
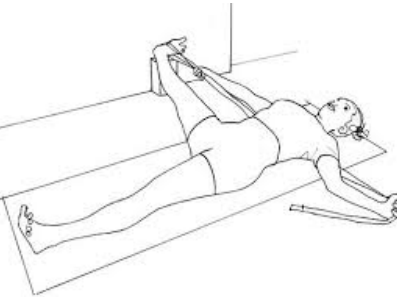














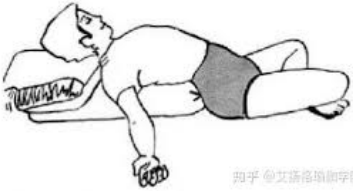

GROWING TOWARD LOTUS POSE

<p>Simple Crossed Legs (Swastikasana)</p>	<p>Sit on a little height, such as a blanket to lift spine. Can sit in a chair if knees are uncomfortable. Prepare body and mind for yoga.</p> <p>Take a breath in to lift spine, release breath while relaxing abdomen. Change cross of legs and repeat.</p>	
<p>Supta padangusthasana - leg out the the side</p>	<p>Lie flat. Use blanket support for head. Use a strap around foot for leg going out to the side.</p> <p>Repeat both sides.</p>	
<p>Dog Pose (Adho Mukha Svanasana)</p>	<p>Begin on hands and knees. Lift hips up, and press heels down. Press into hands to take hips back. Bring head between arms, relax neck.</p>	
<p>Utthita Hasta Padangusthasana (Extended Hand to Big Toe Pose)</p>	<p>From Mountain Pose, place right foot on chair seat or chair top. Press left heel down, press left thigh back. Keep hips even. Lift spine up.</p> <p>Repeat on second side. Can also do holding the foot without step.</p>	
<p>Utthita Hasta Padangusthasana (Extended Hand to Big Toe to the Side)</p>	<p>From Mountain Pose, bend right knee to clasp big toe. Extend leg out to the side. Press left hell down, press left thigh back. Keep hips even. Lift spine up.</p> <p>Repeat second side. Can also place right foot on a chair or wall.</p>	

GROWING TOWARD LOTUS POSE

<p>Utthita Maricyasana III (Extended spinal twist)</p>	<p>Place right foot on a chair near a wall. Place left heel on block to elevate spine more. Twist from left to right. Keep right knee over right ankle.</p> <p>Repeat on Left side.</p>	
<p>Triangle Pose (Trikonasana)</p>	<p>Step feet wide apart, feet facing forward. Adjust the legs turning one foot out to the side. Extend arms to side. Keep side waist extended, exhale and place hand on ankle or a block. Reach top arm up. Expand chest. Notice length of spine and width across chest. Inhale and come up.</p>	
<p>Warrior II Pose (Virabhadrasana II)</p>	<p>Step feet wide apart, feet facing forward. Adjust the legs turning one foot out to the side. Extend arms to side. Lift sides of torso. Exhale and bend knee over ankle. Lift abdomen up toward chest. Release top of buttock away from waist. Release shoulders down from ears. Switch sides.</p>	
<p>Uttanasana (Extension of the Spine Pose)</p>	<p>Stand feet hip width apart. Fold forward and hold elbows. Release spine down.</p> <p>Change cross of elbows.</p>	
<p>Uttanasana (Extension of Spine Pose)</p>	<p>Can also do this variation with hands on the wall.</p>	

GROWING TOWARD LOTUS POSE

<p>Revolved Abdomen Pose (Jathara Parivartannasana)</p>	<p>Lie on back, arms to side. Bend knees to chest. Keep legs joined. Exhale and twist to the right. Press left shoulder down and keep legs joined. Return to center.</p> <p>Repeat on second side.</p>	
<p>Halasana (Plow)</p> 	<p>For experienced students.</p> 	
<p>Supported Swastikasana</p>	<p>Use same blanket set up as above, with cross-legged position. Can support outer thighs with extra blankets or blocks.</p> <p>Breathe normally. This setup allows for more space in pelvic region and deeper breath.</p>	
<p>Supported Savasana - Normal Breathing</p>	<p>Support head on a blanket. Lie back, rolling down one vertebrae at a time, keeping knees bent. Keep lower back long. Place arms along the side of the torso, palms up. Release legs down and relax the feet.</p> <p>Breathe normally.</p>	

NOTE: NOTICE WORK IN THE HIPS AND KEEPING THE LENGTH OF SPINE. KEEP ABDOMEN AND GROINS RELAXED. MORE TO COME!