

ASANA ROUTINE

- A. WHOLE BODY STRETCHING (NECK & HEAD, ARMS & SHOULDERS, TORSO, BACK, ABS, HIPS & PELVIS, LEGS)
FOCUS: FLEXIBILITY
EFFORT: MILD
- B. HIPS & PELVIS, BACK, TORSO, ARMS & SHOULDERS
FOCUS: FLEXIBILITY, STRENGTH
EFFORT: MILD TO MODERATE
- C. ABS, BACK, SHOULDERS, HIPS & PELVIS, LEGS
FOCUS: FLEXIBILITY, STRENGTH
EFFORT: MILD TO MODERATE
- D. LEGS, HIPS & PELVIS, TORSO, SHOULDERS
FOCUS: FLEXIBILITY, STRENGTH, COORDINATION, BALANCE
EFFORT: MODERATE TO STRENUOUS
- E. TORSO, BACK, HIPS, ARMS & SHOULDERS
FOCUS: FLEXIBILITY, STRENGTH, COORDINATION, BALANCE
EFFORT: MODERATE TO STRENUOUS
- F. CONCLUSION
FOCUS: CENTERING & RELAXATION
EFFORT: MILD

NOTE: SUSTAINED DURATION AND REPETITIVE PERFORMANCE OF ASANAS WILL IMPROVE ENDURANCE.

A. WHOLE BODY STRETCHING

FOCUS: FLEXIBILITY

EFFORT: MILD

warmup: standing arm swings & stretches, shoulder stretches, side stretches & twists; light hamstring stretches; stretch again during routine if necessary

goal: loosen up the body, reduce vulnerability to injury

Asana Guidelines: 1) *sthira* and *sukha*: be firm & steady, light & comfortable
2) *vinyasa krama*: planned steps into, through, and out of an asana
3) visualize desired form of asanas before & during execution
4) breathing: inhale on chest expansion, exhale on compression and/or exertion
5) know asana priorities, personal capabilities & limitations
6) mental: attentive, focused, aware of breathing and body systems

mountain (*tadasana*)

stand straight & tall, comfortably while firm and in control



mountain w/upward arms (*urdhva hastasana*);
stretch slowly from feet through arms; rise on toes;
with arms raised, interlace fingers, push upwards



standing forward bend (*uttanasana*)
basically a hamstring stretch that doesn't
require straining the back; legs straight & vertical



arm stretches: eagle (*garudasana*)
cow face (*gomukhasana*)

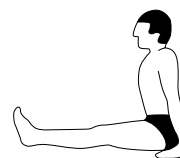


hero (*virasana*)
sit on heels, back straight & vertical, legs together
while in pose do hand squeezes w/ball (or other) and
facial contortions (*simhasana* plus more)



staff (*dandasana*)

while in pose do: ankle/foot flexes and rotations, toe flexes, leg rotations, wrist & finger rotations & flexes



seated forward bend w/bent leg (*janu sirsasana*);

vary angle between legs;
work arms, back, posterior of leg in isometric opposition



cobbler (*baddha konasana*)

soles of feet together while outer legs pull knees outward



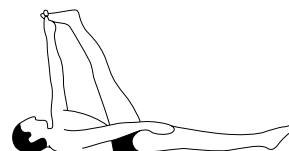
seated twist (*parsva sukhasana*)

2 sets w/changed leg cross; include head flexion & head rotations
can also do twist with legs straight (*parsva dandasana*)



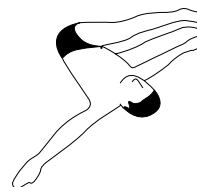
lying twist (*supta parsva padangusthasana*)

drop leg to floor on both sides; may use strap as guide;
vary leg/body angle (90, other): rotate, circle leg



lying twist (*jathara parivartanasana*)

vary: legs straight, bent, and bent with knees crossed



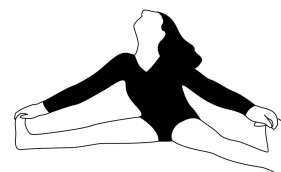
bridge (*setu bandha sarvangasana*)

up and down: 5-10 reps; raise body with muscles
along back of body, not solely by pushing up from feet



wide seated forward bend (*upavistha konasana*)

keep lower back flat
also do cross-handed, e.g. left hand to right foot



gate (*parighasana*)

2-3 reps to each side
this is a side bend, not a forward bend



hero with twist (*parsva virasana*)

while in pose do head rotations



B. HIPS & PELVIS, BACK, TORSO, ARMS & SHOULDERS

FOCUS: FLEXIBILITY, STRENGTH

EFFORT: MILD TO MODERATE

Warm up as required for body parts used in this segment
(Section A would be an adequate warmup)

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hero (*virasana*)

back straight & vertical, sit on heels, legs together



extended child's pose (*adho mukha virasana*)

body stretched out; buttocks on heels; lower back straight



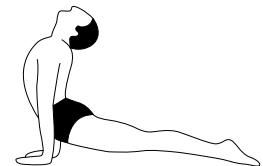
cobra (*bhujangasana*)

up & down 3-5 times; the arms function to guide & stabilize; the torso is raised by muscles along the back of the body



upward facing dog (*urdhva mukha svanasana*)

arms press down somewhat, but function mainly to guide & stabilize; torso is pulled through and raised mainly by muscles along back of body; shoulders kept down



extended pigeon (*eka pada rajakapotasana*)

body stretched out; pelvis level, towards floor;
lower back straight; vary angle of bent leg

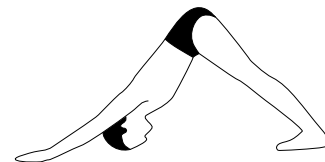


upright pigeon (*eka pada rajakapotasana*)

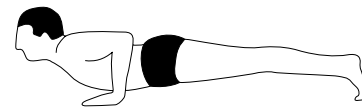
pull chest up & out, don't compress spine;
pelvis square, level, & low; vary angle of bent leg



downward facing dog (*adho mukha svanasana*)
weight balanced evenly; stretch back & legs;
arms, back & legs straight; head and neck relaxed



(optional) **plank** (*chaturanga dandasana*)
body straight, few inches off floor;
(optional) flow from **downward facing dog** to **plank** a few times



VINYASA FLOW APPROACH (builds endurance, agility):

move through above asanas (**extended child's pose** through **plank**) as a flow, with minimal pausing between asanas; repeat sequence as many times as desired

seated forward bend (*paschimottanasana*)
lower back straight



seated twist (modified *marichyasana I*)
work bent arm & back as well as torso twisting muscles



seated twist (*marichyasana II*)
work bent arm & back as well as torso twisting muscles



standing forward bend (*uttanasana*)



C. ABS, BACK, SHOULDERS, HIPS & PELVIS, LEGS

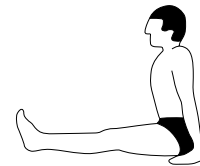
FOCUS: FLEXIBILITY, STRENGTH

EFFORT: MILD TO MODERATE

Warm up as required for body parts used in this segment
(Section A would be an adequate warmup)

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staff (*dandasana*);



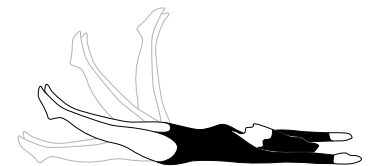
seated forward bend (*paschimottanasana*)
lower back straight



locust (*salabhasana*)
anchored on pelvis, raise & lower body - repeat 3-5 times
(optional) swing arms forward; rotate arms and legs



scissors leg lifts (modified *urdhva prasarita padasana*)
combined w/ **half boat** (*ardha navasana*) into one pose:
legs raised off floor, do leg scissors, every 5th rep raise legs
vertical and head/chest into half boat; vary leg angle to floor



half boat

sunbird (*chakravakasana*)
straighten and raise leg/arm on opposite side
(optional) swing & rotate arms and legs



bow (*dhanurasana*)

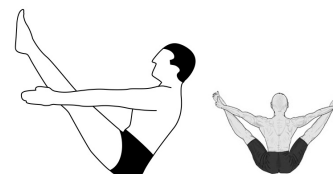
reach back, grab ankles, pull into bow, taking care to avoid lower back compression



boat (*paripurna navasana*)

keep torso and legs in balance

finish with **boat w/legs wide** (*urdhva upavistha konasana*)



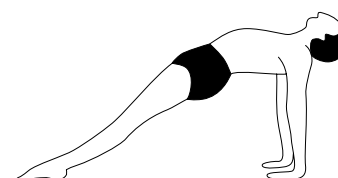
cobbler (*baddha konasana*)

soles of feet together while outer legs pull knees outward



reverse/upward plank (*purvottanasana*)

lift shoulders and torso up and down 3-5 times



VINYASA FLOW APPROACH (builds endurance, agility):

move through above asanas (**locust** through **reverse plank**) as a flow, with minimal pausing between asanas; repeat sequence as many times as desired

standing forward bend (*uttanasana*)



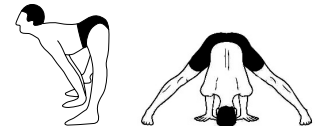
D. LEGS, HIPS & PELVIS, TORSO, SHOULDERS

FOCUS: FLEXIBILITY, STRENGTH, COORDINATION, BALANCE
EFFORT: MODERATE TO STRENUOUS

Warm up as required for body parts used in this segment
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wide standing forward bend (*prasarita padottanasana*)



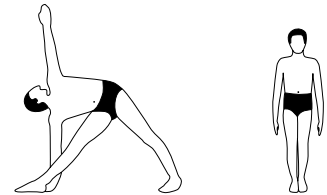
tree (*vrksasana*) on both sides

start in **mountain** (*tadasana*); draw up one leg, extending opposite arm slightly for balance, when stable raise both arms overhead while keeping body straight



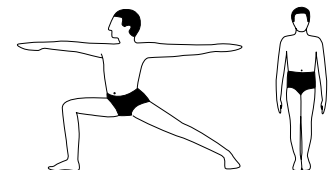
triangle (*utthita trikonasana*)

back against wall, shoulder blades stay on wall
legs firm and straight, weight balanced evenly
(optional) finish with **mountain pose** (*tadasana*)



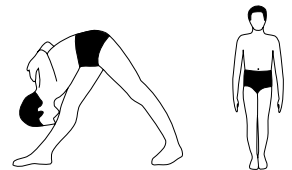
warrior II (*virabhadrasana II*)

spine vertical, feet planted firmly, weight balanced evenly
(optional) finish with **mountain pose** (*tadasana*)



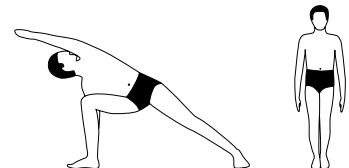
extended leg standing forward bend (*parsvottanasana*)

feet planted firmly, legs straight
(optional) finish with **mountain pose** (*tadasana*)



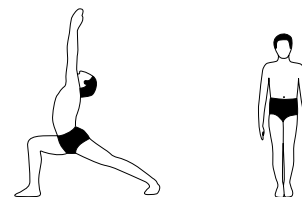
extended side stretch (*utthita parsvakonasana*)

feet planted firmly, back leg straight, weight balanced evenly
(optional) finish with **mountain pose** (*tadasana*)



warrior I (*virabhadrasana I*)

hips square and level; back leg straight
maintain stability with feet apart up to hip width
(optional) finish with **mountain pose** (*tadasana*)



VINYASA FLOW APPROACH (builds endurance, agility):

move through asanas (**triangle** through **warrior I**) as a flow, with minimal pausing between asanas; all 5 asanas on one side of the body, then the other, omitting **mountain pose**

standing w/extended leg (*utthita hasta padangusthasana*)

body vertical as in mountain pose



mighty/chair (*utkatasana*)

weight balanced evenly on feet;
stretch torso & arms, spine as vertical as possible



standing forward bend (*uttanasana*)



OCCASIONAL POSES

half moon (*ardha chandrasana*)

back, hips, legs, arms are in the same plane



warrior III (*virabhadrasana III*)

stretch body out straight, forward & back



low lunge (*anjaneyasana*) & **high lunge**

hips square and level; stretch legs forward & back



revolved poses

revolved triangle (*parivrtta trikonasana*)

revolved side stretch (*parivrtta parsvakonasana*)



E. TORSO, BACK, HIPS, ARMS & SHOULDERS

FOCUS: FLEXIBILITY, STRENGTH, COORDINATION, BALANCE

EFFORT: MODERATE TO STRENUOUS

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mountain (*tadasana*)



crane (*bakasana*)

hands on floor between knees in crouch;
lean forward & balance knees on upper arms



camel (*ustrasana*)

kneel with torso vertical, lean back, place hands on heels,
use muscles on back of body to create the curve



reclining hero (*supta virasana*)

starting from **hero**, lean back,
pelvis down between ankles, upper body stretched out straight



side plank w/torso twists

with lower arm straight, place upper hand behind head,
twist upper body to face floor, and return (5-10 reps);
alternate with

side bridges w/torso dips

with lower arm firm, dip lower hip to touch floor,
and return (5-10 reps)



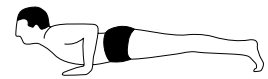
starting position



starting position

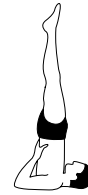
plank (*chaturanga dandasana*)

hold for 30-60 seconds if desired, alternate with **pushups**



supported shoulderstand (*salamba sarvangasana*)

from supine position, swing body up to rest on shoulders, hands supporting back; can use height under shoulders to reduce strain on neck

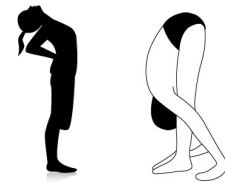


plough (*halasana*)

similar to shoulderstand, but drop toes to floor beyond head; (optional) flow between shoulderstand and plough



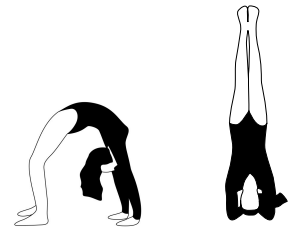
standing back bend (*anuvittasana*);
standing forward bend (*uttanasana*)



back bend (upward bow) (*urdhva dhanurasana*)

alternate with **headstand** (*salamba sirsasana*)

if desired, use a shoulderstand fixture that frees the head from compression of cervical spine



standing forward bend (*uttanasana*)



OCCASIONAL POSES

pendant (*lolasana*)

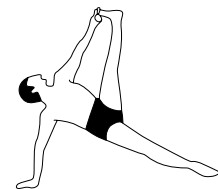
kneeling, cross lower legs, hands on floor, raise body with arms



peacock (*mayurasana*)



Side plank w/extended leg (*vasisthasana*)



more **seated twists** (*bharadvajasana*, *marichyasana* variations)



F. CONCLUSION

FOCUS: CENTERING & RELAXATION

EFFORT: MILD

standing forward bend (*uttanasana*)



seated forward bend (*paschimottanasana*)



relaxation/corpse (*savasana*)
relax mind and all parts of body

