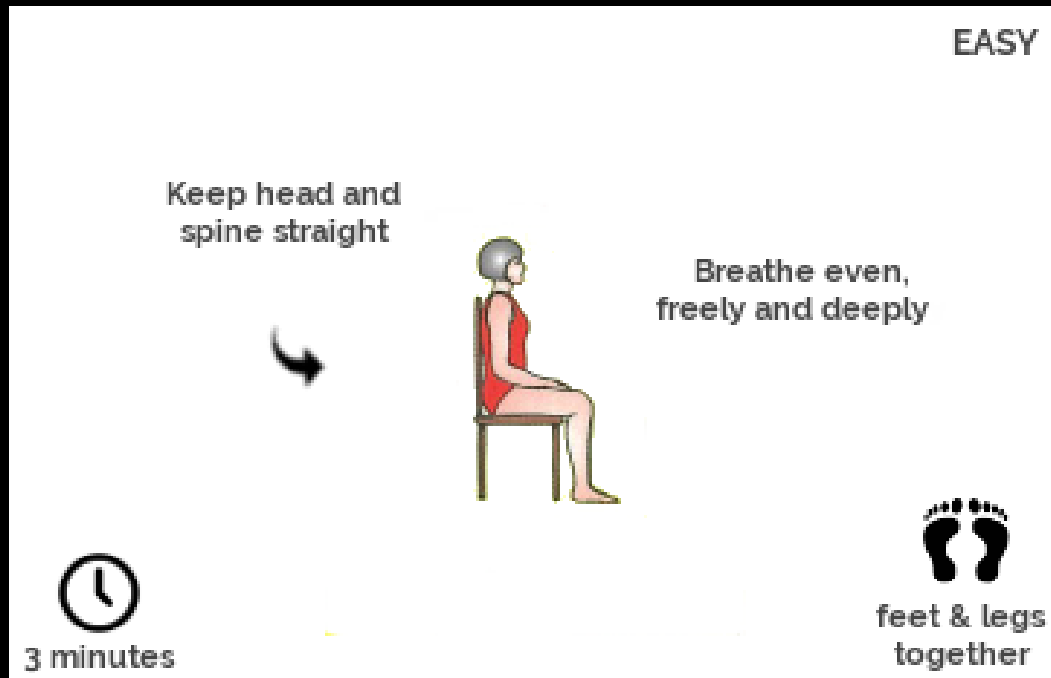




**Yoga
Chapbook
Part 1**

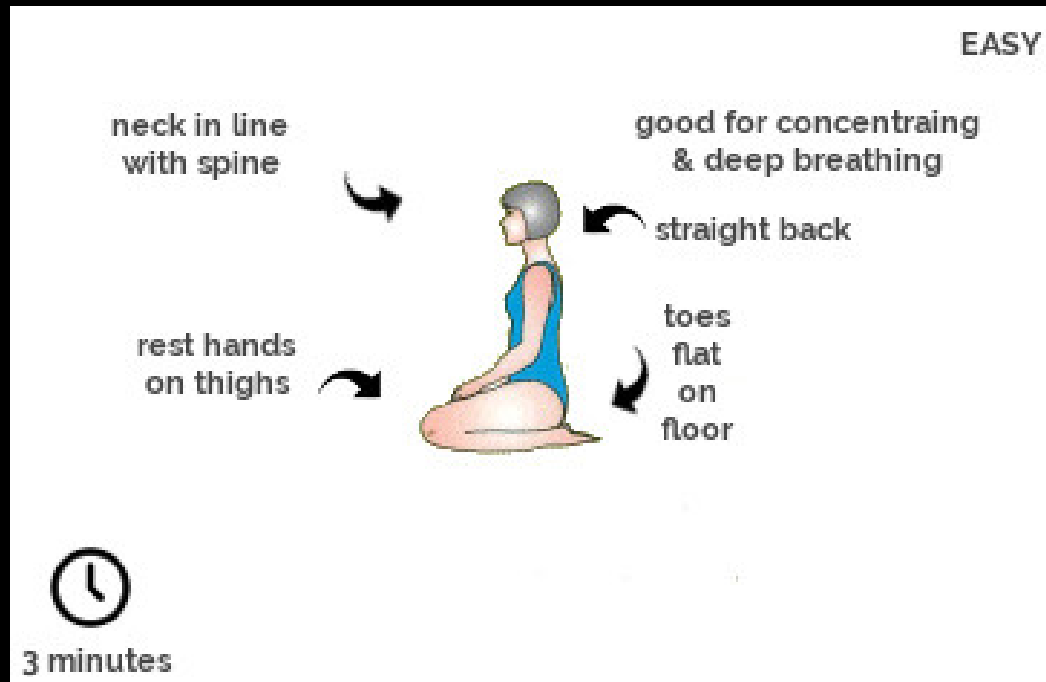
1. Simple Sitting

1. Keep feet flat on floor
2. Rest hands flat on thighs
3. Thighs flat on seat
4. This is a good meditation pose



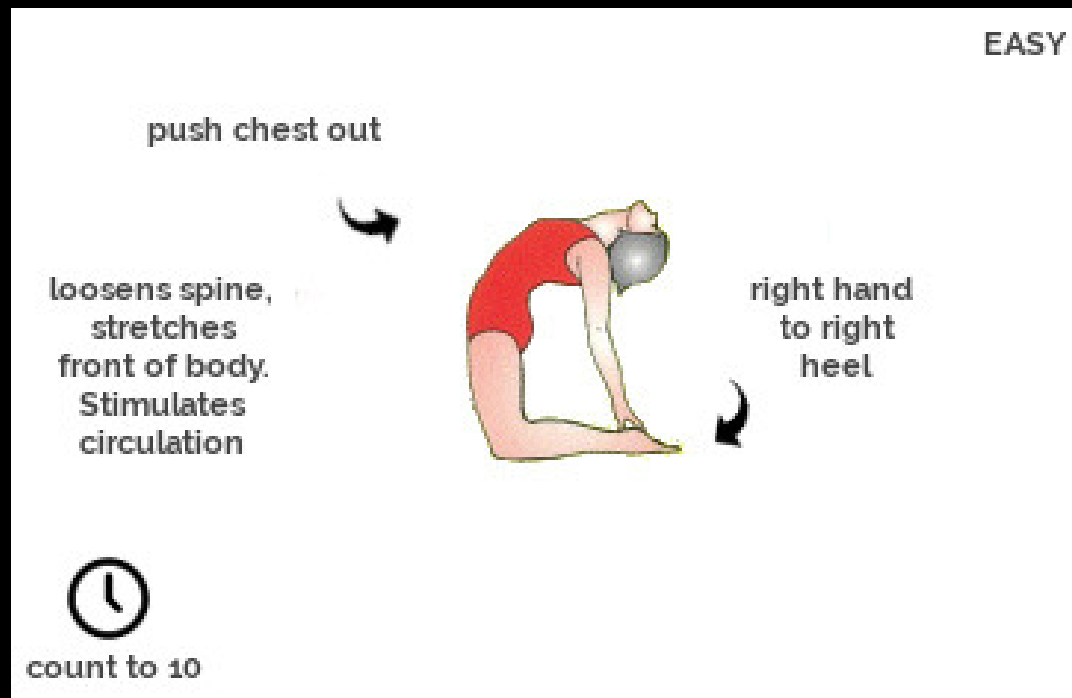
2. Simple Kneeling

1. Keep knees together
2. Heels apart to form a V-shape to support body weight
3. Very good meditation pose



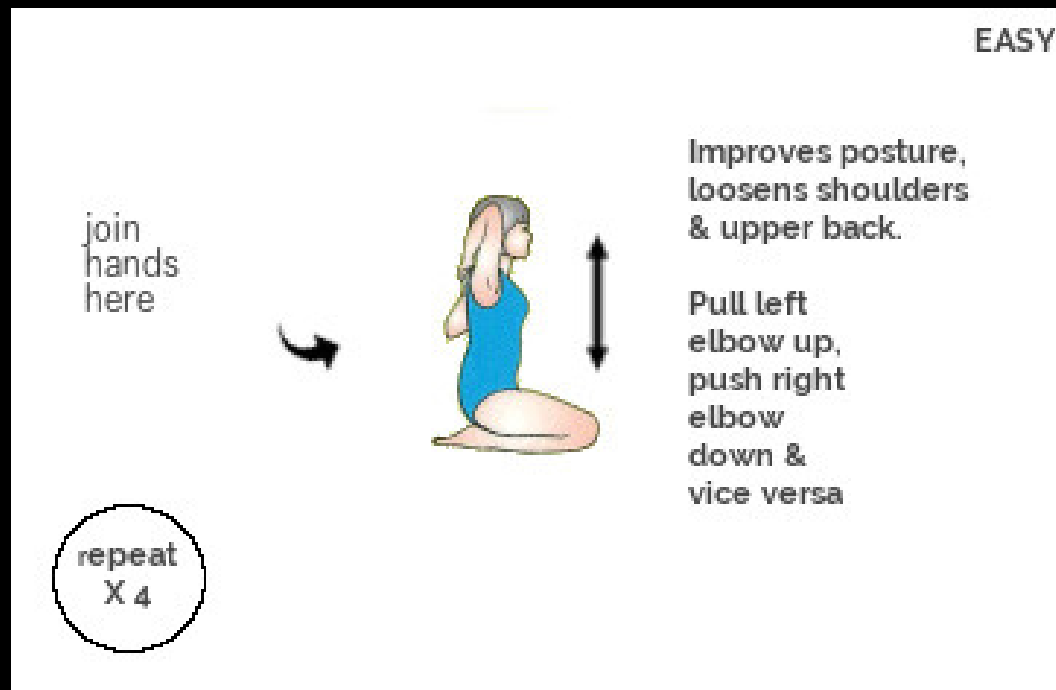
3. Backward Bend

1. Kneel & bend back
2. Drop head down
3. Hold heels with hands
4. Breathe freely - HOLD



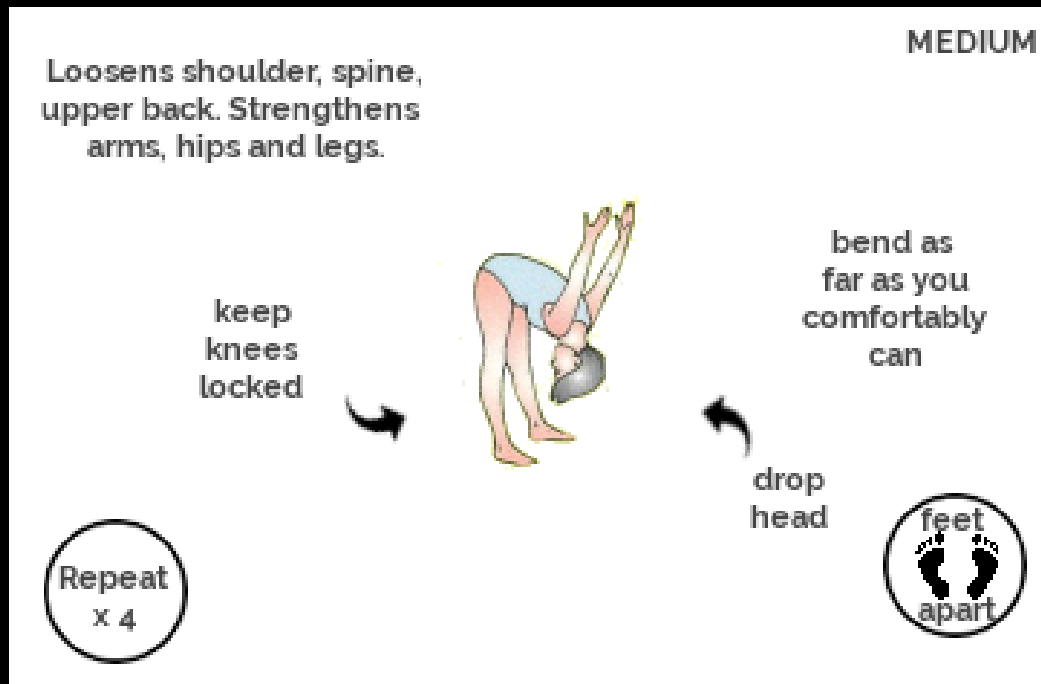
4. Holding Hands

1. Hold hands behind back
2. If you can't make hands touch use a belt to connect them
3. HOLD - then change hands over



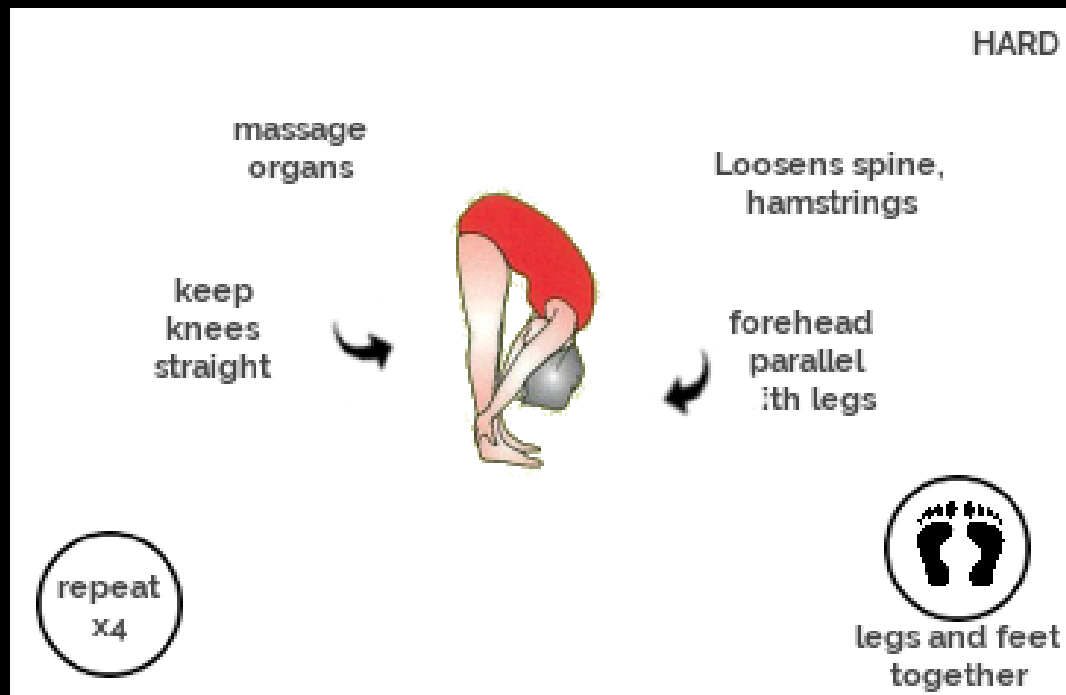
5. Forward Bend

1. Stand relaxed. Breathe out
2. Bend down from the wrist
3. Inhale. Lift arms back and up
4. Stretch as far as comfortable - HOLD



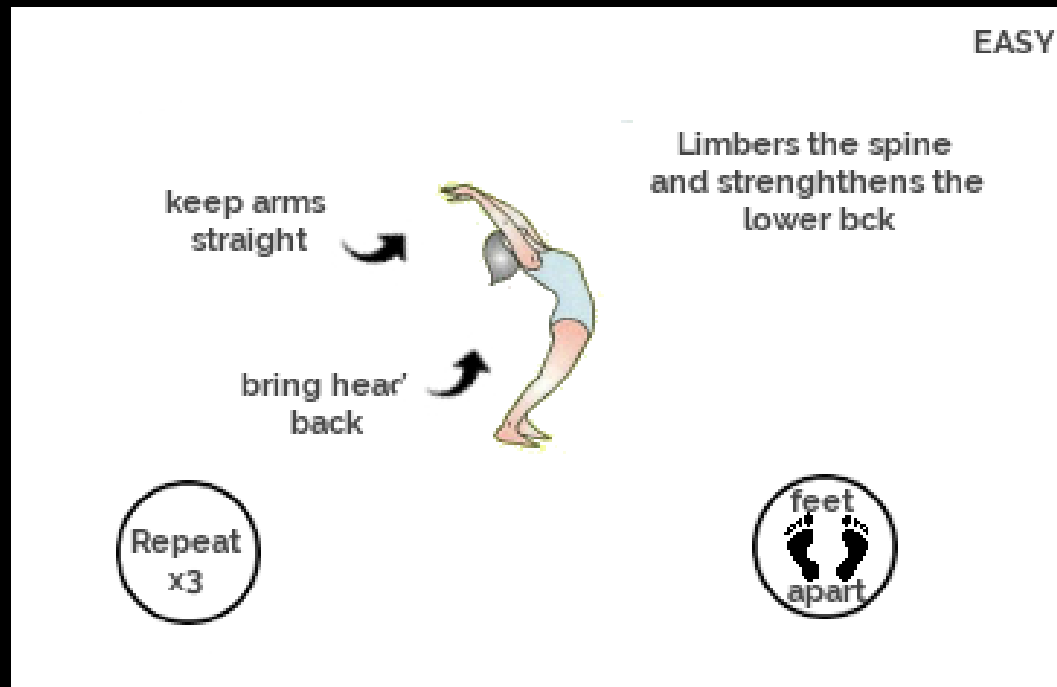
6. Forward Bend #2

1. Stand straight, arms at side
2. Lift arms up
3. Bend forward
4. Try grasping ankles
6. Relax - HOLD



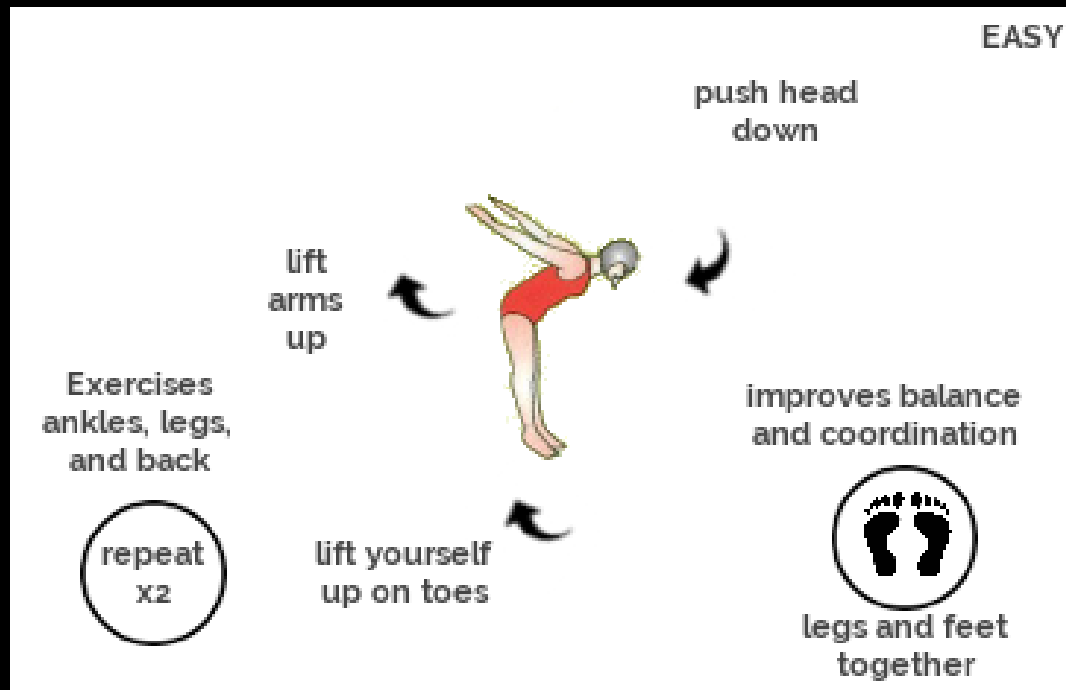
7. Backward Bend

1. Breathe in. Gently arch backwards
2. Keep hands in line with spine
3. HOLD - breathe out
4. Stretch as far as comfortable



8. Forward Drive

1. Breathe in. Keep legs straight
2. Lean forward and push arms back and up
3. Breathe out - HOLD



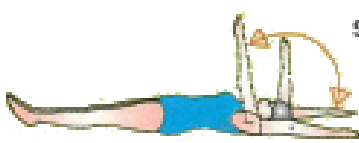
9. Flat-Back Stretch

1. Breathe in. Gently raise arms to 90 degrees - HOLD
2. Breathe out
3. Slowly ease back down - HOLD


EASY

Good for posture,
circulation.
Exercises lungs
and thorax

breathe and
move in the
same rhythm



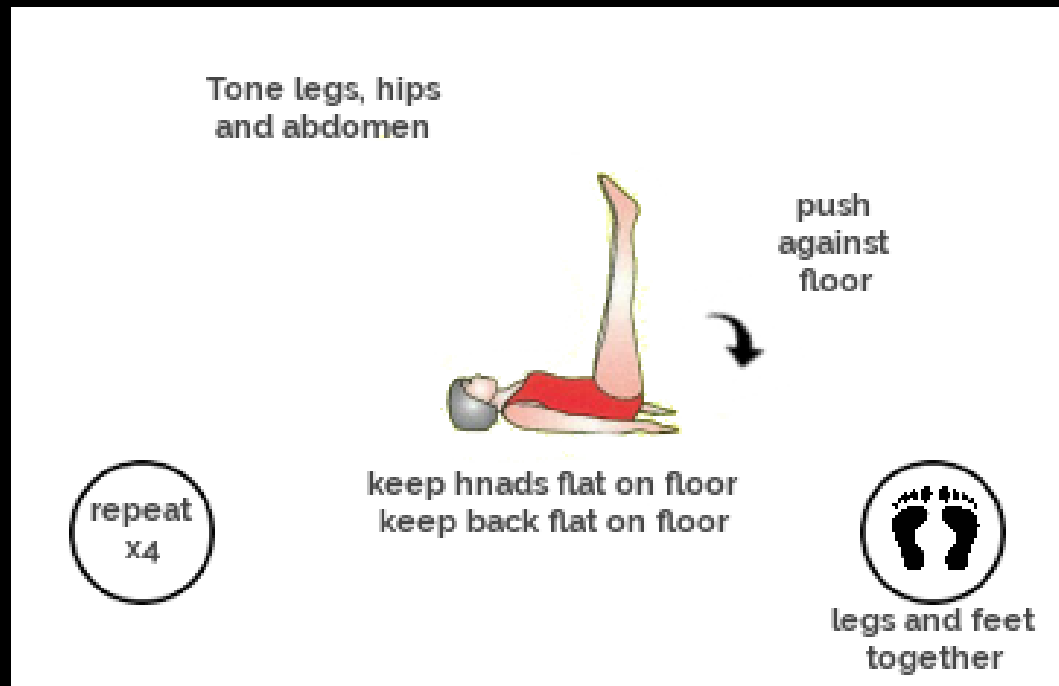
repeat
x5



legs and feet
together

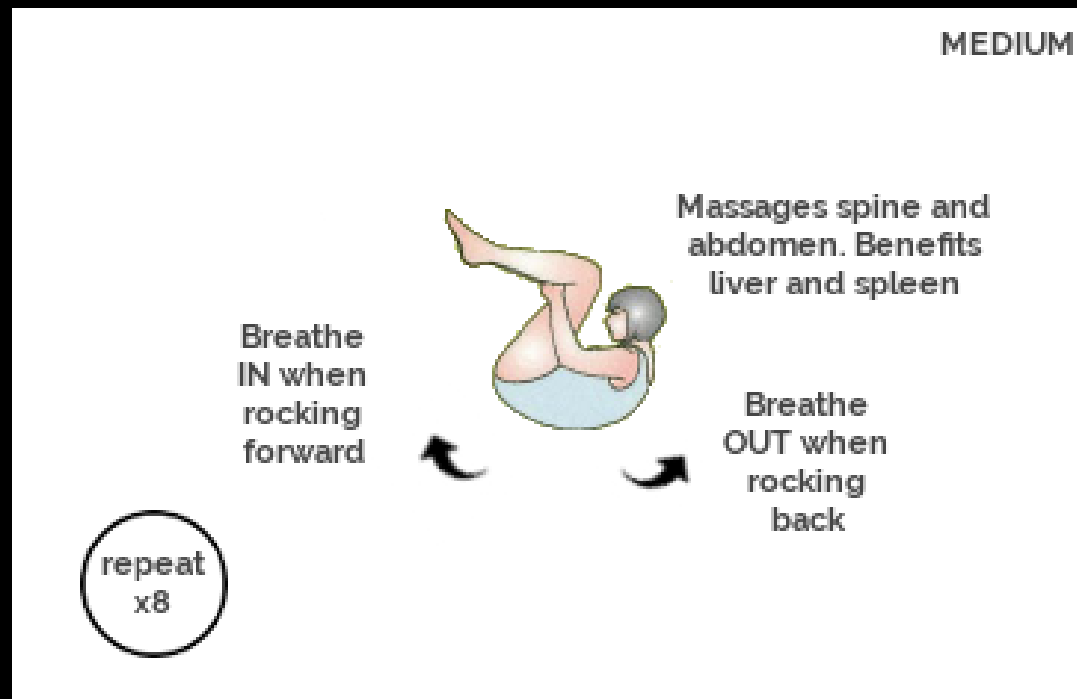
10. Legs At 90 Degrees Stretch

1. Breathe in. Support body with both hands
2. Gently raise both legs 90 degree
3. HOLD - slowly ease back. Breathe out



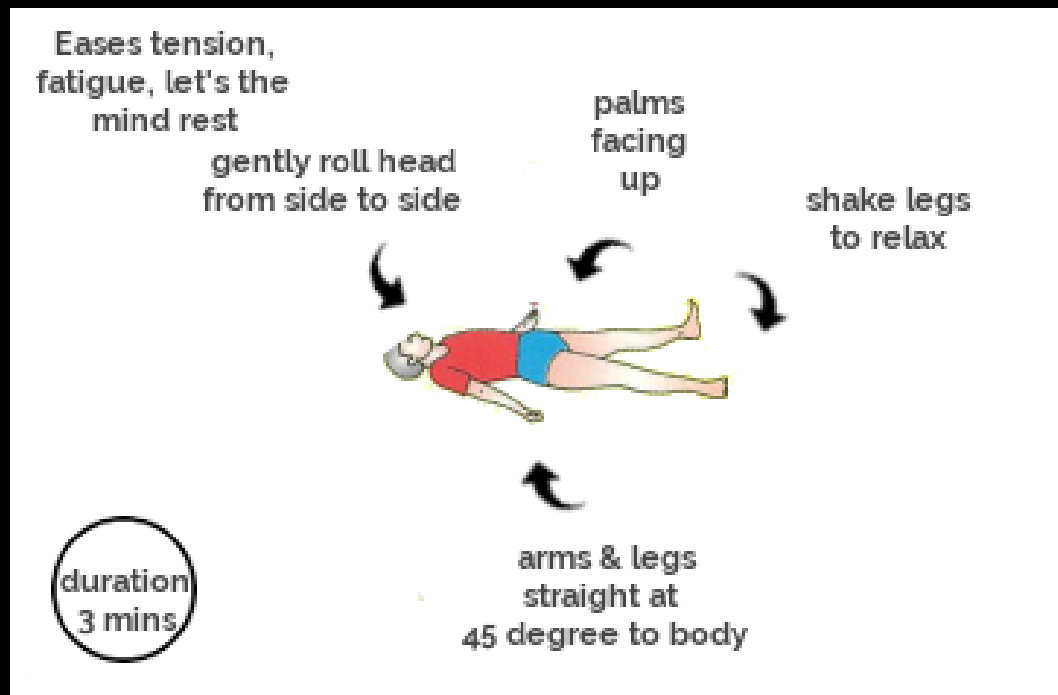
11. Rocking Chair

1. Hands behind knees
2. Knees almost touching head
3. Slowly, gently rock back & forth
4. For comfort, use cushion on floor



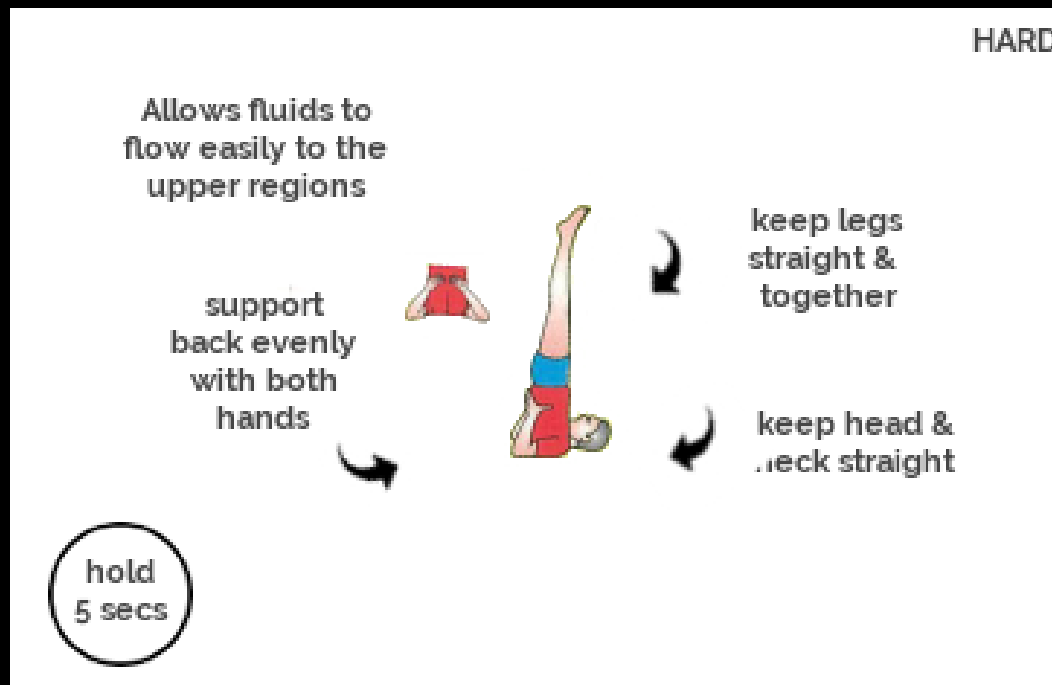
12. Corpse Position

1. Lie flat on back, legs, arms apart
2. Roll head from side to side
3. Shake shoulders and arms gently



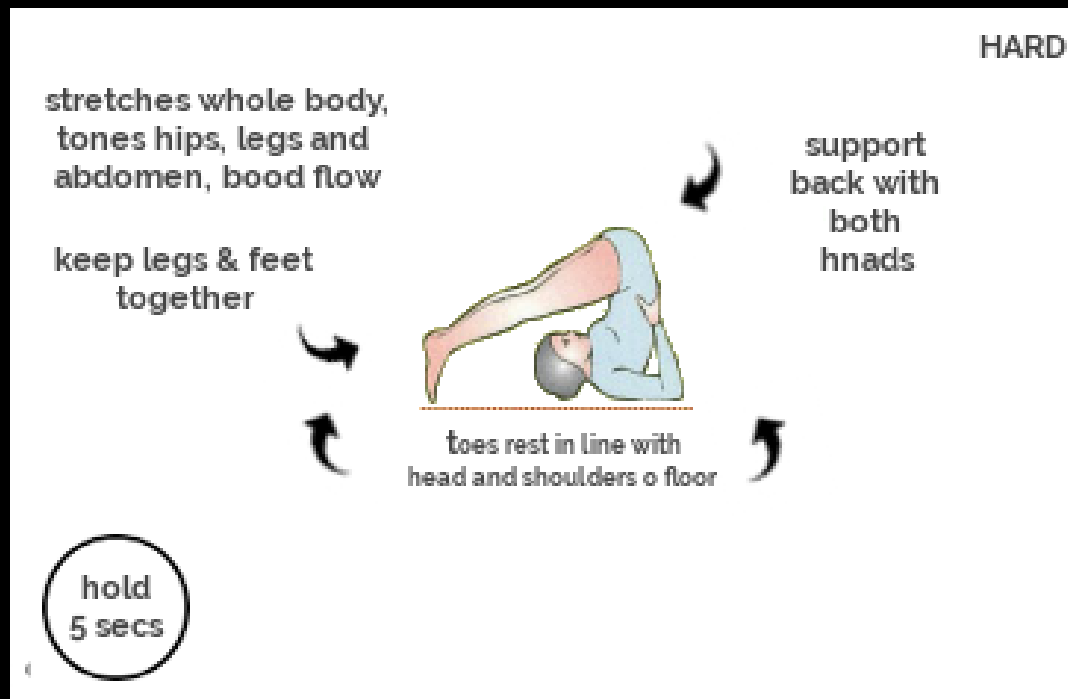
13. Shoulder Stand

1. Lie flat on floor. Relax for a moment
2. Lift legs over chest
3. Support back with hands
4. Lift trunk to vertical position - HOLD



14. Plough Posture

1. Start from shoulder stand position
2. Lower feet to floor or as far as you can
3. Breathe freely. Relax. HOLD



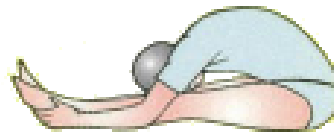
15. Back Stretch

1. Start from sitting position
2. Exhale and lower the body, grasping feet
3. Head rests on knees
4. Breathe freely. Inhale. HOLD

MEDIUM

Loosens & strenghtens
hamstrings, back,
legs and spine

keep feet together &
grasp ankle & heel

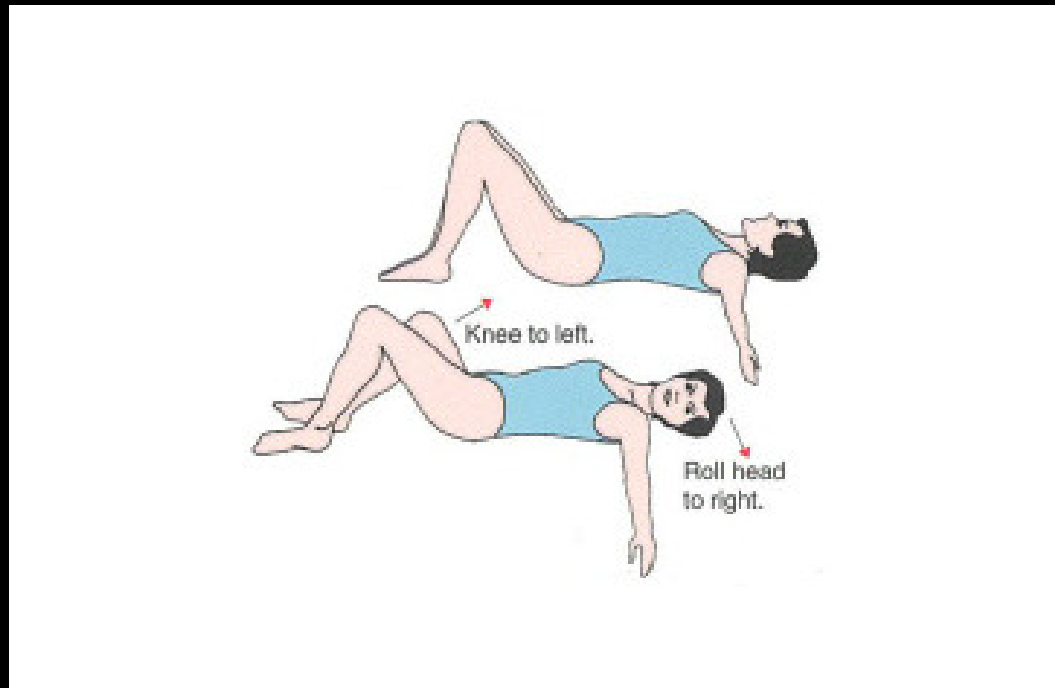


keep knees on floor, elbows close
against legs



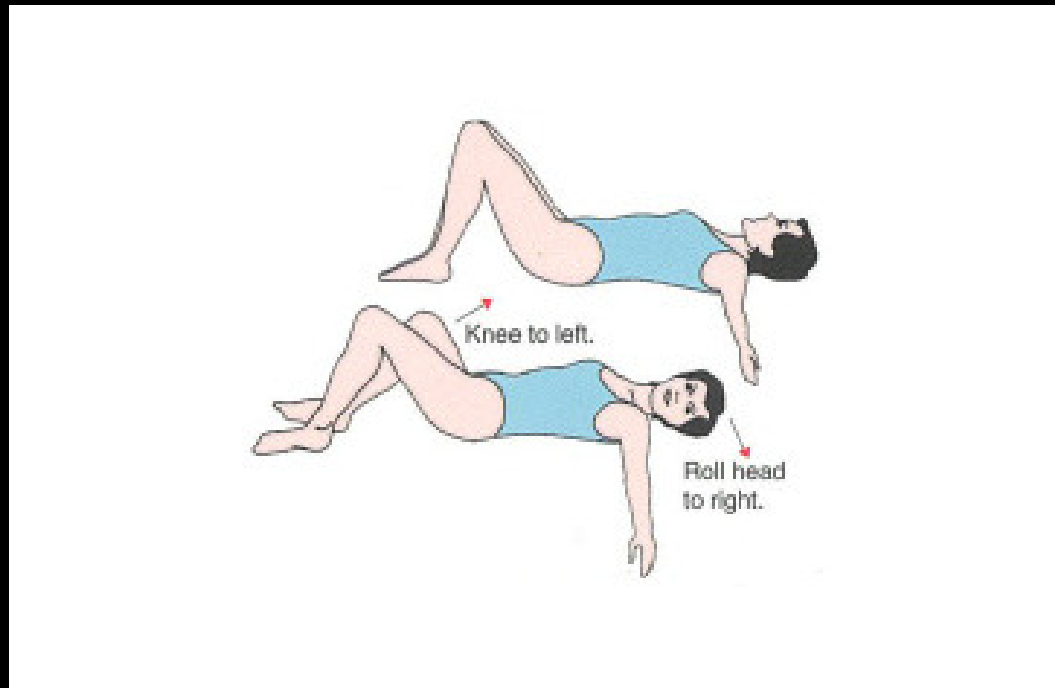
16. Cobra Position

1. Lie down and relax. Bend arms, palms flat on the floor
2. Push head and body up
3. Breathe freely. hold for 10 seconds



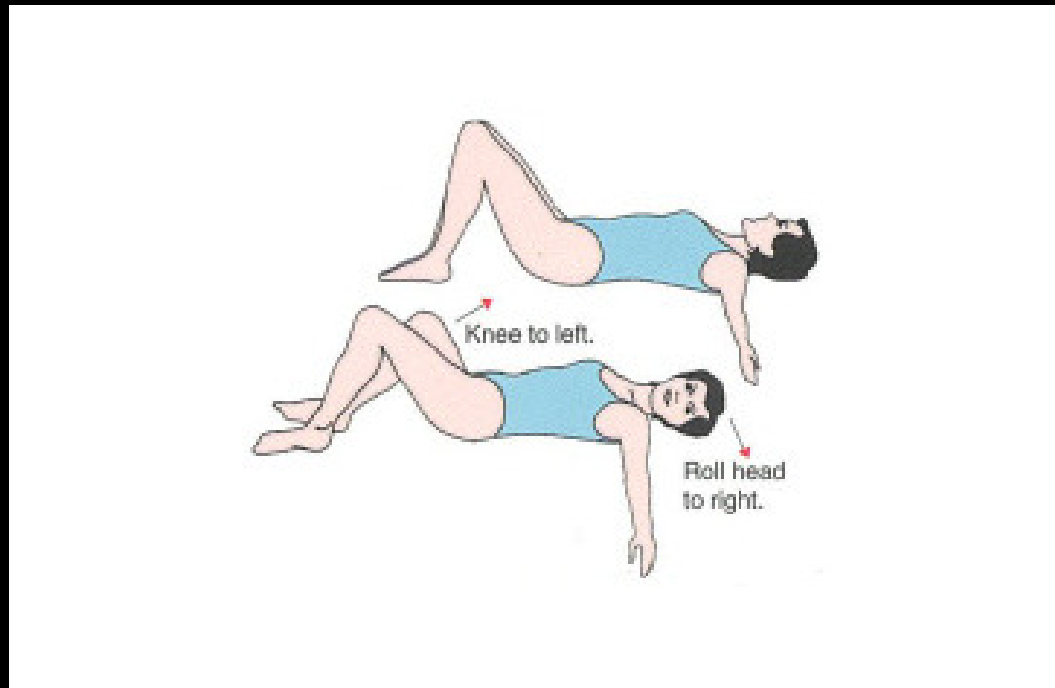
17. Bow Posture

1. Lie down and relax
2. Grasp ankles. Inhale. Lift head and upper body
3. Gently pull legs back.
4. hold for 10 seconds



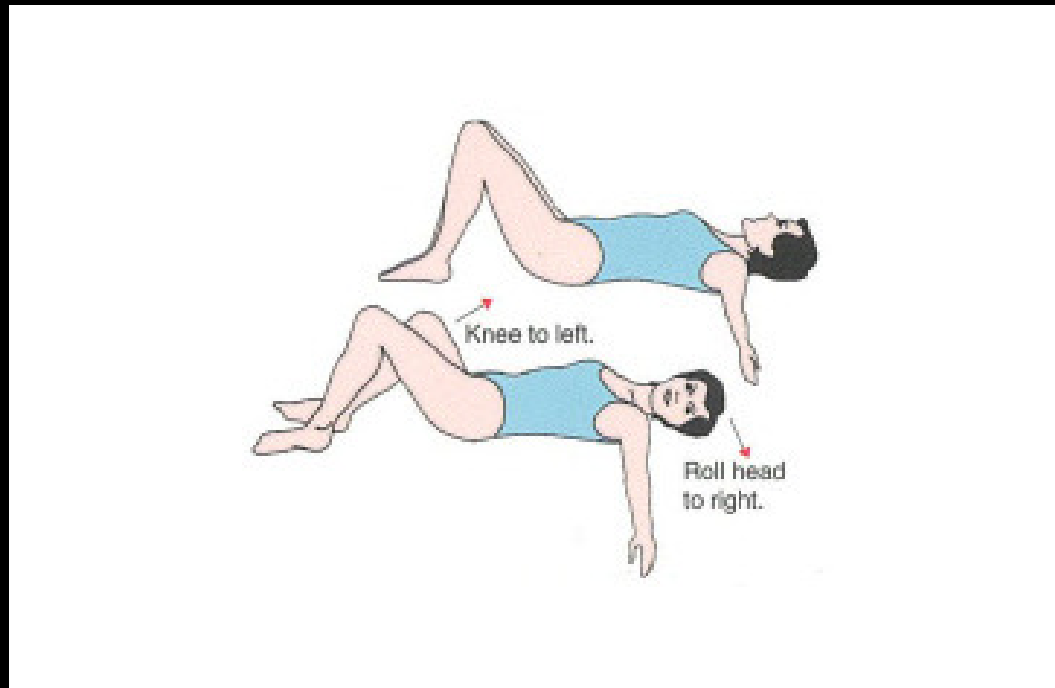
18. Simply Standing

1. Stand and relax. Keep the whole body straight
2. Pull in stomach
3. Relax arms, hands, inhale deeply
3. Exhale. Stand very still



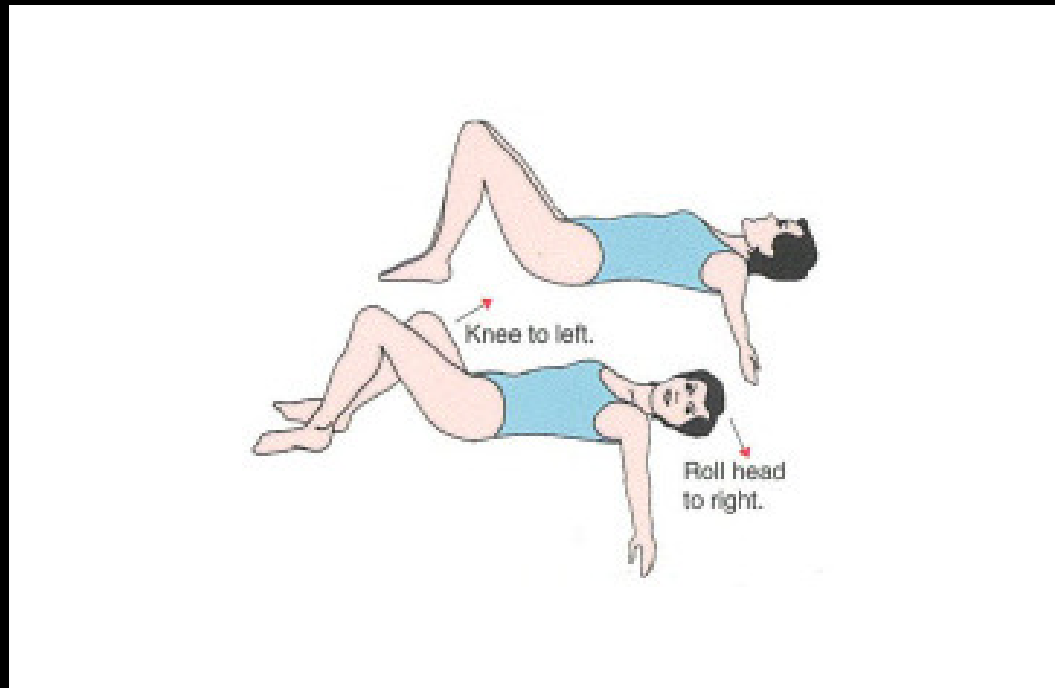
19. Tree Posture 1

1. Stand upright, balance on right foot
2. Join hands, overhead
3. HOLD. Breathe freely
4. Change to left foot - HOLD



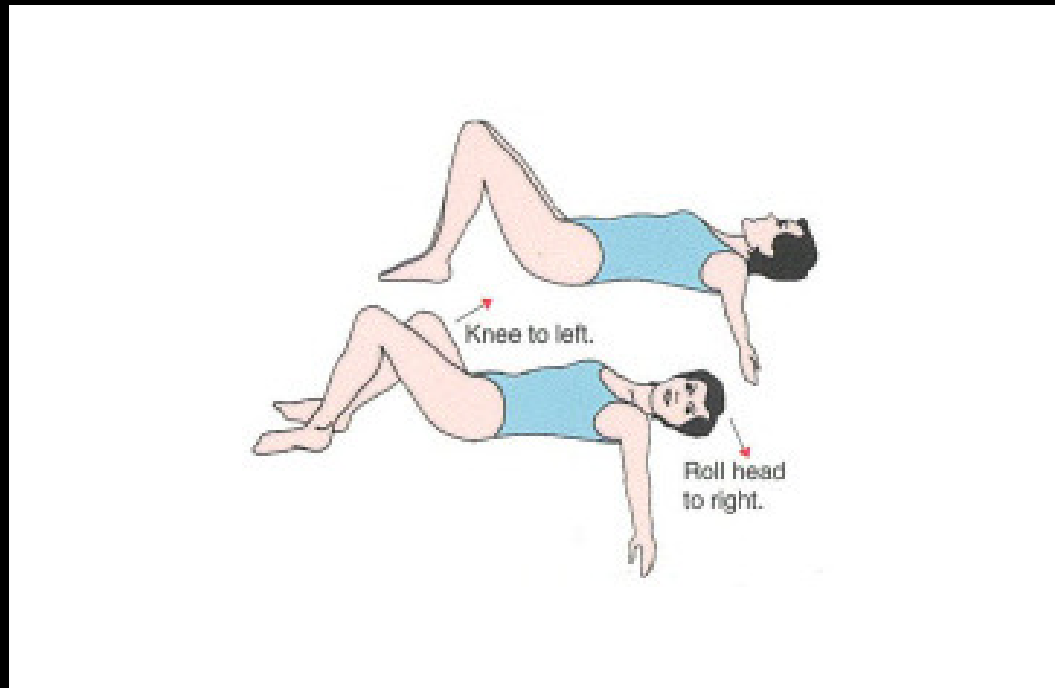
20. Tree Posture 2

1. Stand and relax
2. Lift left arm and bend right leg up
3. Grasps foot
4. Pull gently. Keep body straight
5. HOLD - Change to right foot



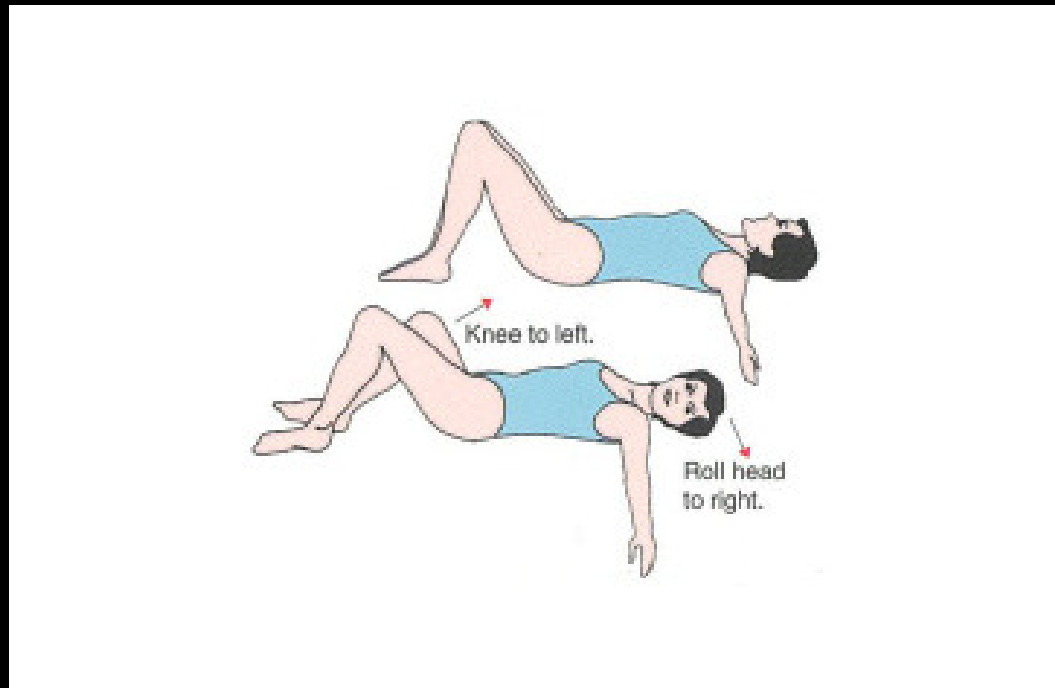
21. Arm Stretch

1. Find relaxed balance in the standing position
2. Join hands above head, palms facing up
3. Gently swing from left to right



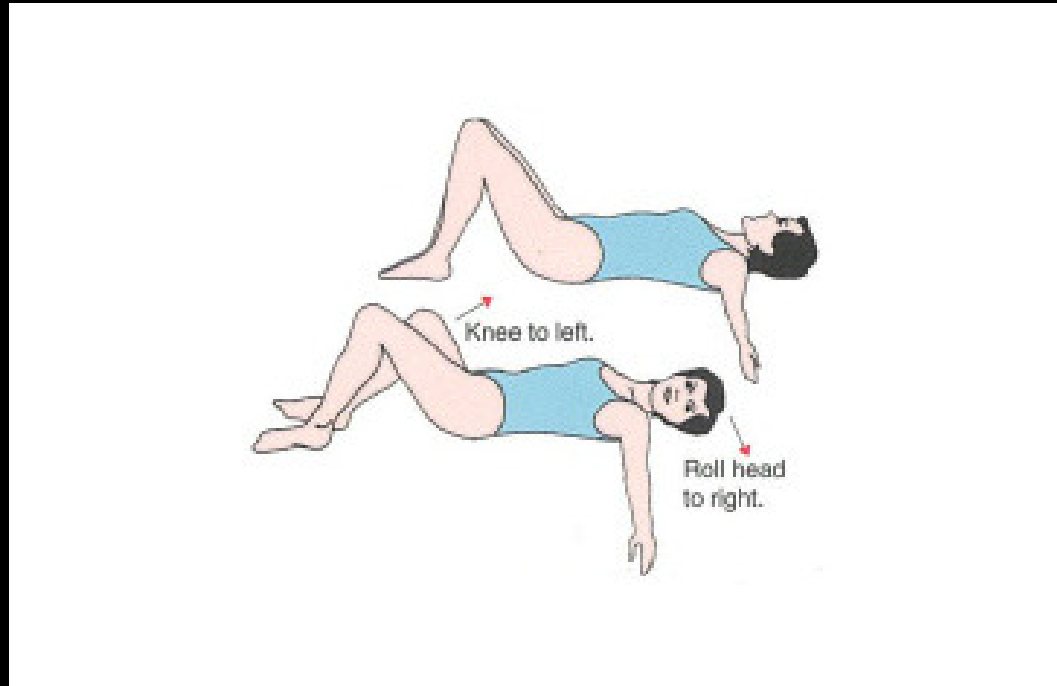
22. Squat Stretch

1. Start from standing position
2. Breathe in. Rise on toes. Lower body into squat position
3. HOLD - Breathe out. Relax



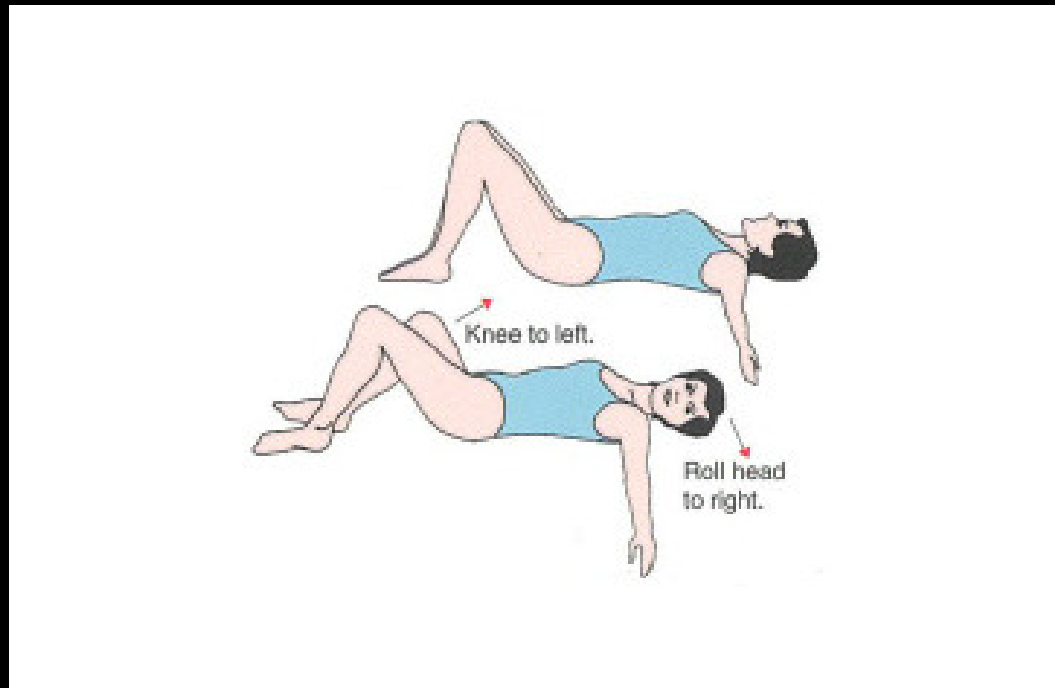
23. Easy Sitting Position

1. Keep head, neck, spine vertically aligned
2. Rest hands on knees
3. Use cushion for comfort. Breathe evenly



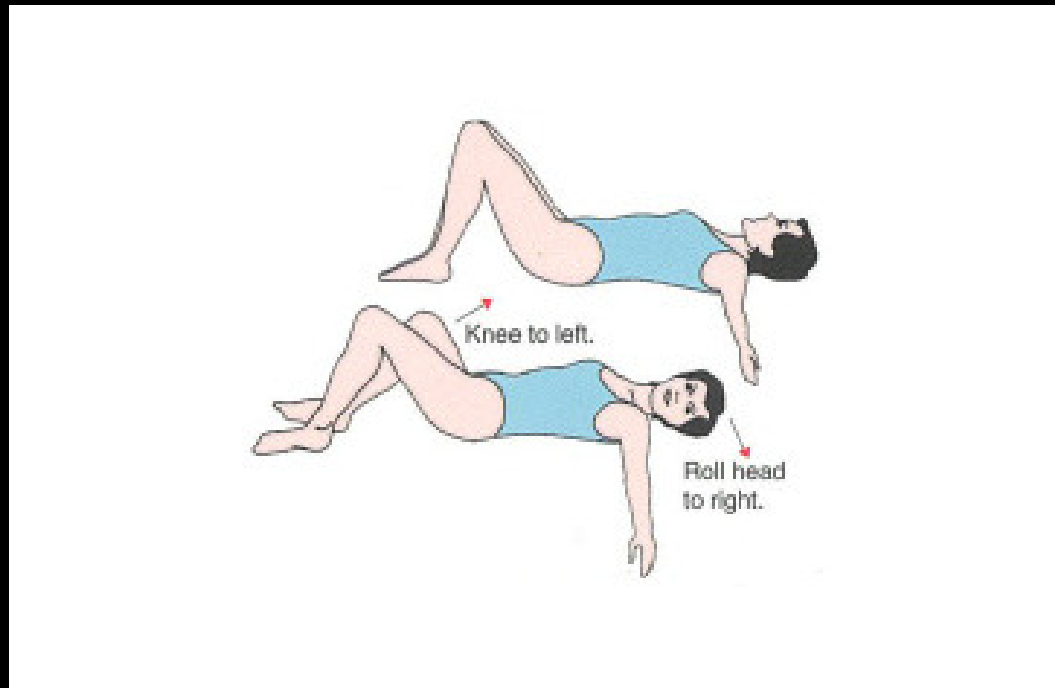
24. Lotus Position

1. Knees on floor. Body and spine straight
2. Rest both feet on thighs
3. Keep shoulders square and slightly back
4. Sit perfectly still



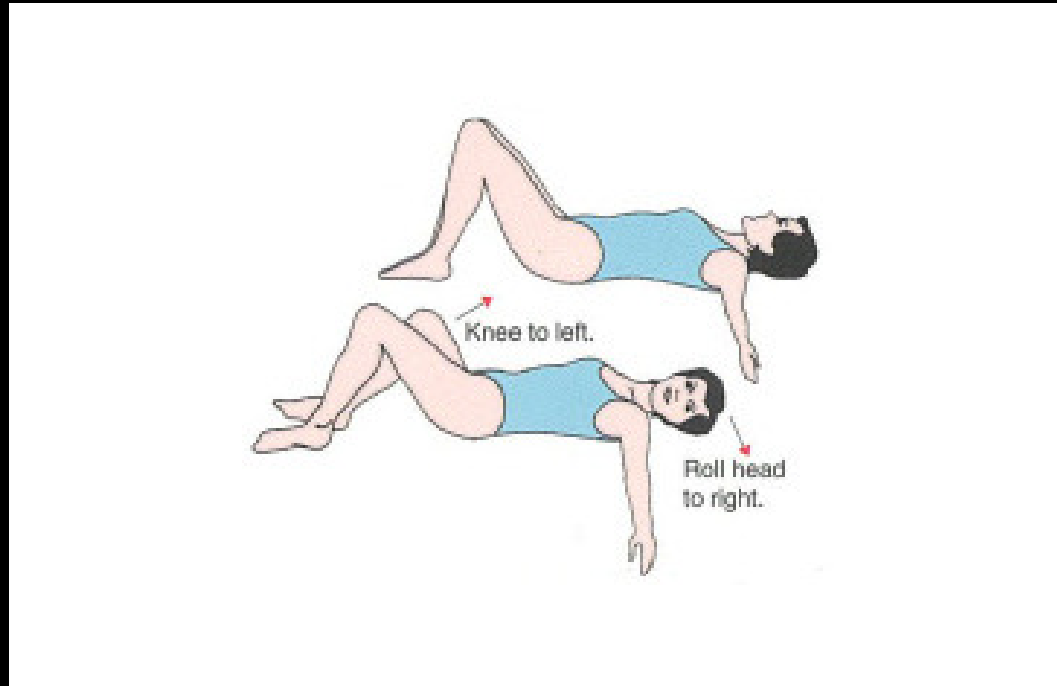
25. Cross Stretch

1. Start from standing position
2. Take a step forward
3. Left leg flat on floor
4. Arch arms backwards
5. HOLD - change legs over



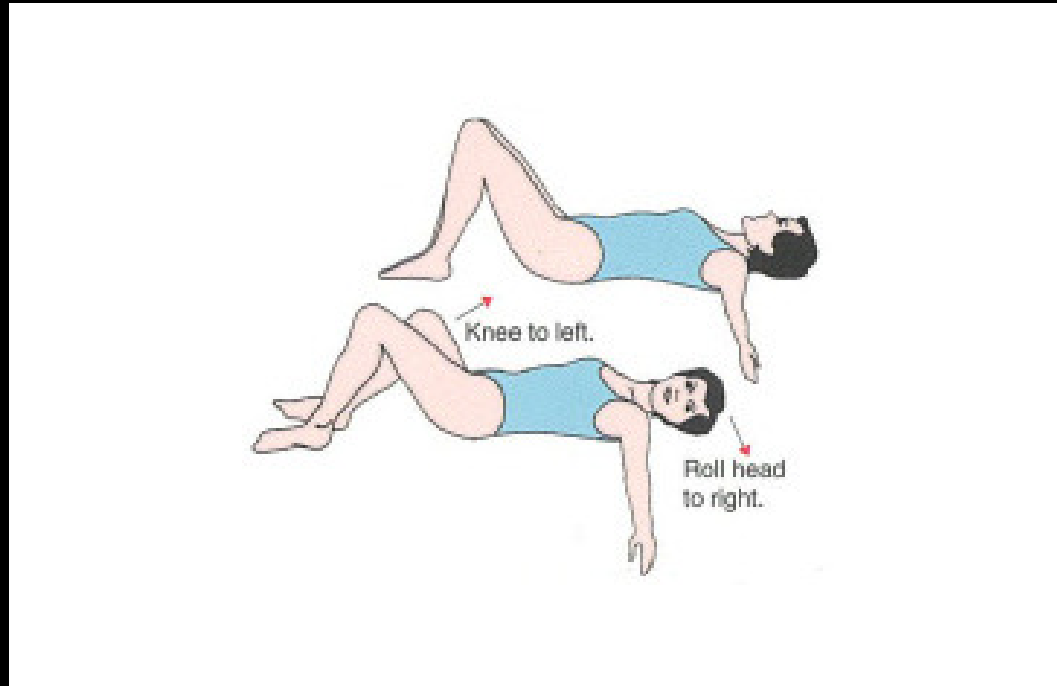
26. Flying Posture

1. Sit comfortably. Relax for a few moments
2. Stretch both arms wide
3. Move arms gently up and down
4. Breathe freely



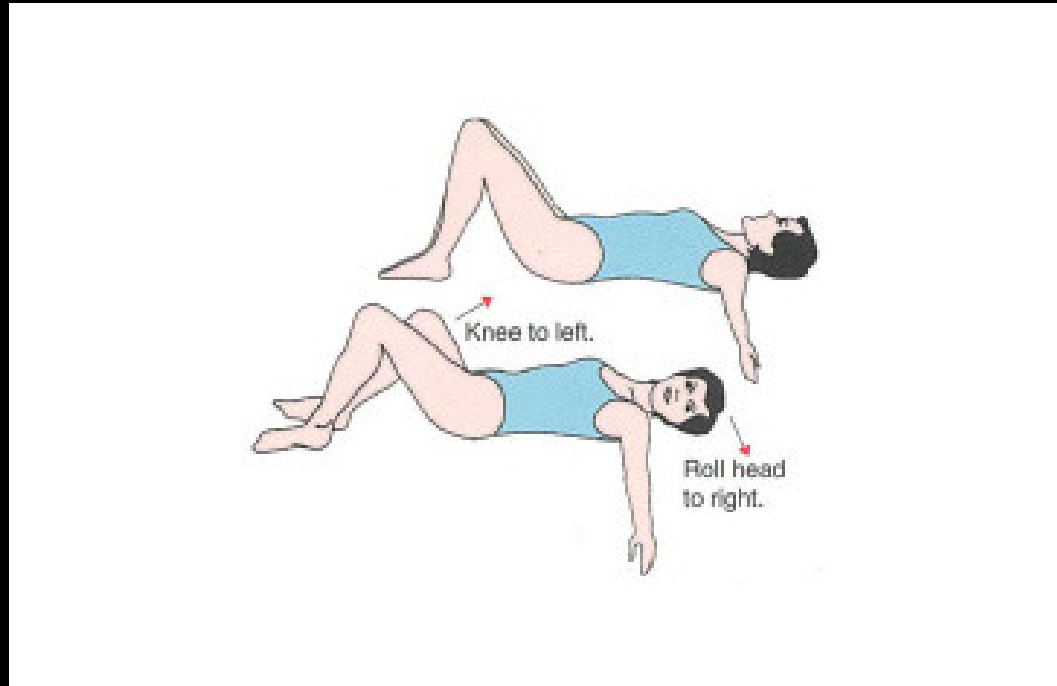
27. Chest Stretch

1. Sit comfortably. Stretch hands behind back, clasp hands
2. Stretch arms back as far as comfortable
3. Hold for 6 seconds



28. Back Stretch #2

1. Sit comfortably. Drop head down to floor
2. Lift arms up behind back.. Clasp hands. Stretch up as far as comfortable
3. Hold for 6 seconds



29. Head Down Stretch

1. Start from kneeling position
2. while inhaling, lower head to floor. Clasp ankles
3. HOLD - Exhale - move back to kneeling position

