



### **1. Tadasana/Mountain Pose**

Make sure feet are in-line with each other and dropping right out of the hips. Bring weight over the ankles with chest lifted and shoulders back and down, arms hanging at the sides with palm toward hips. Ears even with center shoulders. The pose should be very erect and vertical, but not tight or rigid with the gaze of the eyes forward and level with the floor.



### **3. Urdhva Hastasana**

Stand in Tadasana with palms of the hands pressing and thumbs resting on the bottom of the sternum. Tips of the elbows are dropping to the earth with shoulders back and down.



### **3. Urdhva Hastasana/Upward Salute**

Extend the arms up but keep head of the arm bone drawing into the shoulders. Line the arms up with the back of the ears. Look forward keeping face & throat soft. As you extend the arms extend through the legs, with feet in line and well grounded



### **4. Ardha Dhanurasana**

Draw down on the inside of the ankles, tuck the tailbone and lift from the upper chest. Keep the ears in line with the arms. If there is low back strain you need to press to the earth and lift the sternum to the sky. Breath



### **5. Uttanasana/Intense Stretch**

Remember to let the breath flow on the way down to Uttanasana. Don't try to go lower than your legs or back allow, but keep the legs straight. Whatever the body will allow. But keep breathing and eyes open, using this pose as an opportunity to release the neck letting the head drop. Keep your eyes open looking behind you.



### **6. Lunge, Variation**

Take a giant step back (3 ft) with foot in-line with the center of the hip. Step far enough back so the forward knee is just over its own ankle. Forward knee move forward while back heel draws back, straightening the back leg while dropping the hip as low as the straight leg will allow. Feel a balance through legs and hips.



### **7. Virabhadrasana1/Warrior 1**

Maintain the balance as you bring the arm up in line with the ears and raise the torso up onto the hips. Breathe keeping the face and neck soft. To help with balance think of rolling the front thigh muscles toward the center line of the pose. Keep arms in-line with ears as you come back down



### **8. Adho Mukha Svanasana/Downward-Facing Dog**

Bring the front foot back to meet the back foot lifting hips up and back. Don't worry about heels reaching the floor; more important is drawing weight off the arms, over the hips, and onto the legs. Allow no tension in the face or the neck, by bringing chin toward the sternum.



### **9. Plank Pose**

From the downward dog, bring torso forward so shoulders are directly over the wrists. Should be a slight bend in the elbows to the side with chest between shoulders slightly domed. Pull heels back, tailbone down, with abdominals, hips, and thighs actively drawing up. You are emulating a plank so body should be rigid so the arms don't have to bear too much weight.



### **10. Chaturanga Dandasana/Four-Limbed Staff Pose**

This picture shows a more advanced pose. If you can do this, then keep the intent of the plank and lower with elbow in and chin lifted. Breathe on the way down and hold an inch off the floor for at least one breathe. To modify, first drop knees to floor then lower chest to floor right between the hands. The hips (butt) stays lifted while elbows hug into ribs. Lift the chin. (This is very good for the lower back when done properly.)



### **11. Bhujangasana/Cobra Pose**

This image shows a very advanced pose. Unless you have had instruction don't lift farther than your lower back will allow. Better to do the pose by extending through the spine muscles while the thighs and ankles press toward the floor. Activating the thighs will help lift the chest. More important to lift the upper chest than the chin. Use the arms only a little at first for support, keeping back muscles engaged. You will be laying right on the diaphragm, so breathe into the side ribs and chest.



### **12. Adho Mukha Svanasana/**



### **13. Virabhadrasana1**



### **14. Lunge,**



### **15. Uttanasana**



### **16. Urdhva Hastasana**



### **17. Urdhva Hastasana**



### **18.Tadasana**