat to the mat with the fingertips tucked behind the shoulders. Lift your hips, attempting to get them in line with your knees. Maintain the natural curve in your neck by pressing the back of the skull firmly into the mat and drawing your chin up and off of your chest. Pressing in through the palms, bring the top of the head to the mat. Draw the elbows toward one another and bring the shoulder blades onto the back body. If you want more, press through the heels of the hands and lift the crown up off of the floor. Begin to straighten the legs by pressing through the heels while you move your heart toward the wall behind you. Keep moving the shoulders away from the ears, allowing the natural weight of the crown to lengthen the neck. Breathe there for as long as you can without straining. To come down, bend the elbows and place the crown back onto the floor. Release the spine back to the mat a vertebrae at a time. Draw the knees into the chest.</p>
		
		

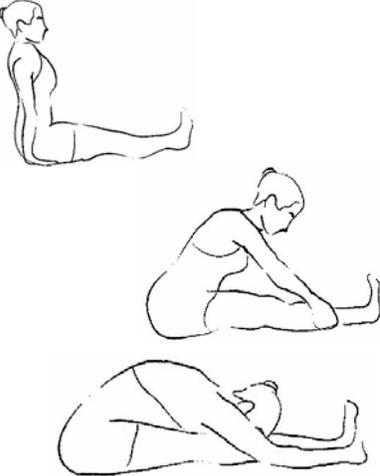
## Twisting Postures

Pose	Name	Description
	Gentle Seated Twist	<p>Start sitting with your legs outstretched in front of you. Draw the sole of the right foot to the inner thigh of the left leg, being sure that the right heel is as close to the groin as possible. Bring the left foot in toward the right. The left sole can rest on the right shin. Move the excess flesh away from the sitting bones, so that your tail feels connected to the mat. Place your right hand on the left knee and begin to twist your torso to the left. You can leave both hands there or begin to bring your left hand behind you for more twist. If you use your left hand, really press it down into the mat to maintain the length in the spine, then twist by moving your right lung forward as you move your left lung back. Focus on dropping the shoulders away from the ears and drawing the shoulder blades back behind the heart.</p>
	Seated Spinal Twist 1	<p>Start sitting with your legs outstretched in front of you. Bend the right knee and set the right sole of the foot on the floor alongside the left inner thigh. Reach the right arm forward as far as you can, with the arm to the inside of the right leg. Reach the right arm around the bent right knee. Be sure to hug the inner right thigh in toward the midline and maintain that energetically throughout the pose, regardless of level. Stay here if this feels right to you or bring your left hand around your back and clasp the left wrist with the right hand. Use a strap here if you need to. Be sure to keep the heart open and the left outstretched leg engaged.</p>
	Lying Spinal Twist	<p>Start lying flat on your mat with your legs outstretched. Draw both knees into your chest, draping the hands just below your knees so that the tops of the thighs soften into the belly and chest. Open your arms out like wings, pressing the palms into the mat. Bring your knees to a 90-degree angle, so that the knees stack over the hips and the heels are in line with the knees. Draw the inner thighs tightly toward one another and then drop both knees to the right. Hold for 1-2 breaths. Bring knees back to center, using your core strength, then drop them to the left and hold for 1-2 breaths. To make this more difficult, when dropping the knees to the right and left, keep the knees and thighs elevated off of the mat an inch or two on each side, using your core strength to keep the legs lifted.</p>

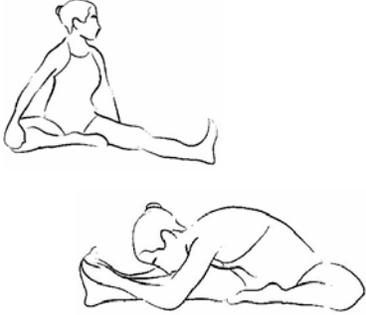
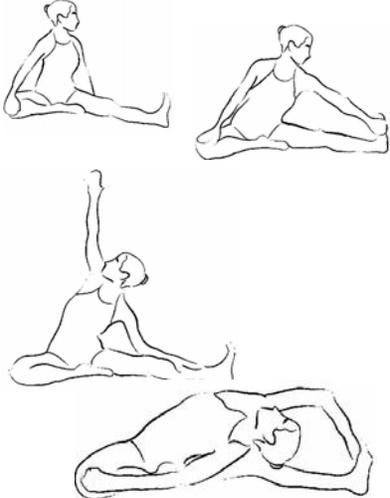
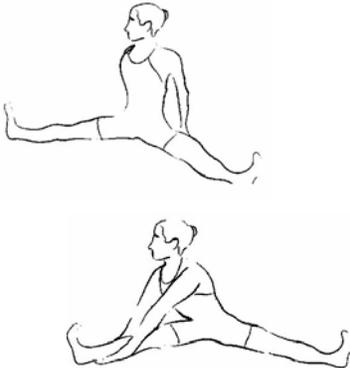
## Twisting Postures cont'd

Pose	Name	Description
	One-Leg Variation of Lying Spinal Twist	While lying flat on the mat, bring just the right knee in to the chest, keeping the left leg outstretched. Engage the left leg by flexing the toes back toward the nose and anchoring the left inner thigh down toward the mat. Open the arms out like wings and drop the right knee over to the left side of the body. Lengthen from the right hip to the right kneecap. You can rest the left hand on the right knee if you would like, keeping the left lung lifting upward. Hold for 2-3 breaths and then repeat on other side.
	Revolved Crescent Lunge Pose	Begin in Downdog. Step the right foot forward and place it on the mat between your hands. Stay on the ball of the left foot. You can drop the knee if necessary. Bring your left hand to the floor inside of the right foot. Take your right hand upward, twisting the torso. Hold for 2-3 breaths and release. Repeat other side.
		

## Forward Bending Postures

Pose	Name	Description
	Pigeon	<p>Start in Downdog. Bring your right knee forward between the hands and place it on the floor, simultaneously dropping the left knee to the floor. Draw your right heel in toward the groin as much as possible and turn your left hip downward. The most important thing is to square the hips toward the floor. Once squared, drop the left knee back to the mat. Fold forward over the bent right knee, outstretching the arms in front of you. Melt your chest toward the mat, close your eyes, and rest here for 3-4 breaths.</p> <p>Repeat on the other side for the same length of time.</p>
	Seated Forward Fold	<p>Start by sitting on your mat with your legs stretched out in front of you. Rest directly on your sitting bones by using your hands to move the fleshy excess away from your hips and buttocks.</p> <p>Lengthen the spine upward toward the ceiling, drawing your shoulder blades onto your back body behind the heart. Keeping a straight spine, begin to hinge forward from the hips. Bring your hands alongside your thighs. As you press in with your palms, draw your elbows back alongside the body and move your heart forward toward your shins. Rest for 3-5 breaths, then release.</p> <p>Engage the legs by flexing the feet. Press the heels away from you forward and rotate your inner thighs down into the mat. Do not compromise the length or integrity of the spine by caving your shoulders forward.</p>
	Standing Forward Fold	<p>Start in Mountain with feet hip width apart. Gently hinge from the hips into a forward fold. Bend the knees as you begin. You will feel a lot of pressure in your head and neck. Gently move your head from left to right and forward to back to release any tension.</p> <p>Try to relax here, regulating your breath and bathing your brain with fresh oxygen and blood. Take your palms to the calves, bending your elbows toward the back of the room. Relax wherever is comfortable for 4-6 breaths. Release the pose by stepping back to downdog or unhinge from the hips, coming back up to standing with a straight spine. Keep your legs engaged and make sure the knees are not locked.</p>

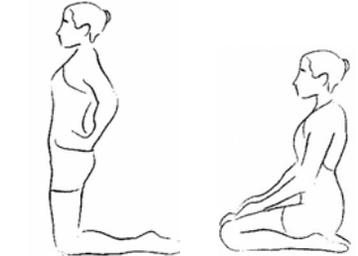
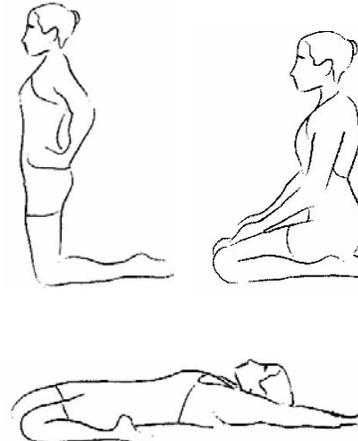
## Forward Bending Postures cont'd

Pose	Name	Description
	<p>Head-to-Knee Forward Pose</p>	<p>Start by sitting on your mat with your legs stretched out in front of you. Bring the sole of the right foot toward you and place it onto the inner edge of the left thigh, allowing the right knee and thigh to rest on the floor. Find your sitting bones by moving the fleshy excess away from your hips and buttocks. Lengthen the spine upward by extending the spine toward the ceiling and drawing your shoulder blades onto your back body behind the heart. Keeping a straight spine, turn your shoulders to square directly over the left outstretched leg and begin to hinge forward from the hips. Bring your hands alongside your left thigh. As you press in with your palms, draw your elbows back alongside the body and move your heart forward toward your left leg. Rest wherever is comfortable for 2-3 breaths, then release and repeat on other side. Focus on engaging the left leg by flexing the foot and rotating the inner thigh down toward the floor—without locking the knee joint.</p>
	<p>Revolved Head-to-Knee</p>	<p>Start by sitting on your mat with your legs stretched out in front of you. Bring the sole of the right foot toward you and place it onto the inner edge of the right thigh, allowing the right knee and thigh to rest on the floor. Find your sitting bones by moving the fleshy excess away from your hips and buttocks. As you do, lengthen the spine upward by extending the spine toward the ceiling and drawing your shoulder blades onto your back body behind the heart. Bring your left elbow to the interior of the left thigh, either onto the floor or onto a block. As you do, take your right arm high toward the ceiling. Take your right hand toward the left foot, either by bringing the right bicep by the ear or grabbing the left toes with the right hand. Be sure that you do not cave forward with the right lung. Press the left lung forward as you draw the right lung back, essentially stacking the right lung onto the left. Rest here for 2-3 breaths, then come out and repeat on the other side.</p>
	<p>Seated Open-Angle</p>	<p>Start by sitting on your mat with your legs stretched out in front of you. Open your legs wide in an open V formation. Try to find your sitting bones by moving the fleshy excess away from your hips and buttocks. As you do, lengthen the spine upward by extending the spine toward the ceiling and drawing your shoulder blades onto your back body. Keeping a straight spine, begin to hinge from the hips forward. Bring your hands forward onto the floor and begin walking them toward the front of the room. As you press in with your palms, draw your heart forward toward the mat. Hold at your comfortable point for 3-4 breaths. Gently release. Focus on keeping your legs engaged and your navel drawn inward and upward.</p>

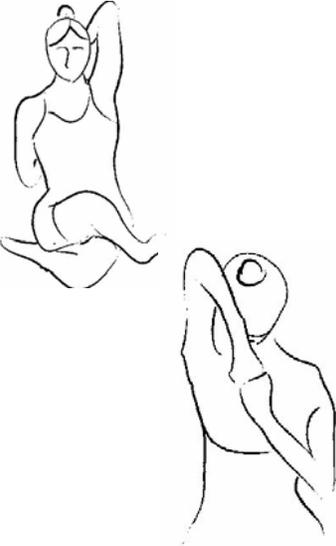
## Forward Bending Postures cont'd

Pose	Name	Description
	Seated Open-Angle Side Pose	<p>Start by sitting on your mat with your legs stretched out in front of you. Open your legs wide in an open V formation. Try to find your sitting bones by moving the fleshy excess away from your hips and buttocks. As you do, lengthen the spine upward by extending the spine toward the ceiling and drawing your shoulder blades onto your back body behind the heart. Without locking the knee joints, legs should be strong and engaged. Bring your left elbow to the interior of the left thigh, either onto the floor or onto a block. As you do, take your right arm high toward the ceiling. Keep the right lung back so that you are not caving forward with the right lung. Take your right hand toward the left foot, either by bringing the right bicep by the ear or grabbing the left toes with the right hand. Hold for 1-2 breaths and release. Repeat on the other side.</p>
		
		
	Splits	<p>Start by coming into a lunge on the right side, dropping the left knee to the floor. Open up the pelvic floor by moving the left knee back. Flex the right foot so that the heel is rooted into the mat. Breathe into the back side of the knee joint, drawing the right hip bone back into the hip socket. Begin to move the left knee farther back on your mat until you reach your edge. Hold for a breath or two, then come out of the pose and repeat on the opposite side. <i>Do not push it!</i> Breathe and grow into your pose. You can ease the pose by sitting on a blanket or a block to help support the weight of your body.</p>
		
		

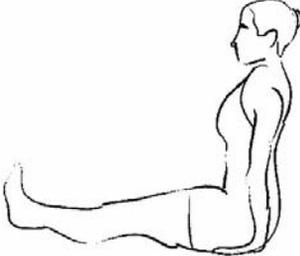
## Sitting Postures

Pose	Name	Description
	Lotus	<p>Start in a seated position with your legs stretched out in front of you. Place the right ankle onto the left thigh, bringing the right heel as close to the groin as possible. Don't force it. Go only as far as you comfortably can. Soften the right kneecap toward the floor, opening the right hip socket. Bending the left knee, rest the sole of the left foot onto the right shin. This is Half Lotus. Place the left ankle onto the right thigh, softening the left kneecap toward the floor, opening the left hip. Hold for 4-6 breaths, then gently release. Switch your legs and repeat. It is crucial that you don't force this pose, since it is easy to injure yourself if you're not ready for it.</p>
	Hero	<p>Start by kneeling on your mat with the tops of the feet resting to the mat. Take your hands to your calves and roll them outward, away from one another. Set your tail on the floor in between your calves, using a block to sit on if it is more comfortable. Relax here for 2-3 breaths, then gently release. *You will feel this intensely in the knees, ankles, and thighs. Please be cautious.*</p>
	Reclining Hero	<p>Start by kneeling on your mat with the tops of the feet resting on the mat. Take your hands to your calves and roll them outward, away from one another. Set your tail on the floor between your calves, using a block to sit on if it is more comfortable. Bring your hands behind you and begin to recline the torso back toward the mat, resting on the elbows along the way. Rest the back flat to the mat behind you, taking your hands up overhead, lengthening the side body as much as possible. Take opposite hand or opposite elbow above your head and begin to really press the upper and forearms firmly into the mat, opening the chest and elevating the heart. Relax here for 2-3 breaths, then gently release. *You will feel this intensely in the knees, ankles, and thighs. Please be cautious.*</p>

## Sitting Postures cont'd

Pose	Name	Description
	Cow-Face	<p>Start in a seated position with your legs stretched out in front of you. Bend the right knee and then the left, placing the left knee on top of the right knee. The right heel will be resting on the mat to the outside edge of the left hip. The left heel will be resting on the mat on the outer side of the right leg. Bring the right bicep by the ear, bending at the elbow so that your fingertips rest somewhere in the middle of the upper back. At the same time, bring your left arm behind your back, holding a strap between your two hands. Instead of using a strap, clasp your hands behind the back. Begin to move the heels away from the hips, bringing the heels in line with the knees and hinge forward. Hold for 2-3 breaths and gently release. Repeat on the other side. The closer your heels are to your hips, the less pressure on your hip joints. Be sure that the arm that is lifted is opposite of the leg that is on top. Press the skull back into the right forearm, feeling the elbow move back and the heart and throat become more open. If you would like, hinge forward from the hips, keeping the spine straight and the chest open.</p>
	Cobbler's/ Kneeling Pose	<p>Kneeling on your mat, bring the inner thighs together and place the tops of your feet onto the mat. Set your bottom onto your heels. Keeping the spine straight, hold for 3-4 breaths and then release. You should feel it in the tops of the feet and ankles.</p>
	Seated Pigeon	<p>Start in a seated position with your legs stretched out in front of you. Draw the sole of the right foot toward you on the floor, placing the heel 3-5 inches from the tailbone and moving it out farther if need be. Bending the left knee, place the left ankle onto the right leg, just below the knee. Bring the both hands behind you on to the mat and press down. Hold for 4-6 breaths, then release and repeat on the other side.</p>

## Sitting Postures cont'd

Pose	Name	Description
	Simple Sit-ting	<p>Start in a sitting position with the legs outstretched in front of you. Bending the right knee, bring the right sole of the foot to the inner left thigh. Bend the left knee and place the left sole to the front of the right shinbone. Hold for as many breaths as you like, then release and repeat other side. The right heel will be close to the groin, but comfortable through the ankle. Knees should be soft and hips should be open. Be sure that the spine stays lengthened and the sitting bones stay rooted. This is a perfect pose for meditation.</p>
	Double Pi-geon	<p>Start in a sitting position with the legs outstretched in front of you. Bend the right knee to a 90-degree angle, so that the kneecap is in line with the right hip and the right heel is in line with the kneecap. Then bend the left leg as close to a 90-degree angle as is possible. Place the left knee onto the right ankle and the left ankle onto the right knee, essentially stacking opposite knee to opposite ankle. Hold this position for a few breaths. If you want to take this deeper, press a hand gently onto your left inner thigh, so that the left kneecap softens toward the mat. Hinge forward from the hips with a long, straight spine. Hold for 3-5 breaths and release. Repeat on the other side. You will feel this immensely in your hips. Take it slow and back off a bit if needed.</p>
	Staff	<p>Start in a sitting position with the legs outstretched in front of you. Engage the legs by bringing the inner thighs together and flexing the toes back toward the nose. You will feel your thighs press firmly into the mat as you draw your toes back. Your heels may even lift up. Bring your palms alongside the body so that the heels of your hands press firmly into the mat. Draw your shoulder blades back behind you, simultaneously pressing firmly into the mat with the hands. You will feel your crown lift upward and your shoulders fall away from the ears as you elevate your heart forward and upward. Hold for 3-4 breaths and release. Repeat if you desire. Staff pose is a fully body energetic pose; there's not much movement but it's very energizing. Keep your legs and core engaged, feeling every single muscle in your body working to cleanse, strengthen, and detoxify.</p>

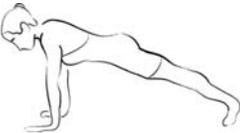
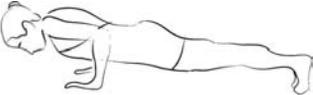
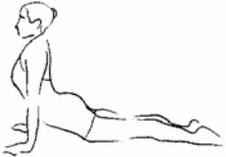
## Reclining and Relaxation Postures

Pose	Name	Description
	<p>Reclining Big-Toe</p>	<p>Lie on your back with your legs stretched out in front of you. Draw the right knee into the chest, bringing the hands just below the kneecap. Keep the left leg outstretched and engaged by flexing the toes back toward the nose and the inner thigh pressing down toward the mat. Begin to extend the right toes toward the ceiling, straightening the right knee. Bring the hands to the back side of the right leg, either to the hamstring or the calf, and straighten the right leg as much as it allows. Flex the right foot and press the heel up toward the ceiling. At the same time, drop the right hip bone back into the mat, really breathing into the back side of the knee. Hook the great toe with the first two fingers and thumb of the right hand and extend the right heel high, holding onto the toe for resistance. Hold for 3-5 breaths and gently release. Repeat on the other side. You can also drape a strap over the ball of the foot, holding on to the ends of the strap to assist in straightening the leg further. Be sure that the left hip and leg remain rooted into the mat; you can even press the left hand into the left hip to help anchor it.</p>
		
		
	<p>Knees-to- Chest</p>	<p>Lie on your back on your mat with your legs stretched out in front of you. Draw the knees into the chest, bringing the hands just below the kneecaps. Allow the weight of your legs to melt into the torso and chest, opening the lower back and hips. Feel the weight of your arms draw your thighs closer as you drop your elbows toward the mat behind you. Hold for 3-4 breaths and release. Repeat as often as you like. You can rock back and forth lightly and/or take small circles left and right to massage the lower back.</p>
	<p>Corpse Pose</p>	<p>Lie on your back on your mat with your legs stretched out in front of you. Your arms should be at your sides with palms facing upward. Relax your entire body and become aware of your breath. This is the most important pose in your entire practice. Take the time to be still and bask in God's presence.</p>
	<p>Child's Pose</p>	<p>Start on all fours in Tabletop. Take your tailbone to your heels and rest the torso on the thighs. Keep your arms stretched as far forward as possible, so that the body is long. Tuck your tailbone toward your heels to accentuate the length in the lower back. Relax for as many breaths as you like. You can spread the thighs wide and rest the chest toward the floor. Soften and let go of all the tension in your jaw, chest, hips, and head.</p>

## Reclining and Relaxation Postures cont'd

Pose	Name	Description
	<b>Bound-Angle</b>	<p>Lie on your back with your legs stretched out in front of you. Bending the knees, bring the soles of your feet together so that the heels are somewhat close to the groin. Soften your knees outward and downward toward the mat, opening the hips, lower back, and belly. Relax in this position. To go deeper, press the great toes firmly into one another and then toward the mat, lifting the heels slightly to get a little deeper into your hips. Breathe and repeat as often as you like. Allow the entire soles of the feet to touch one another. This is a great pose to use in between back bends to reset the spine.</p>
	<b>Lying Spinal Twist</b>	<p>Start lying flat on your mat with your legs outstretched. Draw both knees into your chest, draping the hands just below your knees so that the tops of the thighs soften into the belly and chest. Open your arms out like wings, pressing the palms into the mat. Bring your knees to a 90-degree angle, so that the knees stack over the hips and the heels are in line with the knees. Draw the inner thighs tightly toward one another and then drop both knees to the right. Hold for 1-2 breaths. Bring the knees back to center, using your core strength, then drop them to the left and hold for 1-2 breaths. To make the pose more difficult you can keep the knees and thighs elevated off of the mat an inch or two on each side when dropping the knees to the right and left. Use your core strength to keep the knees lifted. Draw the knees back into the chest when finished, rocking back and forth on the mat to massage the lower back.</p>
	<b>One-Leg Variation for Lying Spinal Twist</b>	<p>While lying flat on the mat, bring just the right knee in to the chest, keeping the left leg outstretched. Engage the left leg by flexing the toes back toward the nose and anchoring the left inner thigh down toward the mat. Open the arms out like wings and drop the right knee over to the left side of the body. You can rest the left hand on the right knee if you would like, keeping the left lung lifted upward. Hold for 3-5 breaths, then repeat on the other side.</p>

# Son Series A

Name	Pose
Mountain—Inhale	
Standing Forward Fold—Exhale	
Lift halfway up—Inhale	
Plank Pose—Exhale and inhale	
Yoga Push Up—Exhale	
Cobra/Upward Facing Dog—Inhale	
Downward Facing Dog—Exhale and breathe 3-5 breaths	
Step both feet forward to Standing Forward Fold—Exhale	
Sweep arms up to Mountain—Inhale	

Repeat if you desire.

## A Few Definitions for Directives Used During Class

Term	Definition
<b>Active</b>	Intentional use of your muscles and/or energy.
<b>Child's Pose</b>	This posture it is a wonderful resting as well as worship pose and can be used on its own for prayer or meditation.
<b>Constant adjustments with the breath</b>	The breath is an indicator of what is going on in the physical realm. When your breath is labored because of a strenuous posture, try to stabilize it by gently easing out of the pose and find rest in and at the edge of your comfort zone. Your growth lies in the acceptance of where you are without condemnation or needing to be more.
<b>Corpse Pose</b>	So-called because it consists of lying flat on your back and being still and quiet. We usually finish our practice in Corpse Pose, resting contentedly in God's grace. It can be the hardest part of our practice, as it calls us to simply 'be' before the Lord, so that He can speak to us if He so desires.
<b>Crown</b>	This refers to the very top of the head.
<b>Drop your knees</b>	This is a usual directive to make a pose gently and/or take pressure off of the lower back. It simply means to bend your knees as much as you need to in order to be comfortable in the pose.
<b>Energetically</b>	Imagine squeezing your muscles to the bones, becoming aware of how the energy in those muscles is active or passive.
<b>Engaged</b>	Active and deliberate use of energy in relation to muscles.
<b>Four corners of the feet</b>	The four points of the sole of the foot: two on the ball of the foot and two on the heel.
<b>Great toe</b>	The big toe(s)
<b>Heels of the hands</b>	The fleshy part of the palm between the base thumb joint and the base pinky joint, just below the center of the palm.
<b>Inner eyes of the elbows</b>	Inside edges of the elbow joints.
<b>Inner rotation</b>	Usually mentioned in relation to the thighs, it occurs when the designated part of the body comes toward the midline.
<b>Isometric ally</b>	A muscular contraction against energetic resistance where the length of the muscle remains the same. It is the idea of energetic engagement and resistance without actual movement.
<b>Micro Movements</b>	The idea of making continual small movements in an effort to deepen physical and emotional awareness.
<b>Midline</b>	The center of the body in relation to the spine and core
<b>Natural curves</b>	The natural physical design of curves in the neck and lower back.
<b>Outer rotation</b>	Usually mentioned in relation to the thighs, it is when the designated part of the body moves away

## A Few Definitions for Directives Used During Class cont'd

<b>Term</b>	<b>Definition</b>
<b>Pads of the fingertips</b>	The fleshy part of the fingertips.
<b>Praise Feet</b>	Open the soles of your feet so that they, along with all 10 toes, are outstretched, as though they were in worship. Allow all the tips of your toes to radiate away from the ball of your foot. This is not flexing of the feet.
<b>Praise Hands</b>	Open your hands so that your palm and all 5 fingers are outstretched, like in worship. Allow all your fingertips to radiate energetically outward.
<b>Props</b>	Block, bolster, mat, strap
<b>Rooted</b>	Consciously connecting and finding a physical center.
<b>Shoulder Draw</b>	As you sit or stand tall, drop the tops of your shoulders away from your ears and lift the top of your crown upward toward the heavens, lengthening the spine as much as possible. Next draw the shoulder blades back by broadening the front side of the chest. Imagine the shoulder blades coming together so much so that you could hold a penny between your shoulder blades. Keeping that engagement, drop the bottom of the shoulder blades toward the tail, accentuating the upward lift of the crown.
<b>Side body</b>	The space between the shoulders and the hips, along the length of the body.
<b>Skull draw</b>	As you sit or stand tall, gently retract the skull so that the back of the head moves toward the wall behind you, only an inch or so. Stop where it feels most comfortable. Allow it to be natural. When you get to that space of slight and natural resistance, drop your shoulders away from the ear. A 'skull draw' is essential for maintaining and protecting the natural curve in the neck. It enable us to maintain alignment of the entire spine when we take our gaze upward, avoiding potential injury. Once you draw back, try to relax your face and jaw, softening the tongue and the gaze.
<b>Squeezing</b>	Engaging or flexing
<b>Table Top</b>	The pose in which you are on all fours.;



