

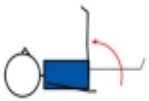

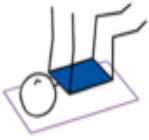
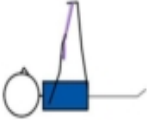







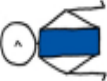


## Week 4: Hatha Yoga Beginners




| Image                                                                             | Pose                            | Description                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
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|  | Reclined<br>Abdominal<br>Breath | <p>Lie on your back with legs and arms apart. Feet to side, palms up. Release lower back to the floor. Close eyes. Place one hand on your upper chest and the other hand on your stomach. Inhale, taking a deep breath from your abdomen as you count to three. As you inhale you should feel your stomach rise. The hand on your chest should not move. After a short pause, slowly exhale while counting to three. Your stomach should fall back down as you exhale. You can say a phrase as you exhale, such as "calm." Continue this pattern of rhythmic breathing for 5 to 10 minutes until you feel relaxed.</p> <p><b>Alternatives:</b> Crocodile. Child.</p> <p><b>Benefits:</b> Tune into body. Calm. Tranquil. Inner Peace. Clarity.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/kgTL5G1iblo">https://www.youtube.com/embed/kgTL5G1iblo</a></p> <p><b>Modifications:</b> Knees bent. Blanket under knees. Blanket under head. Supine star (legs &amp; arms spread out).</p> |
|  | Supine<br>Arms<br>Overhead      | <p>Lie on back. Palms down. Raise arms until they touch floor behind.</p> <p><b>Alternatives:</b> Crocodile. Child.</p> <p><b>Benefits:</b> Flexibility in spine, shoulders.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/usdHjjQNU64">https://www.youtube.com/embed/usdHjjQNU64</a></p> <p><b>Modifications:</b> Knees bent. Blanket under knees and/or head.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |




| Image                                                                               | Pose                 | Description                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
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|    | Reclined<br>Leg Lift | <p>1. Lying in a Supine Position, with lower back released into floor, chin gently tucked, legs out straight, arms by sides - flex and extend ankles - in time with breath. 2. Bend knees and place flexed feet on floor - Slowly raise left leg to ceiling (keep foot flexed). Do same on right leg. Repeat. 3. Straighten both legs. Inhale - Raise straight left leg towards ceiling - with flexed foot. Exhale - release leg back to the floor - repeat to right leg. Continue - in time with breath. keep tail bone rolling upwards and sacrum engaged with floor. Chin tucked in. Keep extended leg engaged.</p> <p><b>Benefits:</b> Strengthens legs and core muscles.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/hfxg31Wuli8">https://www.youtube.com/embed/hfxg31Wuli8</a></p> <p><b>Modifications:</b> Blanket under head.</p> |
|    | Knee To<br>Chest     | <p>Lie on back with legs together, arms at sides, palms down. Bend right knee to chest. Wrap hands around knee. Pull knee into abdomen. Release. Repeat on other side.</p> <p><b>Benefits:</b> Flexes calves, hams (tight from sitting).</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/ORy3oFGFCLw">https://www.youtube.com/embed/ORy3oFGFCLw</a></p> <p><b>Modifications:</b> Circling. Rocking. Forehead to knee.</p> <p><b>Precautions :</b> Back injury.</p>                                                                                                                                                                                                                                                                                                                                                                            |
|  | Dead Bug             | <p>Lie on back. Engage core. Bend hip and knees at 90 degrees. Raise arms until fingertips point to ceiling. Raise legs until soles of feet point to ceiling. Shake legs and arms (or hold onto left foot with left hand and right foot with right hand).</p> <p><b>Benefits:</b> Works lower back, pelvis, core and shoulders.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/OSpNovnLuZk">https://www.youtube.com/embed/OSpNovnLuZk</a></p> <p><b>Modifications:</b> Dead bug with arms up (or behind). Hold weights in each hand.</p> <p><b>Precautions :</b> Back injury.</p>                                                                                                                                                                                                                                                            |




| Image                                                                               | Pose                                | Description                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
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|    | <p>Leg Up I<br/>Strap</p>           | <p>Lie on back. Press left thigh down and stretch right leg out. Keeping left thigh firmly planted, bend right leg and grasp big toe with first two fingers and thumb (or use a strap). Straighten leg. Hold. Lower. Repeat on left leg.</p> <p><b>Benefits:</b> Stretches hips, thighs, hams, calves. Relieves sciatica.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/GzToob_gGUK?rel=0">https://www.youtube.com/embed/GzToob_gGUK?rel=0</a></p> <p><b>Modifications:</b> Blanket under head.</p>                                                                                                                                                                                                                                                         |
|    | <p>Bridge<br/>Hands On<br/>Hips</p> | <p>Lie supine. Bend knees. Set feet on floor. Heels close to sitting bones. Press inner feet and arms into floor. Push tailbone up. Lift buttocks. Place hands under hips. Hold. Release hands. Lower slowly to mat.</p> <p><b>Alternatives:</b> Bridge.</p> <p><b>Benefits:</b> Chest, neck, spine stretch. Reduces backache.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/Sn4t46Pxsas?si=qUUYG2wz3KGMMMDws">https://www.youtube.com/embed/Sn4t46Pxsas?si=qUUYG2wz3KGMMMDws</a></p> <p><b>Modifications:</b> Bridge with blanket under shoulders. Bridge with leg up. Clasp hands around ankles. Block below shoulders. Block (or bolster) below lower back. Feet close to wall to prevent slipping.</p> <p><b>Precautions :</b> Knee or neck injury.</p> |
|  | <p>Knees To<br/>Head</p>            | <p>Lie on back. Extend arms beside body, palms facing down. Bend knees. Bring knees to chest. Hold legs slightly below knees. Press knees into upper chest. Raise head, shoulders and upper chest to knees. Hold.</p> <p><b>Benefits:</b> Reduces abdominal bloating and backache.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/D34o4QINYMk">https://www.youtube.com/embed/D34o4QINYMk</a></p> <p><b>Modifications:</b> Knee to chest.</p>                                                                                                                                                                                                                                                                                                                 |

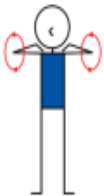


| Image                                                                             | Pose          | Description                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
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|  | Bridge        | <p>Lying extended on the floor - Bend knees. Set feet on floor close to sitting bones. Press inner feet and arms into floor. Inhale - Roll up from tailbone, hips, back. Engage buttock but don't tense. Arms by sides or clasp hands below pelvis.</p> <p><b>Benefits:</b> Chest, neck, spine stretch. Reduces backache.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/EU2JS2Pm2EY?rel=0">https://www.youtube.com/embed/EU2JS2Pm2EY?rel=0</a></p> <p><b>Modifications:</b> Blanket under shoulders. Leg up. Use block.</p> <p><b>Precautions :</b> Knee or neck injury.</p>                                                                                                                                                          |
|  | Knees To Head | <p>Lie on back. Extend arms beside body, palms facing down. Bend knees. Bring knees to chest. Hold legs slightly below knees. Press knees into upper chest. Raise head, shoulders and upper chest to knees. Hold.</p> <p><b>Benefits:</b> Reduces abdominal bloating and backache.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/D34o4QINYMk">https://www.youtube.com/embed/D34o4QINYMk</a></p> <p><b>Modifications:</b> Knee to chest.</p>                                                                                                                                                                                                                                                                                           |
|  | Bridge Leg Up | <p>Lie supine. Bend knees. Set feet on floor. Heels close to sitting bones. Press inner feet and arms into floor. Push tailbone up. Lift buttocks. Place hands under hips. Raise left leg. Hold. Lower left leg. Repeat with right leg. Release hands. Lower slowly to mat.</p> <p><b>Alternatives:</b> Bridge.</p> <p><b>Benefits:</b> Chest, neck, spine stretch. Reduces backache.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/igoajQo_po4">https://www.youtube.com/embed/igoajQo_po4</a></p> <p><b>Modifications:</b> A) Bridge with blanket under shoulders. B) Block below shoulders. C) Block (or bolster) below lower back. D) Feet close to wall to prevent slipping.</p> <p><b>Precautions :</b> Knee or neck injury.</p> |




| Image                                                                             | Pose                          | Description                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
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|  | <p>Supine<br/>Butterfly I</p> | <p>Lie on back with legs together. Arms at sides. Bring soles of feet together. Interlock hands around feet and bring them close as possible to chest.</p> <p><b>Benefits:</b> Flexes calves &amp; hams which get tight from sitting.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/_rrhm6pncwg?rel=0">https://www.youtube.com/embed/_rrhm6pncwg?rel=0</a></p> <p><b>Modifications:</b> Circling. Rocking. 1 knee to chest.</p> <p><b>Precautions :</b> Back injury.</p>                                                                                                                                                                                                                                                                                              |
|  | <p>End Of<br/>Sequence</p>    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
|  | <p>Extended<br/>Child</p>     | <p>On all fours. Wrists below shoulders. Knees under hips. Use hands to walk forward and lower chest to floor. Drop buttocks until they reach halfway to feet. Arms straight. Forehead touches floor. Push hips back and stretch spine.</p> <p><b>Benefits:</b> Stretches arms, shoulders, spine, hips.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/eqVMAPM00DM">https://www.youtube.com/embed/eqVMAPM00DM</a></p> <p><b>Modifications:</b> A) Interlock fingers behind back. B) Knees together (instead of separated). C) Curl toes under (instead of flat). D) Place a rolled towel under shins. E) Place a yoga blanket underneath knees.-F) Place a bolster or pillow under belly or chest. G) Spread knees wider.</p> <p><b>Precautions :</b> Knee injury.</p> |

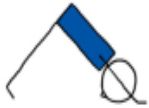
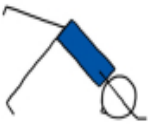

| Image                                                                             | Pose                    | Description                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
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|  | <p>Crow Walking</p>     | <p>Come into a Wide-legged Squat and sit up, placing palms of hands onto knees. Holding onto knees, come up onto toes as you walk forward, taking small steps, still in the squatting position.</p> <p><b>Benefits:</b> Improves flexibility in hips, knees and ankles.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/28MQuj_TC78?start=891">https://www.youtube.com/embed/28MQuj_TC78?start=891</a></p> <p><b>Modifications:</b> As you walk forward, bring opposite knee towards or onto the floor.</p>                                                                        |
|  | <p>Cat Cow</p>          | <p>Sit with buttocks on heels. Come onto all fours. Wrists under shoulders. Pull navel into small of back. Inhale while raising head. Exhale, while lowering head and arching spine up like a cat. Repeat.</p> <p><b>Benefits:</b> Stretches lower back. Engage core. Decompress spine.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/kqnua4rHVVA">https://www.youtube.com/embed/kqnua4rHVVA</a></p> <p><b>Modifications:</b> Knee to chest. Raise leg or arm.</p> <p><b>Precautions :</b> Neck injury.</p>                                                                      |
|  | <p>Cat Head To Knee</p> | <p>Sit with buttocks on heels. Come onto all fours. Wrists under shoulders. Engage core. Bring forehead to right knee. Bring forehead to left knee. Modifications include: Cat pose with leg raised. Cat pose with arm raised. Cat pose with rib cage circles. Cat pose with feet to the side.</p> <p><b>Benefits:</b> Stretches lower back. Engage core. Decompress spine.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/sQ7xdUBKuS0">https://www.youtube.com/embed/sQ7xdUBKuS0</a></p> <p><b>Modifications:</b> Raise leg or arm.</p> <p><b>Precautions :</b> Neck injury.</p> |


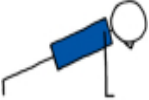
| Image                                                                               | Pose                     | Description                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
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|    | Cow Arm<br>Leg<br>Raises | <p>Start on hands and knees. Knees set directly below hips and wrists. Centre head in a neutral position. Eyes looking at floor. Raise right arm and left leg. Hold. Raise left leg arm and right leg.</p> <p><b>Alternatives:</b> A) Cow pose. B) Raise arm. C) Raise leg.</p> <p><b>Benefits:</b> Stretches torso and neck. Massages spine, and core.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/sQ7xdUBKuS0">https://www.youtube.com/embed/sQ7xdUBKuS0</a></p> <p><b>Modifications:</b> Raise arm and leg to side.</p> <p><b>Precautions :</b> Neck or wrist injury.</p>                             |
|    | Cat Head<br>To Knee      | <p>Sit with buttocks on heels. Come onto all fours. Wrists under shoulders. Engage core. Bring forehead to right knee. Bring forehead to left knee. Modifications include: Cat pose with leg raised. Cat pose with arm raised. Cat pose with rib cage circles. Cat pose with feet to the side.</p> <p><b>Benefits:</b> Stretches lower back. Engage care. Decompress spine.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/sQ7xdUBKuS0">https://www.youtube.com/embed/sQ7xdUBKuS0</a></p> <p><b>Modifications:</b> Raise leg or arm.</p> <p><b>Precautions :</b> Neck injury.</p>                           |
|  | Crouching<br>Cat         | <p>Come onto hands and knees. Bring knees hip width apart. Palms directly under shoulders. Fingers facing forward. Gaze down. Flat back. Press into palms to drop shoulders away from ears. Raise up keeping legs bent. Spread legs wide apart. Look forward.</p> <p><b>Alternatives:</b> Cat. Cow. Down dog. Dolphin.</p> <p><b>Benefits:</b> Lengthens spine. Lubricates hips.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/AahHg0WHvcl">https://www.youtube.com/embed/AahHg0WHvcl</a></p> <p><b>Modifications:</b> Move weight from one foot to another.</p> <p><b>Precautions :</b> Wrist injury.</p> |


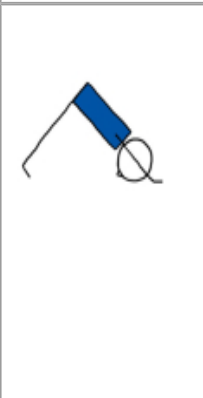

| Image                                                                               | Pose            | Description                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
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|    | Crescent Moon   | <p>Kneel with knees hip width apart. Keep back straight. Step forward with right foot. Foot extends slightly past knee. To increase stretch in hip, bend more on right knee. Raise both arms and bring palms together. Look forward. Focus attention on one point. Hold. Release.</p> <p><b>Alternatives:</b> High Lunge.</p> <p><b>Benefits:</b> Stretches legs, groin, hip flexors. Strengthens thighs, buttocks.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/2pCcmxQSETc">https://www.youtube.com/embed/2pCcmxQSETc</a></p> <p><b>Modifications:</b> Move between bent and straight leg. Look up.</p> <p><b>Precautions :</b> Knee injury.</p> |
|    | Child           | <p>Sit on heels. Exhale, lower torso onto thighs releasing neck and head until forehead touches floor. Arms alongside legs. Keep buttocks in contact with heels.</p> <p><b>Benefits:</b> Stretches hips, thighs, ankles. Relieves back pain.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/DsXNXMoerMc?rel=0">https://www.youtube.com/embed/DsXNXMoerMc?rel=0</a></p> <p><b>Modifications:</b> Interlock fingers behind back. Have a block under the forehead.</p> <p><b>Precautions :</b> Pregnancy. Knee injury.</p>                                                                                                                              |
|  | End Of Sequence |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |



| Image                                                                               | Pose                   | Description                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
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|    | Shoulder Rotations     | <p>Relax shoulders. Inhale and rotate shoulders up towards ears (keep neck and head relaxed). Exhale and rotate shoulders back and down. Try to squeeze shoulder blades together. Change direction. Feel shoulders becoming unglued.</p> <p><b>Alternatives:</b> Samashthiti (feet together).</p> <p><b>Benefits:</b> Improves posture.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/SzWxM_W4DNA">https://www.youtube.com/embed/SzWxM_W4DNA</a></p> <p><b>Modifications:</b> Eyes closed.</p>                                                                                                                                                                                                                                                                                                                                |
|    | Chopping Wood Standing | <p>Standing: Start in wide legged standing position. Bring hands over head and interlace fingers. Take an in-breath. On out breath, swing arms down as you bend the knees, swinging hands between legs and breathing out explosively. Breath in. Return to standing position. Squatting: start in a wide legged squatting position. Raise and lower arms as in standing.</p> <p><b>Benefits:</b> Helps with emotional issues (releases negative energy and facilitates energy distribution). Loosens pelvic, shoulder blade and back muscles.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/28MQuj_TC78?start=559">https://www.youtube.com/embed/28MQuj_TC78?start=559</a></p> <p><b>Modifications:</b> Keep gaze on your palms.</p> <p><b>Precautions :</b> Only recommended if squat is stable with heels on the floor.</p> |
|  | Halfway Lift II        | <p>Stand in Mountain. Bring palms to tops of thighs with fingers pointing down. Push hands into thighs. Lengthen from tailbone through crown of head. Upper body parallel to floor.</p> <p><b>Alternatives:</b> Tabletop. Gorilla.</p> <p><b>Benefits:</b> Stretches hamstrings, calves, hips.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/ihj4dVBXMPg">https://www.youtube.com/embed/ihj4dVBXMPg</a></p> <p><b>Modifications:</b> A) Bend knees if back is stiff. B) Hands on mat. C) Half bound lotus forward bend. D) Hands behind to become super man/women. E) Gorilla (hands under soles of feet).</p> <p><b>Precautions :</b> Back injury.</p>                                                                                                                                                                       |



| Image                                                                              | Pose                  | Description                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
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|   | Triangle              | <p>Start in Mountain. Left leg back at right angle to right foot. Right foot in line with middle of left foot. Hips facing front. Right thigh facing front. Lift arms to shoulder height. Drop shoulder blades. Extend through arms. Extend over right leg. Bring right hand to ground. Extend left arm up. Look up. Repeat on other side.</p> <p><b>Benefits:</b> Heart opener. Soothes sciatic nerve. Strengthens legs.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/Wc_9ZMDiOjk?start=259">https://www.youtube.com/embed/Wc_9ZMDiOjk?start=259</a></p> <p><b>Modifications:</b> A) Half triangle (hand on thigh instead of mat). B) Hand on block. C) Hand on chair. D) Bring raised arm over the ear parallel to floor. E) Lower hand grasps big toe with middle and index fingers. F) Wrap left arm behind back and take hold of inner right thigh with left hand. G) Hover hand just above the mat. H) Look at mat instead of ceiling.</p>                     |
|   | Standing Forward Bend | <p>Bend knees slightly. Fold forward from waste. Hold onto back of feet, shins or legs. Release head down. Back of neck soft.</p> <p><b>Alternatives:</b> Tabletop. Gorilla.</p> <p><b>Benefits:</b> Stretch back, hams. Improves posture.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/hrp6Q_QyDkc?rel=0">https://www.youtube.com/embed/hrp6Q_QyDkc?rel=0</a></p> <p><b>Modifications:</b> Bent knees. Loop fingers around big toes.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
|  | Low Lunge             | <p>Start in Downward Facing Dog. Step right foot forward, between hands. Lower left knee to floor, sliding foot back until you feel a nice stretch in left hip and thigh. Keep hips low and level with each other. Place hands on thigh (or lift chest away from thigh, sweeping arms up alongside ears). Look straight ahead. Lower hands and step back to Downward Facing Dog.</p> <p><b>Benefits:</b> Stretches legs, groin, and hip flexors. Strengthens thighs and buttocks.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/R5zeuZuA8T4?rel=0">https://www.youtube.com/embed/R5zeuZuA8T4?rel=0</a></p> <p><b>Modifications:</b> A) Move between forward leg being bent and straight. B) Lower back knee to the mat.-C) Face a wall (press big toe of front foot against a wall and bring fingertips to the wall). D) Low lunge twist (bend back knee and reach for foot or ankle with opposite hand). E) Side lunge.</p> <p><b>Precautions :</b> Knee injury.</p> |



| Image                                                                               | Pose                       | Description                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
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|    | Down Dog                   | <p>Lift buttocks upwards and backwards. Lengthen spine. Press down through heels. Spread fingers - rotate shoulders externally, armpits towards Center. Tuck chin in. Look at feet. Release jaw.</p> <p><b>Alternatives:</b> Dolphin.</p> <p><b>Benefits:</b> Stretches spine, hams, shoulders. Calms nervous system.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/ayRU3ecmPbl?rel=0">https://www.youtube.com/embed/ayRU3ecmPbl?rel=0</a></p> <p><b>Modifications:</b> Use wall. Head on block. Leg up. Arm up. Wide stance.</p> <p><b>Precautions :</b> Pregnant. HBP. Headache.</p>           |
|    | Downward Facing Dog Leg Up | <p>From Downward Facing Dog try as many variations as you can: Lift left leg. Lift right leg. Lift left hand. Lift right hand. Lift left leg and right hand. Lift right leg and left hand. Wag your doggie tail. Widen stance. Come up onto toes. Bend knees.</p> <p><b>Alternatives:</b> Dolphin.</p> <p><b>Benefits:</b> Fun.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/ayRU3ecmPbl?rel=0">https://www.youtube.com/embed/ayRU3ecmPbl?rel=0</a></p> <p><b>Modifications:</b> A) Use wall. B) Head on block. C) Leg up. D) Arm up. E) Wide stance.</p> <p><b>Precautions :</b> Pregnant.</p> |
|  | Standing Forward Bend      | <p>Bend knees slightly. Fold forward from waste. Hold onto back of feet, shins or legs. Release head down. Back of neck soft.</p> <p><b>Alternatives:</b> Tabletop. Gorilla.</p> <p><b>Benefits:</b> Stretch back, hams. Improves posture.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/hrp6Q_QyDkc?rel=0">https://www.youtube.com/embed/hrp6Q_QyDkc?rel=0</a></p> <p><b>Modifications:</b> Bent knees. Loop fingers around big toes.</p>                                                                                                                                                       |




| Image                                                                             | Pose     | Description                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
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|  | Mountain | <p>Feet hip width apart. Tuck chin in. Legs slightly bent . Engage front of thighs, tuck tail bone. Shoulders back and down.</p> <p><b>Alternatives:</b> Samashthiti (feet together).</p> <p><b>Benefits:</b> Improves posture. Strengthens legs. Engages core.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/nwiyZSmfpWY?rel=0">https://www.youtube.com/embed/nwiyZSmfpWY?rel=0</a></p> <p><b>Modifications:</b> Hands in prayer behind back. Eyes closed.</p> <p><b>Precautions :</b> Pregnant.</p>                                                                                                                       |
|  | Plank    | <p>Drop to hands and knees. Knees under hips. Hands under shoulders. Roll shoulders back and down. Finger tips point forward. Don't splay elbows. Lift up in your middle as you step one foot straight back and then the other. Keep legs engaged in supporting the plank position. Hold.</p> <p><b>Alternatives:</b> Dolphin.</p> <p><b>Benefits:</b> Strengthens arms, wrists, spine. Tones abs.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/pSWYGXSNjdE?rel=0">https://www.youtube.com/embed/pSWYGXSNjdE?rel=0</a></p> <p><b>Modifications:</b> Knees on floor.</p> <p><b>Precautions :</b> Carpal tunnel syndrome</p> |




| Image                                                                              | Pose                  | Description                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
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|    | Cobra                 | <p>Lie face down. Feet together. Toes pointing behind. Hands flat on the floor by the rib cage. Lift chest. Gaze forward.</p> <p><b>Alternatives:</b> Sphinx. Crocodile.</p> <p><b>Benefits:</b> Supple spine. Strengthen palms, wrists, toes.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/zgvoIE4NAH0">https://www.youtube.com/embed/zgvoIE4NAH0</a></p> <p><b>Modifications:</b> A) Cobra with a folded blanket under hips. B) Cobra with one leg raised. C) Cobra with two legs raised. D) Cobra with one arm raised in front. E) Cobra with two arms raised in front. F) Cobra with one arm raised to the side. G) Cobra with two arms raised to the side. H) Cobra on elbows. I) Cobra with both hands behind the head. J) Revolved cobra. K) Striking cobra (extended child to cobra). L) Chair cobra (seated backbend). M) Baby cobra (don't lift chest all the way up).</p> <p><b>Precautions :</b> Pregnancy. CTS. Back injury.</p> |
|   | Down Dog              | <p>Start in Mountain. Forward bend. Step feet back one at time. Lift buttocks. Lengthen spine. Press down through heels. Rotate shoulders externally - roll armpits to face inwards. Tuck chin in. Look at feet. Release jaw.</p> <p><b>Alternatives:</b> Dolphin.</p> <p><b>Benefits:</b> Stretches spine, hams, shoulders. Calms nervous system.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/ayRU3ecmPbl?rel=0">https://www.youtube.com/embed/ayRU3ecmPbl?rel=0</a></p> <p><b>Modifications:</b> Use wall. Head on block. Leg up. Arm up. Wide stance.</p> <p><b>Precautions :</b> Pregnant. HBP. Headache.</p>                                                                                                                                                                                                                                                                                                                            |
|  | Standing Forward Bend | <p>Bend knees slightly. Fold forward from waste. Hold onto back of feet, shins or legs. Release head down. Back of neck soft.</p> <p><b>Alternatives:</b> Tabletop. Gorilla.</p> <p><b>Benefits:</b> Stretch back, hams. Improves posture.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/hrp6Q_QyDkc?rel=0">https://www.youtube.com/embed/hrp6Q_QyDkc?rel=0</a></p> <p><b>Modifications:</b> Bent knees. Loop fingers around big toes.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |





| Image                                                                             | Pose      | Description                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
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|  | Mountain  | <p>Feet hip width apart. Tuck chin in. Legs slightly bent . Engage front of thighs, tuck tail bone. Shoulders back and down.</p> <p><b>Alternatives:</b> Samashthiti (feet together).</p> <p><b>Benefits:</b> Improves posture. Strengthens legs. Engages core.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/nwiyZSmfpWY?rel=0">https://www.youtube.com/embed/nwiyZSmfpWY?rel=0</a></p> <p><b>Modifications:</b> Hands in prayer behind back. Eyes closed.</p> <p><b>Precautions :</b> Pregnant.</p>                                                                                                                                              |
|  | Warrior I | <p>From Triange stance - turn to face top of mat with front foot facing forward - back foot at right angle - adjust feet for stability - {train tracks}. Press into outside edge of back foot. Bend forward knee (stop above ankle). Body weight centred. Arms overhead. Switch sides.</p> <p><b>Alternatives:</b> Warrior II, III</p> <p><b>Benefits:</b> Stretches chest, shoulders, abs. Strengthens arms.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/4hqmLOpkHrw?rel=0">https://www.youtube.com/embed/4hqmLOpkHrw?rel=0</a></p> <p><b>Modifications:</b> Back heel on folded blanket.</p> <p><b>Precautions :</b> HBP. Shoulder injury.</p> |



| Image                                                                             | Pose              | Description                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
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|  | Warrior II        | <p>Start in Mountain. Step feet wide apart. Raise arms parallel to floor. Palms down. Turn right foot in to right. Left foot at 90 degrees. Align left heel with right heel. Bend left knee over left ankle. Stretch arms parallel to floor. Turn head to look over fingers. Repeat on other side.</p> <p><b>Alternatives:</b> Warrior I, III</p> <p><b>Benefits:</b> Stretches groin, chest, shoulders, and abdominals. Relieves backache.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/4Ejz7IgODIU?rel=0">https://www.youtube.com/embed/4Ejz7IgODIU?rel=0</a></p> <p><b>Modifications:</b> A) High lunge with arms overhead. B) High lunge with backbend. C) High lunge with arms forward. D) High lunge with blocks under hands. E) High lunge with hands on hips. F) Block under back foot. G) Raise back heel on a folded blanket.</p> <p><b>Precautions :</b> High blood pressure. Shoulder injury.</p> |
|  | Warrior III Squat | <p>A. Stand firmly on left leg. Tilt forward and lift right leg behind you with arms by sides. B. Bend left knee. Lower into a single leg squat while still keeping right leg extended. C. Repeat on other side.</p> <p><b>Alternatives:</b> Warrior I &amp; II</p> <p><b>Benefits:</b> Strengthens legs, shoulders, back. Tones abs. Balance.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/6dF3F8URY_M">https://www.youtube.com/embed/6dF3F8URY_M</a></p> <p><b>Modifications:</b> Arms out to sides. Arms back.</p> <p><b>Precautions :</b> High blood pressure.</p>                                                                                                                                                                                                                                                                                                                                        |

| Image                                                                             | Pose      | Description                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
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|  | Mountain  | <p>Stand with feet hip-width apart. Tuck chin in. Legs slightly bent. Shoulders back and down.</p> <p><b>Benefits:</b> Improves posture and concentration. Strengthens legs. Engages core. Strengthens your thighs, knees, and ankles. Firms your abdomen and buttocks. Relieves sciatica. Reduces flat feet.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/nwiyZSmfpWY?rel=0">https://www.youtube.com/embed/nwiyZSmfpWY?rel=0</a></p> <p><b>Modifications:</b> A) Palms together in prayer mudra behind the back. B) Hands raised over your head. C) Eyes closed. D) Samashtithi (feet together). E) Feet hip-distance apart. F) Rock gently back and forth and side to side. G) Block between the thighs. H) Palms together in front of the chest in prayer mudra. I) Interlace fingers and extend arms straight in front of you (shoulder stretch).-</p> <p><b>Precautions :</b> Avoid locking the knees out (allow your knees to soften).</p> |
|  | Warrior I | <p>From Triange stance - turn to face top of mat with front foot facing forward - back foot at right angle - adjust feet for stability - {train tracks}. Press into outside edge of back foot. Bend forward knee (stop above ankle). Body weight centred. Arms overhead. Switch sides.</p> <p><b>Alternatives:</b> Warrior II, III</p> <p><b>Benefits:</b> Stretches chest, shoulders, abs. Strengthens arms.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/4hqmLOpkHrw?rel=0">https://www.youtube.com/embed/4hqmLOpkHrw?rel=0</a></p> <p><b>Modifications:</b> Back heel on folded blanket.</p> <p><b>Precautions :</b> HBP. Shoulder injury.</p>                                                                                                                                                                                                                                                                                                |

| Image                                                                               | Pose                  | Description                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
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|    | Warrior II            | <p>Start in Mountain. Step feet wide apart. Raise arms parallel to floor. Palms down. Turn right foot in to right. Left foot at 90 degrees. Align left heel with right heel. Bend left knee over left ankle. Stretch arms parallel to floor. Turn head to look over fingers. Repeat on other side.</p> <p><b>Alternatives:</b> Warrior I, III</p> <p><b>Benefits:</b> Stretches groin, chest, shoulders, and abdominals. Relieves backache.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/4Ejz7IgODIU?rel=0">https://www.youtube.com/embed/4Ejz7IgODIU?rel=0</a></p> <p><b>Modifications:</b> A) High lunge with arms overhead. B) High lunge with backbend. C) High lunge with arms forward. D) High lunge with blocks under hands. E) High lunge with hands on hips. F) Block under back foot. G) Raise back heel on a folded blanket.</p> <p><b>Precautions :</b> High blood pressure. Shoulder injury.</p> |
|    | Wide Leg Forward Bend | <p>Start in Mountain. Widen legs. Hands on hips. Fold forward from hips into Forward Bend. Release torso down on exhale. Hands to floor. Walk feet wider apart. Release head. Lengthen legs on inhale. Release torso on exhale. To release bring hands to hips and lift up.</p> <p><b>Benefits:</b> Strengthens and stretches legs, spine. Tones abs.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/gYeXUJdUsxg?rel=0">https://www.youtube.com/embed/gYeXUJdUsxg?rel=0</a></p> <p><b>Modifications:</b> Raise hands on block.</p> <p><b>Precautions :</b> Low back injury.</p>                                                                                                                                                                                                                                                                                                                                 |
|  | Cat Cow               | <p>Sit with buttocks on heels. Come onto all fours. Wrists under shoulders. Pull navel into small of back. Inhale while raising head. Exhale, while lowering head and arching spine up like a cat. Repeat.</p> <p><b>Benefits:</b> Stretches lower back. Engage core. Decompress spine.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/kqnua4rHVVA">https://www.youtube.com/embed/kqnua4rHVVA</a></p> <p><b>Modifications:</b> Knee to chest. Raise leg or arm.</p> <p><b>Precautions :</b> Neck injury.</p>                                                                                                                                                                                                                                                                                                                                                                                                    |

| Image                                                                              | Pose                       | Description                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
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|   | Extended<br>Child          | <p>On all fours. Wrists below shoulders. Knees under hips. Use hands to walk forward and lower chest to floor. Drop buttocks until they reach halfway to feet. Arms straight. Forehead touches floor. Push hips back and stretch spine.</p> <p><b>Benefits:</b> Stretches arms, shoulders, spine, hips.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/eqVMAPM00DM">https://www.youtube.com/embed/eqVMAPM00DM</a></p> <p><b>Modifications:</b> A) Interlock fingers behind back. B) Knees together (instead of separated). C) Curl toes under (instead of flat). D) Place a rolled towel under shins. E) Place a yoga blanket underneath knees.-F) Place a bolster or pillow under belly or chest. G) Spread knees wider.</p> <p><b>Precautions :</b> Knee injury.</p> |
|   | End Of<br>Sequence         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
|  | Seated<br>Twist<br>Partner | <p>Sit cross legged, back to back with your partner. Reach arms up. Press into shoulder blades of your partner. Lower arms and bring palms together with your partner. Twist to right. Take hand to partner's thigh. Press down on your own thigh to give leverage to the twist. Repeat on other side.</p> <p><b>Benefits:</b> Relief from sciatica, lower back pain and neck pain.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/y8IA_xtUjlc">https://www.youtube.com/embed/y8IA_xtUjlc</a></p> <p><b>Precautions :</b> Back injury.</p>                                                                                                                                                                                                                             |

| Image                                                                               | Pose                         | Description                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
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|    | Heart<br>Opener<br>Partner   | <p>Partner A stands behind B and holds onto their wrists. Partner B leans forward and opens their chest.</p> <p><b>Benefits:</b> Strengthens arms, and core. Opens chest.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/iY3-sKjbeTc">https://www.youtube.com/embed/iY3-sKjbeTc</a></p> <p><b>Precautions :</b> Wrist injury.</p>                                                                                                                                                    |
|    | Down Dog<br>Lunge<br>Partner | <p>Partner A comes into Downward Facing Dog Pose. Partner B puts right foot under Partner A's head, and comes into a Lunge Pose with legs not too wide apart, or comes into a Squat Pose, and puts pressure onto Partner A's lower back.</p> <p><b>Benefits:</b> Strengthens arms, shoulders, sides, chest, and back.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/7HVYI5oGHlo">https://www.youtube.com/embed/7HVYI5oGHlo</a></p> <p><b>Precautions :</b> Back or knee injury.</p> |
|    | Down Dog<br>Child<br>Partner | <p>Partner A gets into Child pose. Partner B gets into Downward Facing Dog pose by putting pressure on Partner A's lower back.</p> <p><b>Benefits:</b> Strengthens arms, shoulders, sides, chest, back.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/3MnDc1Ibjfo">https://www.youtube.com/embed/3MnDc1Ibjfo</a></p> <p><b>Precautions :</b> Back or knee injury.</p>                                                                                                               |
|  | End Of<br>Sequence           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |

| Image                                                                             | Pose                                    | Description                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
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|  | <p>Ang Sang<br/>Wahe<br/>Mantra</p>     | <p>Ang Sang Wahe Guru. Pronunciation: "ah-ng sah-ng wah-hay goo-roo". Translation: Infinite Being, God, is with me, and vibrates in every molecule and cell of my being.</p> <p><b>Benefits:</b> Improved concentration. Stress reduction. Self-awareness. Emotional healing. Boosted immune system. Increased energy levels. Deeper spiritual practice.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/43snnOHI7b8?rel=0">https://www.youtube.com/embed/43snnOHI7b8?rel=0</a></p> <p><b>Modifications:</b> A) Sit on a bolster, folded blanket, or block. B) Sit against a wall. C) Sit in a chair. D) Change the cross of the legs. E) Sit in Hero, Perfect or Lotus pose.</p> <p><b>Precautions :</b> Be clear about intention when chanting mantras.</p> |
|  | <p>Counting<br/>Down<br/>Relaxation</p> | <p>Lie on back legs and arms apart. Feet to side. Palms up. Count backwards silently from 27 to 1 (27 navel rising, 26 navel falling, etc). Become aware of floor and room when you get to "one".</p> <p><b>Alternatives:</b> Crocodile. Child. Supine Butterfly.</p> <p><b>Benefits:</b> Tune into body. Calm. Tranquil. Inner Peace. Clarity.</p> <p><b>Modifications:</b> A) Knees up. B) Blanket under knees and head.</p>                                                                                                                                                                                                                                                                                                                                            |

## **Lesson Plan Description:**

Yoga has both preventative and therapeutic benefits. It has been shown to offer both physical and mental benefits to the body and the mind.

The many physical benefits of hatha yoga are: it improves flexibility and muscle joint mobility; strengthens, tones, and builds muscles; corrects posture; strengthens the spine; eases back pain; improves muscular-skeletal conditions such as bad knees, tight shoulders and neck, swayback and scoliosis; increases stamina; creates balance and grace; stimulates the glands of the endocrine system; improves digestion and elimination; increases circulation; improves heart conditions; improves breathing disorders; boosts immune response; decreases cholesterol and blood sugar levels and encourages weight loss.

The mental benefits include: it increases body awareness; relieves chronic stress patterns in the body; refreshes the body by relieving muscle strain; relaxes the mind and body; centres attention; sharpens concentration, and frees the spirit.

Western doctors and scientists are discovering additional health benefits of hatha yoga. Studies have shown that it can relieve the symptoms of several common and potentially life-threatening illnesses; such as arthritis, arteriosclerosis, chronic fatigue, diabetes, AIDS, asthma and obesity. Many believe it even fends off the ravages of old age.

A near-perfect fitness routine, hatha yoga provides the means for people of any age not only to get and stay in shape but also to develop balance, coordination, and grounding. It renews, invigorates, and heals the body - stretching and toning the muscles, joints, and spine and directing blood and oxygen to the internal organs (including the glands and nerves).

Yoga is distinctly different from other kinds of exercise. It generates motion without causing strain and imbalances in the body. When practised correctly, hatha yoga has no such negative effects on either the inner or outer body.

When done with dedication and purpose, hatha yoga can be a quite demanding, yet immensely rewarding type of exercise. While not inherently aerobic, it involves almost every muscle in the body and challenges the body to work in a different and often more passive way. Since the limbs function as free weights, resistance is created by moving the body's centre of gravity. This strengthening gives way to endurance as poses are held for longer periods of time.

Unlike conventional forms of exercise, such as weight training, walking, biking or hiking, hatha yoga stresses quality of movement over quantity. A consistent hatha yoga practise can quiet the mind and refresh the body, bringing health, relaxation, and happiness.

You can create lesson plans like this using the [Genie Lesson Planner](#)