



## 1. Cow Pose

*An easy, gentle way to warm up the spine.*

On your hands and knees, place your hands shoulder-width apart and directly under your shoulders. Place your knees hip-width apart underneath your hips. On an inhale, lift your tailbone and drop your belly, open your chest, and look up.



## 2. Cat Pose

*Provides a gentle massage to the spine and belly organs.*

As you exhale, point your feet and press your shins and tops of feet down as you round your spine. As you press in, push middle back toward ceiling.



## 3. Extended Puppy Pose (Uttana Shishosana)

*Useful for lengthening the spine and calming the mind.*

On hands and knees, place your hips over your knees and walk your hands forward, resting your forehead on the floor. If your forehead does not reach the floor, use padding. Energize your hands and forearms so your elbows stay lifted. Inhale and exhale as you ground into your hands and relax your head and forehead.



## 4. Standing Forward Bend (Uttanasana)

Inhale, with a slight bend in your knees, and exhale as you allow your torso and spine to drip forward over your legs. Depending on the flexibility of your hamstrings, straighten your legs (if your hamstrings are tight, bend your knees). Remember to continue to relax your neck and head. Place hands on the floor or wrap them behind your calves. If your hands do not rest comfortably on the floor, use a prop (i.e., cushion) to rest your hands on. Then continue breathing.



### **5. Extended Triangle Pose (Utthita Trikonasana)**

Stand with your feet about shoulder distance apart. Turn your right foot out at a 90 degree angle facing the top of your mat, and then slightly turn your left foot in, to align your right heel with your left heel. Extend your arms straight out from your shoulder, with your head balanced above your hips. Begin to move your right hip back and extend your right arm forward, on an inhale. As you exhale, move your right arm down (on the floor if it touches comfortably or on your right leg (not the knee joint) or on a block placed at the outside of your right foot. Extend your left arm upward. Continue to inhale and exhale in the pose. Remember to do the other side.



### **6. Half Moon Pose (Ardha Chandrasana)**

Turn your right foot out at a 90 degree angle facing the top of your mat. Place your right hand down a couple of inches in front your right foot, but closer to the pinky toe of your right foot. Place your left hand on your left hip. Gradually straighten your right leg and extend your left leg so that your left hip stacks on top of your right hip. Then extend your left arm and flex your left feet, extending in all directions. As you inhale ground into the pose, as you exhale expand from all directions, continue to breathe in the pose. Switch to the other side.



### **7. Bridge Pose (Setu Bandha Sarvangasana)**

Lie down on your back. Bend your knees and place your feet hip-distance apart, with feet parallel to each other facing the top of the mat, and your heels close to the sitting bones of your butt. Inhale, press into your feet and raise your hips, move your arms in underneath your body and clasp your hands, interlacing your fingers, pressing your hands and upper arms into the floor. Exhale. Remember to keep your knees over your toes and move your inner thighs toward each other. If the clasp of the hands is too much pressure on your shoulders, release the hold and allow your hands to rest at your side. You can also place a block, cushion, or blanket beneath your



sacrum (the spot on your lower back above the tailbone). Continue with the pattern of inhalations and exhalations.



### **8. Easy Pose (Sukhasana)**

Take a seated, cross-legged position that is comfortable for you, typically with the shin of one leg crossing the other. Place your hands on your thighs with your elbows directly underneath your shoulders. Sit up on a blanket to allow your spine to extend upward with more ease. As you inhale, allow your chest to rise as the spine extends, and exhale firming in your seat. Continue breathing and then switch the crossing of the legs, placing the leg that was on the bottom on top.



### **9. Head-to-Knee Forward Bend (Janu Sirsasana)**

Extend both legs in front of you while seated. Bend your right knee back to a 90 degree angle and square your torso over the extended leg. The sole of your right foot is resting in your upper left thigh. Your extended leg is active with foot flexed and quadriceps active. Begin to bend forward by tipping the pelvis, leading with your chest, not your arms. Take hold of your extended foot or ankle, if it is available. After several breaths, do the other side.



### **10. Seated Forward Bend (Paschimottasana)**

Inhale, extend both legs in front of you actively, feet flexed and quadriceps active. Exhale, raise your arms and begin to tip forward at the pelvis, leading with your chest not your arms. When you have extended as far as possible allow your head and arms to drop and relax. Continue inhaling and exhaling allowing the exhalations to relax you further into the forward bend if comfortable.



### **11. Corpse Pose (Savasana)**

Sit on the floor with your knees bent, lower your legs, and gradually roll your back down to the floor. Extend your arms down by your side, a few inches away from your upper body, spread your legs a bit wider than hips-distance and allow your feet to flap open. Rest the center of your head into the floor, and allow the floor to support the full weight of your body. Inhale and exhale as your body is supported by the floor.