

# 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) Visualize body movements into, during, and out of an asana (*vinyasa krama*)
- 2) Throughout asana remain firm and steady (*sthira*), comfortable and relaxed (*sukha*)
- 3) Join movement with breath (*prana*); exhale during exertion or chest compression, inhale during preparation or chest expansion
- 4) Be mindful of your spine, the body's primary energy conduit
- 5) Be attentive to your body's response to your movements: validation of accomplishing what you intended, or knowledge that modifications are desirable

## 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*)

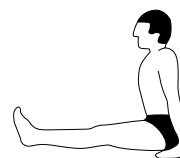


**hero** (*virasana*)  
sit on heels, back straight & vertical, legs together  
while in pose do hand squeezes w/ball (or other) and  
facial contortions (*simhasana* plus more)



**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



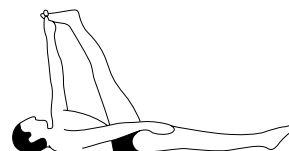
**seated twist** (*parsva sukhasana*)

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



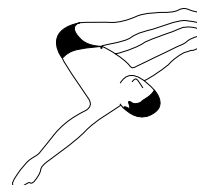
**lying twist** (*supta parsva padangusthasana*)

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



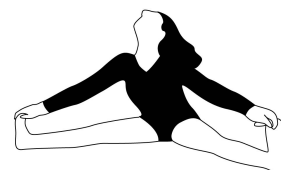
**bridge** (*setu bandha sarvangasana*)

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)

## **Asana Guidelines:**

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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



### **locust** (*salabhasana*)

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



### extended **pigeon** (*eka pada rajakapotasana*)

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

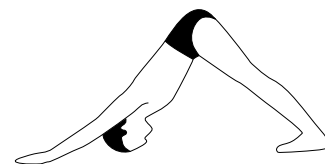


### upright **pigeon** (*eka pada rajakapotasana*)

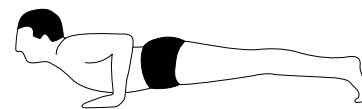
pull chest up & out, don't compress spine;  
pelvis square, level, & low; vary angle of bent leg



**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**

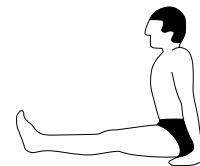
**EFFORT: MILD TO MODERATE**

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

## Asana Guidelines:

- 1) Visualize body movements into, during, and out of an asana (*vinyasa krama*)
- 2) Throughout asana remain firm and steady (*sthira*), comfortable and relaxed (*sukha*)
- 3) Join movement with breath (*prana*); exhale during exertion or chest compression, inhale during preparation or chest expansion
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**staff** (*dandasana*);



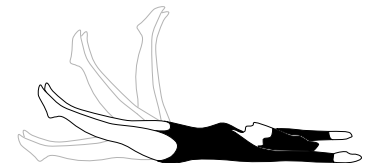
**seated forward bend** (*paschimottanasana*)  
lower back straight



**sunbird** (*chakravakasana*)  
straighten and raise leg & arm on opposite sides  
(optional) swing & 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



**bow** (*dhanurasana*)  
reach back, grab ankles, pull into bow, taking care to  
avoid lower back compression



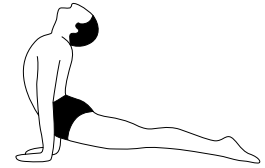
(optional) **cobra** (*bhujangasana*)

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



(optional) **upward facing dog** (*urdhva mukha svanasana*)

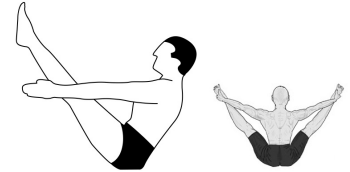
arms press down somewhat, but function mainly to guide & stabilize; torso is pulled through and raised mainly by muscles along back of body; shoulders kept down



**boat** (*paripurna navasana*)

keep torso and legs in balance

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



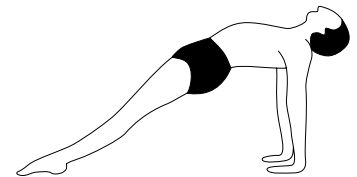
**cobbler** (*baddha konasana*)

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 (**sunbird** 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

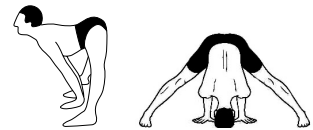
**FOCUS: FLEXIBILITY, STRENGTH, COORDINATION, BALANCE**  
**EFFORT: MODERATE TO STRENUOUS**

**Warm up** as required for body parts used in this segment  
(Sections A, B, & C would be an adequate warmup)

## Asana Guidelines:

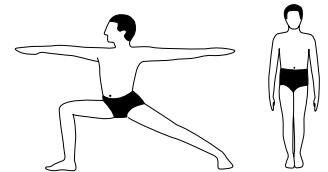
- 1) Visualize body movements into, during, and out of an asana (*vinyasa krama*)
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**wide standing forward bend** (*prasarita padottanasana*)



**warrior II** (*virabhadrasana II*)

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



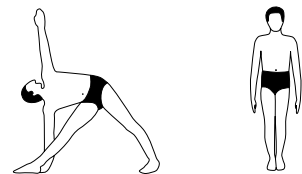
**tree** (*vrksasana*) on both sides

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



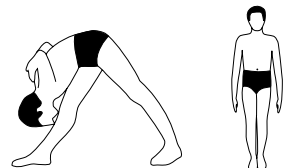
**triangle** (*utthita trikonasana*)

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



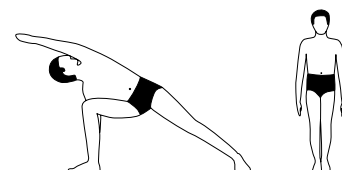
**extended leg standing forward bend** (*parsvottanasana*)

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



**extended side stretch** (*utthita parsvakonasana*)

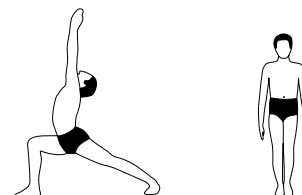
feet planted firmly, back leg straight, weight balanced evenly  
(optional) finish with **mountain pose** (*tadasana*)





## **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):**

flow through above asanas (**warrior II** thru **warrior I**, omitting **tree** and **mountain**) with minimal pausing between asanas; 5 asanas on one side of the body, then other side

## **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**

**Warm up** as required for body parts used in this segment  
(Sections A, B, & C would be an adequate warmup)

## **Asana Guidelines:**

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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** (*parsva vasisthasana*)

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** (*parsva setu bandhasana*)

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



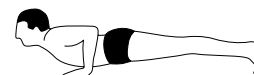
starting position



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



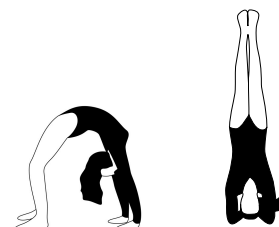
**standing back bend** (*anuvittasana*);  
**standing forward bend** (*uttanasana*)



**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*)

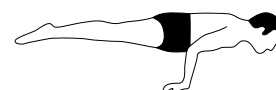
kneeling, cross lower legs, hands on floor, raise body with arms

**floating staff** (*uth pluthi dandasana*)

in staff pose, 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

