







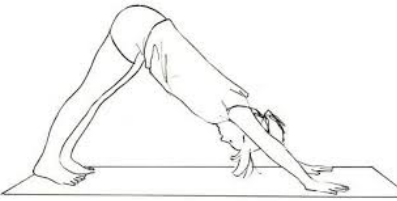
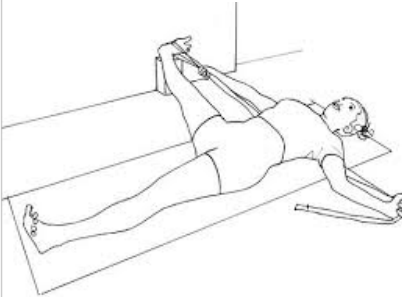





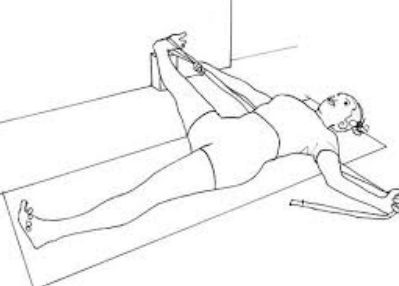

## YOGA AND MOVEMENT

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| <p>Simple Crossed Legs<br/>(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>Dog Pose<br/>(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>Breathe normally.</p>  |     |
| <p>Extension of the Spine Pose<br/>(Uttanasana)</p> | <p>Fold forward at crease of thighs and hold elbows. Allow spine to hang. Relax the back of the neck.</p>   |   |
| <p>Upward Hands Pose<br/>(Urdhva Hastasana)</p>     | <p>From standing, inhale and lift arms overhead. Relax your shoulders away from your ears.</p> <p>Then release arms down.</p>   |  |
| <p>Upward Hands Pose and a side bend.</p>           | <p>Stand with feet apart. Interlock fingers and press palms up. Exhale and bend to one side. Return to center. Change the interlock of the hands, and bend to the other side.</p> <p>Return to center and release arms.</p>                                   |   |

## YOGA AND MOVEMENT

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| <p>Triangle Pose<br/>(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<br/>(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>Half Spine Extension Pose<br/>(Ardha Uttanasana)</p> | <p>Face a wall, feet hip distance apart. Bend forward at crease of thighs. Press hands into the wall, and move hips and thighs back.</p>   |   |
| <p>Dog Pose<br/>(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>Breathe normally.</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>Press supporting leg down, while lowering opposite leg out to the side. Makes</p>   |  |

## YOGA AND MOVEMENT

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| <p>Revolved Abdomen Pose<br/>(Jathara Parivartanasana)</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>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 Supta Baddha Konasana</p>                     | <p>Use same set up with blankets as above. Keep outer thighs supported to keep abdomen relaxed.</p> <p>Relax abdomen on each exhalation.</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>Press supporting leg down, while lowering opposite leg out to the side.</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 THE BREATH IN ALL POSES.