

# **SHORT ASANA ROUTINE**

THIS ROUTINE EXERCISES THE WHOLE BODY: NECK & HEAD, ARMS & SHOULDERS, TORSO, BACK, ABS, HIPS & PELVIS, LEGS. EFFORT REQUIRED RANGES FROM MILD TO MODERATE. THE 28 ASANAS DEVELOP FLEXIBILITY, STRENGTH, COORDINATION & BALANCE, PLUS MENTAL FOCUS AND DISCIPLINE.

THE ROUTINE DOES NOT REQUIRE CONTINUAL OR RAPID MOVEMENT, SO SUPPLEMENTAL EXERCISE WOULD BE NECESSARY TO DEVELOP AGILITY AND CARDIOVASCULARPULMONARY ENDURANCE.

THIS SHORT ASANA ROUTINE WOULD NOT REPLACE A LONGER ROUTINE FOR INDIVIDUALS INTERESTED IN HIGH LEVELS OF FITNESS. BEING COMPREHENSIVE, HOWEVER, THE ROUTINE DOES NOT NEGLECT ANY PART OF THE BODY OR ANY BODY FUNCTIONS. THE 30-45 MINUTES REQUIRED WOULD BE SATISFACTORY AS AN EXERCISE ROUTINE TO SUPPORT THE REQUIREMENTS OF NORMAL DAILY LIVING.

# SHORT WHOLE BODY ASANA ROUTINE

**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



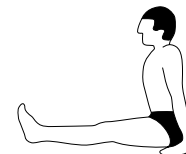
## **hero** (*virasana*)

sit on heels, back straight & vertical, legs together



## **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*)

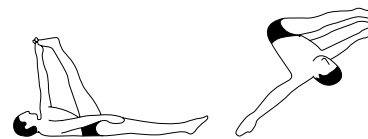
soles of feet together while outer legs pull knees outward



**seated twists** on alternate days do 2 sets each side of:  
*parsva sukhasana* (2nd set w/changed leg cross) OR  
*bharadvajasana I*  
both: do head flexion & head rotations



**lying twists** on alternate days do 2 sets each side of:  
*supta parsva padangusthasana* drop leg to floor on one side,  
then other side OR  
*jathara parivartanasana*) legs straight; bent; bent, 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



**gate** (*parighasana*)  
2-3 reps to each side  
this is a side bend, not a forward bend



**extended child's pose** (*adho mukha virasana*)  
body stretched out; buttocks on heels; lower back straight



extended **pigeon** (*eka pada rajakapotasana*)  
body stretched out; pelvis level, towards floor;  
lower back straight; vary angle of bent leg



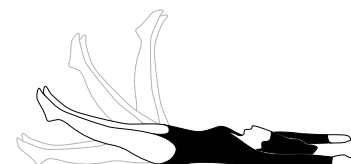
**downward facing dog** (*adho mukha svanasana*)  
weight balanced evenly; stretch back & legs;  
arms, back & legs straight; head and neck relaxed



**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*)  
legs raised slightly off floor, do leg scissors, every 5th rep  
raise legs vertical



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

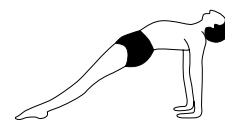


**boat** (*paripurna navasana*)  
keep torso and legs in balance

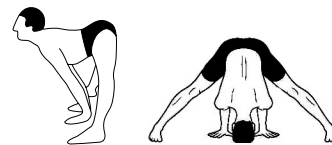


**reverse/upward plank** (*purvottanasana*)

start in **staff** (*dandasana*); lean back and raise body on arms;  
lift shoulders and torso up and down 3-5 times

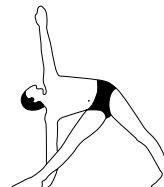


**wide standing forward bend** (*prasarita padottanasana*)



**triangle** (*utthita trikonasana*)

back against wall, shoulder blades stay on wall;  
legs firm and straight, weight balanced evenly



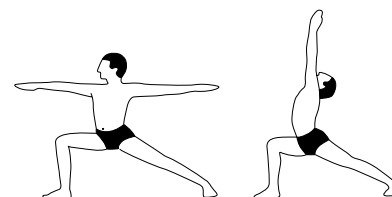
**tree** (*vrksasana*) on both sides

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



**warrior** on alternate days do:

*virabhadrasana II* spine vertical, arms extended out OR  
*virabhadrasana I* spine arched, arms stretched upwards  
both: keep feet planted firmly, weight balanced evenly



**camel** (*ustrasana*)

start in **hero** (*virasana*); lean back, place hands on heels,  
use muscles on back of body to create the curve



**reclining hero** (*supta virasana*)

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

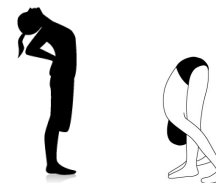


**supported shoulderstand** (*salamba sarvangasana*)

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



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



**relaxation/corpse** (*savasana*)

relax mind and all parts of body

