

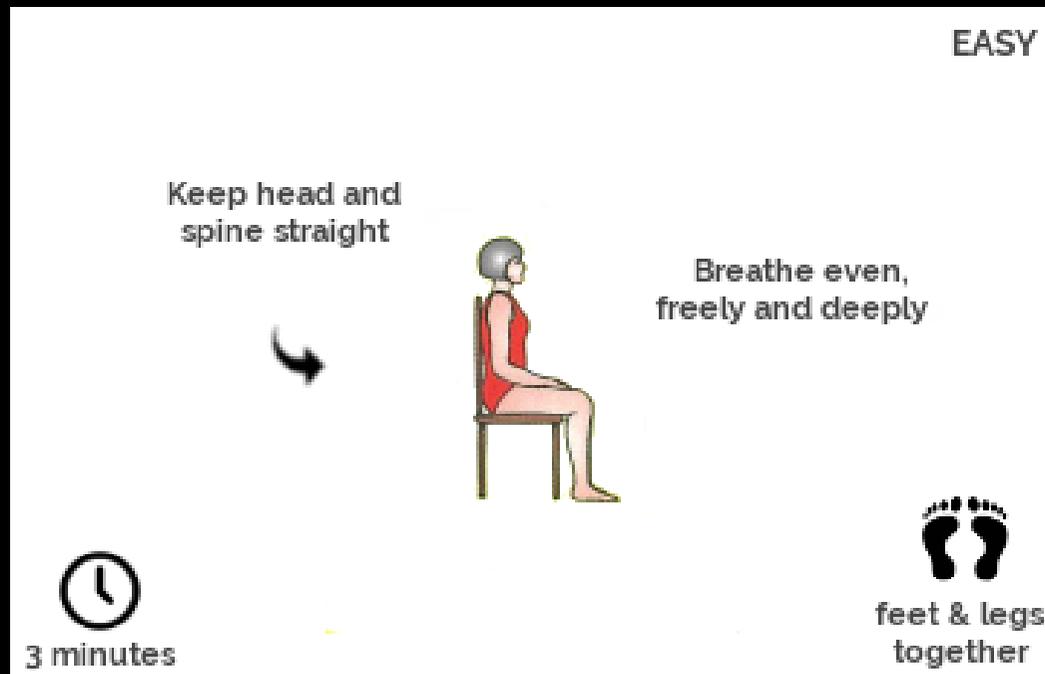


Yoga Chapbook



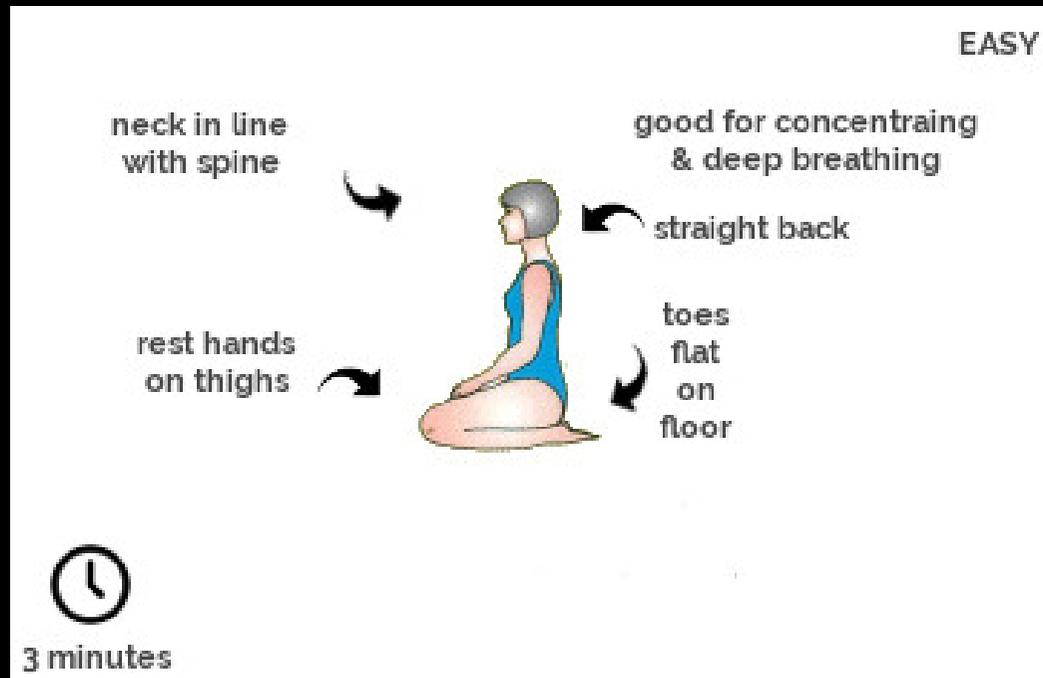
30. Cat Back Stretch

1. Position yourself on all fours
2. Palms flat on floor
3. Breathe in. arch back down
3. HOLD - Breathe out
4. Arch back up - HOLD



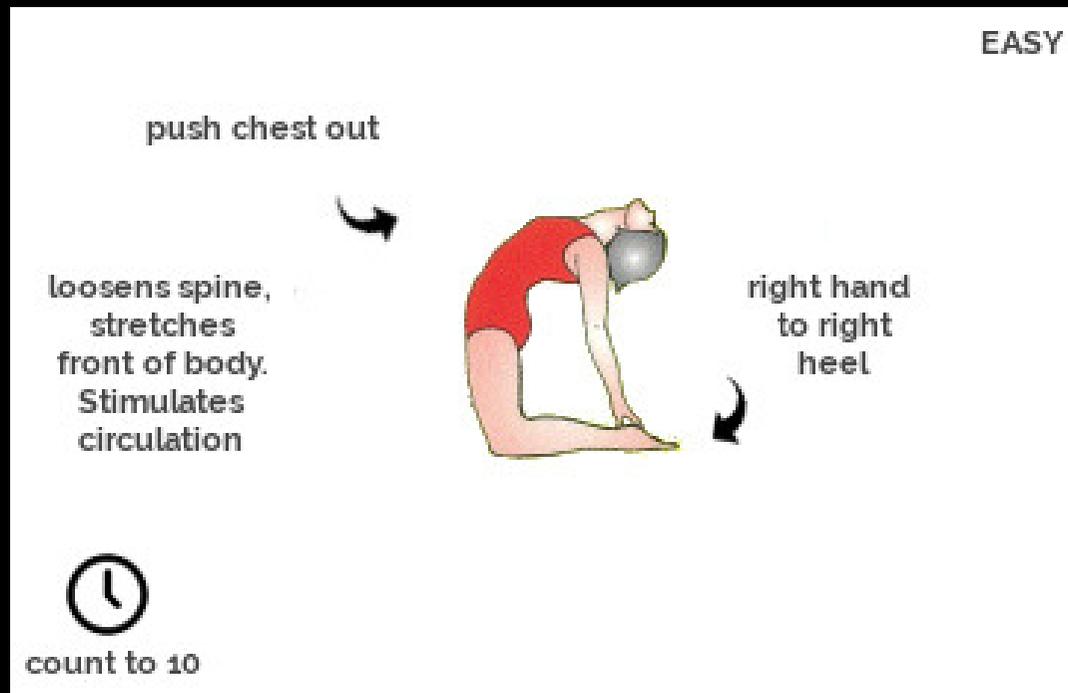
31. Knee Stretch

1. Lie flat on back. Breathe in
2. Lift both knees onto chest
3. Place arms around knees. Pull gently
4. HOLD - Breathe out, relax



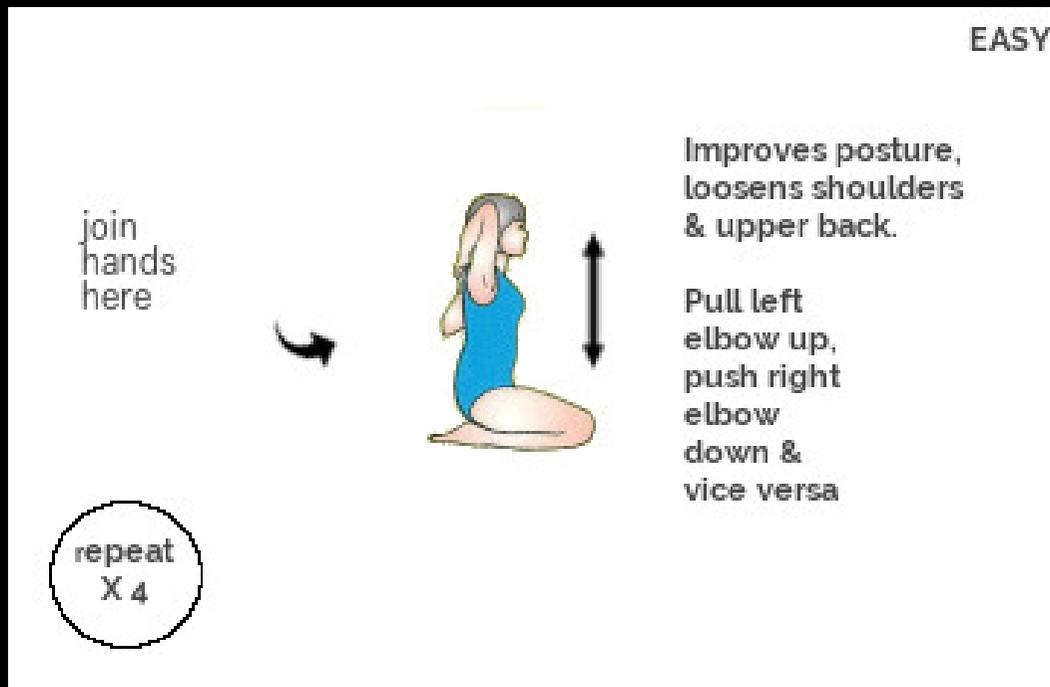
32. Quarter Headstand

1. Kneel, with head down
2. Straighten legs and lift body while bringing in feet towards the body
2. Keep torso straight - HOLD



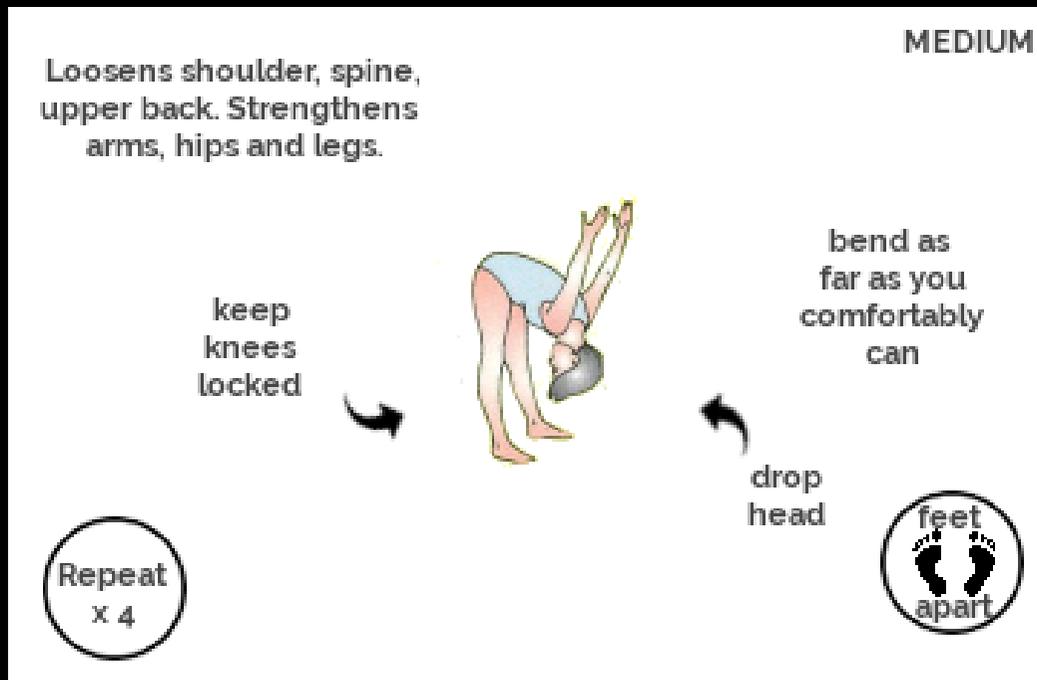
33. Abdominal Uplift

1. Start from a relaxed standing position
2. Exhale through nostrils and mouth
3. Draw abdomen in and up
4. HOLD - Relax



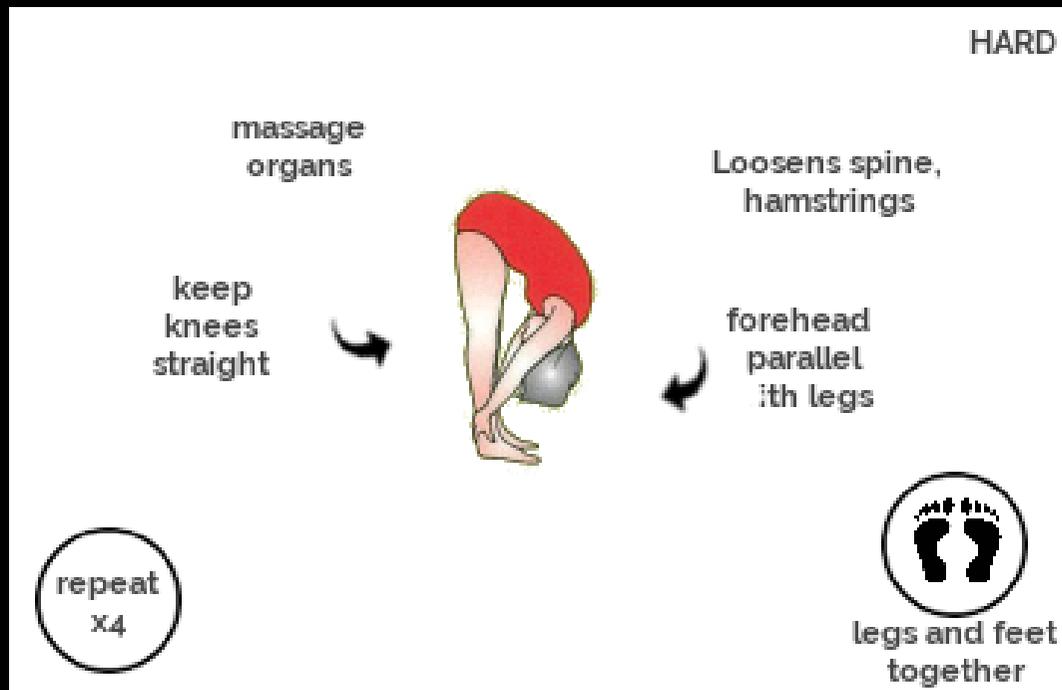
34. Knee Push

1. Start from sitting position
2. Cross legs with knees in front
3. Place hands on knees and push down
4. breathe freely - HOLD



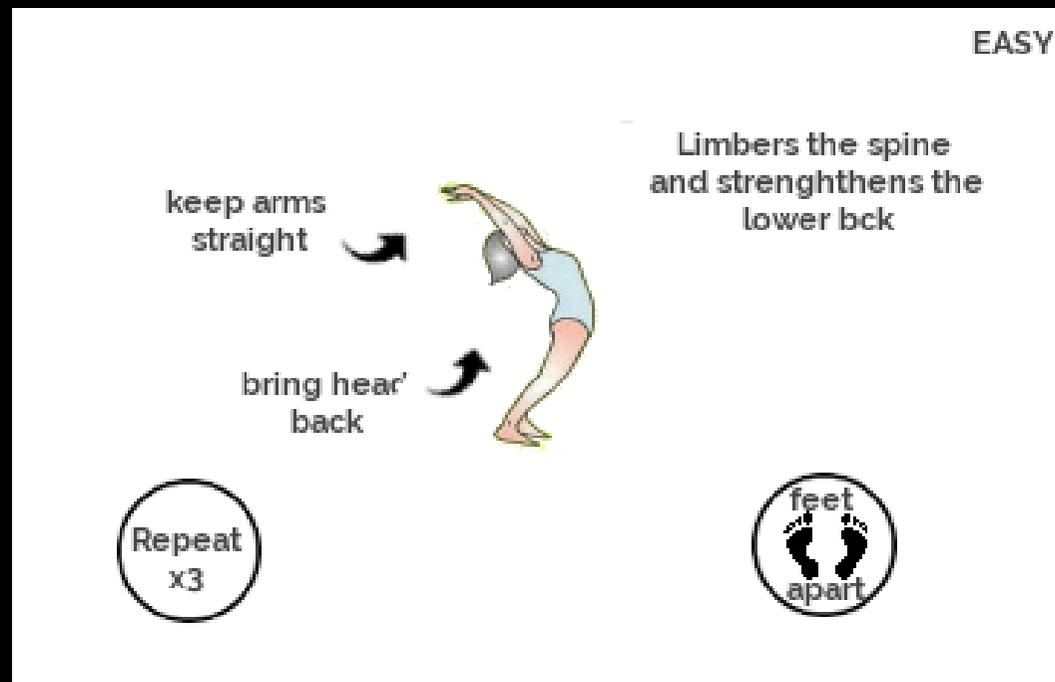
35. Simple Posture

1. Start from Lotus position. Exhale
2. Bend forward while placing arms around back with hands clasped
3. Breathe freely - HOLD



36. Right Angle Stretch

1. Start from sitting position
2. Keep legs together and flat on floor
2. Push palms hard against floor without lifting the body - HOLD



Breathing

Inhalation

Breathe deeply and fully to a comfortable limit. Let the abdomen expand and the diaphragm move down - freely and relaxed.

Exhalation

it is important to expel all air from the lungs in a smooth, continuous process. Take your time to exhale freely and without effort.

Breathing

Retaining Pause

Hold the air in the inflated lungs - without straining or discomfort. this promotes internal mixing of fresh and stale air.

Emptying Pause

Once the lungs are completely empty, pause for a second or two but not so long as to leave you grasping for breathe.

Breathing

Purifying Breath

Breathe in and out rapidly. Contract stomach muscles sharply and relax again. Expand and draw in the abdomen - concentrate.

Bellows Breath

inhale and exhale through both nostrils. Repeat 15 times. Finally take single deep nostril breathe, hold and breathe out smoothly.

Breathing

Sun & Moon Breath

Block one nostril with thumb and breathe in - slowly, deeply. Repeat 15 times, then change over to the other nostril.

Hissing Breath

Lips slightly parted, breathe in through the mouth. A hissing sound is produced when air passes between tip of tongue and teeth.

Types Of Yoga

Hatha Yoga

A practical path, calming and health promoting. The exercises on this chart are part of Hatha Yoga.

Karma Yoga

Teaches selfless activity without reward or praise. The heart is purified, the ego subdued, all actions are considered.

Types Of Yoga

Raja Yoga

Control of mental activity can release powerful spiritual and physical energy leading to a calm mind and a healthy body.

Bhakti Yoga

The divine is seen as the embodiment of love and it is worship through emotional prayer, chanting and personal surrender.