




Let's Practice
 Developing Upper Body and Core Strength while maintaining Open Heart, Throat and Shoulders

<p>Floor</p>	<p>Lengthened along your mat with arms outstretched – breathing focused in chest and throat</p>	
	<p>Bend knees and bring feet a little wider than hips and allow knees to rest at center. Hands on belly. Continue focusing on breath now in the belly</p>	
	<p>Start with knees in your chest and then in an inhale lift legs up and you sweep arms to the floor overhead. Exhale lower. Repeat.</p> <p><i>NOTE: The 2nd photo doesn't show the sweeping of the arms to the floor overhead.</i></p>	
	<p>Simple twist side to side, turning head in the opposite direction. Feel into your throat. Massage hips and low back.</p> <p>Tune into the simple strength requirement across the chest and arms and in the abdominals.</p>	
	<p>Bridge pose sweeping arms to floor overhead as you inhale and lift your hips. Lower on the exhale. Repeat and then hold the pose with arms in by your side palms turned down, feeling into the increasing strength requirement through the shoulders and down the arms, as well as hips and legs.</p>	

	<p>Rest with knees to chest/Apanasana</p>	
	<p>Rock and Roll along your spine, fingers pinched behind your knees. Massage and stimulate your back, and then rock forward into Table pose.</p>	
<p>Hands and Knees</p>	<p>Chakravakasana</p>	
	<p>Vajrasana pose/Sitting on heels to Camel with Arms Raising and Lowering Inhale to “stand” on knees as you sweep your arms out and up. Exhale arms lower as you return to Hero. Let your gaze follow the movement of the arms, open the throat alternately front and back. Repeat. <i>NOTE: The second photo doesn't show the arms sweeping</i></p>	
	<p>Chakravakasana Balance on the inhale lifting alternating legs, exhale down. Then continue and also lifting arm with the opposite leg. Work dynamically and then hold, balanced in the hip and should of the working leg and arm and open and lifted in the heart and throat and strong through the belly/abs.</p>	

	<p>Rest in Hero or Child's pose</p>		
	<p>Downward Dog</p>		
<p>Standing</p>	<p>Forward Bend/Uttanasana Stay, soften, release head, throat, spine. Deepen hip fold. Give way to gravity through torso, supported by hips and legs grounding into the Earth.</p>		
	<p>Round up to Mountain pose/Tadasana Arms down Arms Up Arms Out palms up Length, Breath, Balance, Grounding</p>	 <p>Mountain Pose</p> 	

	<p>Head, Neck and Shoulders opening and release</p>	
<p>Wall Work</p>	<p>Half Forward Bend Feel the active reach of shoulder blades to hands into the wall Feel the active reach of the spine in the direction of your tailbone and beyond relaxing the sacrum and allowing a natural curvature. Feel the strength requirement through the abdominals to stay centered in the heart and belly</p>	
	<p>Lunge with forearms to the wall Gaze lifts to a horizon. Arms actively reach into the wall from broad shoulders into the fleshy mid-forearm (avoid pushing into the elbows) Spacious between the shoulder blades. Balanced in hip joints. Switch sides. <i>NOTE: Neither photo is correct exactly. Follow the written cues.</i></p>	
	<p>Half Forward Bend</p>	

	<p style="text-align: center;">Tree pose</p> <p>If using the wall, turn perpendicular to the wall. Bend the knee of the inner leg and place your foot against the thigh of the standing leg. No touch or lightest touch of knee into the wall.</p> <p>Balance in the standing legs hip joint.</p> <p>Raise arms up, palms facing one another. Lengthen up. Strength and integrate throughout.</p>	 <p style="text-align: center;">TREE</p>
	<p>Upward Plank/Dolphin to the Wall</p> <p>Face away from the wall and place your palms on the wall behind you.</p> <p>Then step your feet slowly out from the wall and finding an appropriate amount of strength requirement for your arms and chest and core. Body will be at some degree of diagonal length from the wall. Check that shoulder blades are drawing down your back, chest is broad and throat is open and strong in your core/abs.</p> <p><i>NOTE: These photos simply give you an idea of the pose. Follow the written cues.</i></p>	
	<p>Side Plank/Dolphin to the wall</p> <p>Start perpendicular to the wall with inner arm and palm at the wall.</p> <p>Step your feet out from the wall to a point where your body is on a diagonal and there is an appropriate amount to weight bearing strength requirement in the shoulder and arm of the inner arm.</p> <p>Lift the outer arm up and out and turn your gaze to that hand.</p> <p>Stay, breath, focus on both strength and openness.</p> <p>Repeat other side.</p>	

<p>Standing</p>	<p>Wide legged forward bend</p>	
	<p>Side Lunges</p>	
	<p>Pivot to one side and into a High Lunge Hands to the floor or on blocks Balance in hips and allow front knee to come forward as groin opens. Reach arms out of shoulders into the floor Heart lifts toward throat. C-7 draws down your back to support heart opening. Gaze follows the lifting of the heart.</p>	
	<p>Lower knee to floor into a Low Lunge Arms and gaze raised or arms reaching back laced or in Locust</p>	<p>straight forward e floor.</p> 

	<p>Downward Dog to Plank/Dolphin Dynamically inhale to plank and exhale to down dog</p>	 <p>Downward Dog</p>	
	<p>Forearm work Hands & Knees & Forearms on the mat Start by “sinking” in the shoulders and then “reaching” the forearms into the mat – Repeat a few times to sensitize yourself to the difference. Then move slowly and dynamically from Down Dog to Plank</p>		
<p>Sitting</p>	<p>Dandasana/Stick pose Rest.</p>		
	<p>Upward Plank Variation Move dynamically in and out of the pose by raising and lowering your hips</p>		
	<p>Janushirsasana/Asymmetrical Forward Bend Deep fold in hip. Hips release down from your waistline through the gluts into the Earth. Crown of head releases towards the floor and back of throat opens and front of throat softens back and releases towards the heart space.</p>		

	<p>Janushirasana Side stretch/lengthening Gaze and heart lift to inwardly turned palm of upper arm Lower arm glides along inner calf. Hips release down from your waistline through the gluts into the Earth. Deep fold in hip.</p>			
	<p>Seated Twist</p>			
<p>Floor</p>	<p>Rest back across a bolster Legs lengthened in front or in supta virasana</p>			
	<p>Sivasana Rest and Absorb</p>			
<p>Seated</p>	<p>Simple seated pose Physically Reflect</p>			