
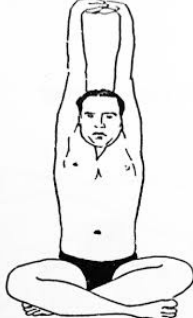






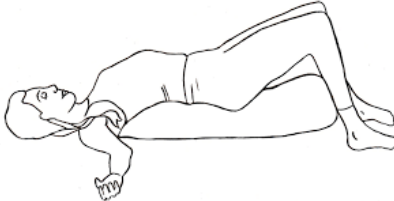




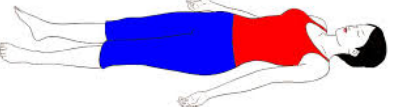
STAYING HEALTHY WITH YOGA

<p>Seated Adho Mukha Virasana - Downward facing hero pose</p>	<p>Use 2 chairs and a blanket or bolster for head.</p> <p>Add more height under head to keep spine extended.</p>	
<p>Baddanguliasana - bound fingers pose</p>	<p>Parvatasana - helps open up shoulders</p> <p>Interlock fingers. Extend arms and straighten elbows. Relax shoulders.</p> <p>Can do in a chair.</p>	
<p>Bharadvajasana - Twist pose named after a sage</p>	<p>Bharadvajasana I (in chair, can place a block between thighs to stabilize legs).</p> <p>Relax abdomen on each exhalation.</p>	
<p>Ardha Uttanasana - Half extension of the spine pose</p>	<p>Stretches the spine.</p> <p>Keep arms high enough so spine does not round, but stays extended.</p>	
<p>Adho Mukha Svanasana - Dog Pose</p>	<p>Helps to fully extend the spine.</p> <p>Press thighs and hips back. Extend front of spine forward.</p>	

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<p>Trikonasana - Triangle Pose</p>	<p>Trikonasana - tones and strengthens legs, aligns shoulders</p> <p>Keep side waist, side chest long.</p>	<p>Yoga Sequence Builder</p> <p>© Tumme.com</p> 
<p>Ardha Uttanasana - Half extension of the spine pose</p>	<p>Stretches the spine.</p> <p>Keep arms high enough so spine does not round, but stays extended.</p>	
<p>Uttanasana - Extension of the spine pose</p>	<p>Work through stages of entering uttanasana, continuing to lengthen the spine as you bring head in toward the shins.</p> <p>Keep legs extended, and spine fully extended, continuing to lengthen the lower back. Do not force.</p>	
<p>Setu Bandha Sarvangasana - Bridge Pose</p>	<p>Support hips and shoulder blades, allowing shoulders to come down to the floor.</p> <p>Keep back of neck long, chest lifted.</p> <p>Variation: Can extend legs and press out through heels.</p>	
<p>-</p>	<p>This variation is done with support under the torso.</p> <p>Head is supported with a blanket, thighs are supported with rolled blankets.</p>	

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<p>Viparita Karani - Topsy Turvey pose</p>	<p>Support hips with a blanket or a bolster.</p> <p>Abdomen should be relaxed.</p> <p>Shoulders roll toward the floor.</p>	 A line drawing of a person lying on their back with their legs raised vertically. Their hips are supported by a thick, rounded object, likely a bolster or blanket. Their arms are resting on the floor, and their head is resting on the floor.
<p>Savasana - Corpse Pose</p>	<p>Lie evenly the floor. Head can be supported with a blanket.</p> <p>Relax the legs and arms. Relax the facial muscles. Relax the eyes, throat and abdomen.</p> <p>Observe the breath.</p>	 A colored illustration of a person lying flat on their back on the floor. They are wearing a red top and blue pants. Their arms are at their sides, and their legs are straight.