

## Basic Warm Up

### Seated Side Bend Stretch

#### How to:

- Begin in Easy Seat with arms relaxed on either side of you.
- Breathe in, reach your left arm long to the ceiling, on the side of your face.
- Breathe out, take your right hand to the ground and crawl it over to the right, allowing your right forearm to move toward the ground, and then lean your torso to the right.

#### Benefits:

- Opens hips and torso



### Cat Pose (Vidyalasana)

#### How To:

- Kneeling on all fours (Table Pose), Exhale and curl the tailbone under and the chin to the chest.
- Lift the abdomen up as much as possible and lengthen the spine
- Keep breathing as you hold the posture, then reverse the stretch by lifting the tailbone and looking to the ceiling.

#### Benefits:

- Gently stretches the spine.
- Massages the internal organs.
- Aids digestion and elimination.



## **Cobra (Bhujangasana)**



### **How to:**

- Laying on your abdomen, draw the navel into the back and place hands by the shoulders
- Draw the elbows into the waist and lengthen the spine.
- Press the fronts of the thighs into the floor and begin to extend up one vertebra at a time.
- Only use the arms when you cannot come up any higher by using abdominal strength.
- Keep the elbows in, the shoulders down and away from the ears, and extend the arms fully.

### **Benefits:**

- Expand the chest, which improves respiration
- Relieves tension in the back, shoulders and neck.
- Increases flexibility in the spine, which improves nervous system function.
- Strengthens the wrists, abdomen and back.
- Stimulates the kidneys, thyroid gland and reproductive organs.

## **Childs Pose (Balasana)**



### **How to:**

- Kneeling in the heels with the legs together, extend the arms forward as you bend forward into the Child's pose
- To keep the blood from rushing to the head, the hands can be placed one on top of the other in fist formation and the forehead can rest on the fists or hands.
- The arms can also rest at the sides of the body palms up

### **Benefits:**

- Relaxes the spine and abdomen.
- Stretches the lower back and ankles
- Aids digestion and elimination.

## **Sitting Forward Bend (Paschimottasana)**

### **How to:**

- Sitting with legs extended, inhale arms up, palms together
- Exhale, bend from the hips extending spine as body bends over thighs.
- Draw chest to thighs and forehead to shins

### **Benefits:**

- Strengthens the abdominal muscles and tones abdominal organs (especially the kidneys).
- Increases circulation and flexibility in the pelvis, legs, feet, ankles, back and spine.
- Aids digestion and elimination.
- Creates more space between the vertebrae, thereby improving the function of the central nervous system.

