

## Week 5: Hatha Yoga Beginners



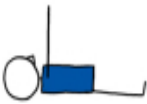
Image	Pose	Description
	Supine Head To Side	<p>Lie on back with legs and arms apart. Feet to side, palms up. Release lower back to floor. Bring head to one side. Push head gently into the mat. Close eyes. Abdomen rises on inhale and falls on exhale. Feel heavy with each exhalation.</p> <p><b>Alternatives:</b> Crocodile. Child.</p> <p><b>Benefits:</b> Tune into body. Calm. Tranquil. Clarity. Neck stretch.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/XSXwIUUpkow?si=-rUoW-dh5BJSutb">https://www.youtube.com/embed/XSXwIUUpkow?si=-rUoW-dh5BJSutb</a></p> <p><b>Modifications:</b> Knees up. Blanket under knees and/or head.</p>
	Supine Arms Behind	<p>Lie on back. Knees bent. Palms up. Release lower back to floor. Raise arms overhead until they touch the floor behind you.</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/OElallUN01Q">https://www.youtube.com/embed/OElallUN01Q</a></p> <p><b>Modifications:</b> Knees up. Blanket under knees and/or head.</p>
	Reclined Arm Raises	<p>Lie on back. Palms down. Inhale - Raise arms until they touch floor behind your head if comfortable. Exhale - lower arms to sides. Synchronize with breath - slow full breaths.</p> <p><b>Benefits:</b> Flexibility in spine, shoulders.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/cq4bJk1VvL0?rel=0">https://www.youtube.com/embed/cq4bJk1VvL0?rel=0</a></p>

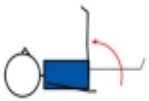


Image	Pose	Description
	Reclined Leg Lift	<p>1. Lying in a Supine Position, with lower back released into floor, chin gently tucked, legs out straight, arms by sides - flex and extend ankles - in time with breath. 2. Bend knees and place flexed feet on floor - Slowly raise left leg to ceiling (keep foot 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>
	Sacral Circles	<p>Lie on back with legs and arms extended. Draw both knees to chest. Clasp hands around knees. Keep back flat on mat. Release shoulder blades down toward waist. Draw tailbone and sacrum down toward mat. Lengthen spine. Clock-wise circles with knees.</p> <p><b>Benefits:</b> Massages spin. Lower back stretch. Good for posture. Relieves tired legs. Strengthens back. Firms abdominals. Strengthens legs and hips. Cures joint pains. Improves blood circulation in legs.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/TWG_79QF4_E">https://www.youtube.com/embed/TWG_79QF4_E</a></p>
	Knees To Chest	<p>Lie on back. Legs and arms extended. Both knees to chest. Clasp hands around knees. Wrap forearms over shins. Clasp each elbow with opposite hand. Keep back flat on mat. Release shoulder blades down toward waist. Draw tailbone and sacrum down. Lengthening spine. Softly rock backward and forward or side-to-side for a spinal massage. Tuck chin slightly. Gaze down. Hold. Release.</p> <p><b>Benefits:</b> Massages spin. Lower back stretch. Good for posture. Relieves tired legs. Strengthens back. Firms abdominals. Strengthens legs and hips. Cures joint pains. Improves blood circulation in legs.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/TVk4ht8V8J8">https://www.youtube.com/embed/TVk4ht8V8J8</a></p> <p><b>Modifications:</b> Knee to chest.</p>


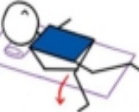
Image	Pose	Description
	<p>Revolved Abdomen Twist</p>	<p>Lie on back. Arms stretched out at shoulder height. Palms down. Bend knees. Feet flat on floor. Swing hips to left. Pull knees toward chest. Drop knees to floor on right side. Inhale. Lengthen spine. Lower shoulders to floor. Repeat on right.</p> <p><b>Benefits:</b> Flexible spine. Digestion. Circulation.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/XKunL4LW4fc?rel=0">https://www.youtube.com/embed/XKunL4LW4fc?rel=0</a></p> <p><b>Modifications:</b> Keep legs straight. Cross legs. Hands behind head.</p>
	<p>Lying Twist</p>	<p>Lie on back. Raise right leg up and roll it over to left side (foot touches floor). Spread legs wide. Put left hand on right thigh for leverage. Switch sides.</p> <p><b>Benefits:</b> Releases lower back. Opens tight shoulders. Improves digestion. Quiet Mind. Eases sciatic pain.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/TI9scRUR95g">https://www.youtube.com/embed/TI9scRUR95g</a></p> <p><b>Modifications:</b> Lift head up.</p>
	<p>Supine Legs Up</p>	<p>Lie on back. Bend knees. Engage core. Raise both legs until soles are looking at the ceiling. Rest arms out to sides with palms facing up. Close eyes. To release, bend knees to chest and bring feet to mat.</p> <p><b>Alternatives:</b> Legs up wall. Shoulderstand.</p> <p><b>Benefits:</b> Reduces belly fat. Strengthens core. Soothes nerves. Good for balance.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/bGJq4y0ue1s">https://www.youtube.com/embed/bGJq4y0ue1s</a></p> <p><b>Modifications:</b> Engage core and bring hands to feet.</p> <p><b>Precautions :</b> High blood pressure. Neck injury.</p>


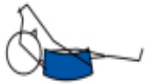

Image	Pose	Description
	Reclined Hand To Big Toe A Prep	<p>Lie on back. Press left thigh down and stretch right leg out. Keeping left thigh firmly planted, bend right leg and grasp big toe with first two fingers and thumb. Straighten leg. Hold. Repeat on left leg.</p> <p><b>Alternatives:</b> Reclined hand to big hand using strap (around sole of feet and/or head).</p> <p><b>Benefits:</b> Stretches hips, thighs, hams, calves. Relieves backache.</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. Hold ankle (instead of big toe). Belt.</p> <p><b>Precautions :</b> High blood pressure.</p>
	Reclined Hand To Big Toe A	<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. Straighten leg. Hold. Repeat on left leg.</p> <p><b>Benefits:</b> Stretches hips, thighs, hams, calves. Relieves backache.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/d2j5kjoXDB8">https://www.youtube.com/embed/d2j5kjoXDB8</a></p> <p><b>Modifications:</b> Reclined hand to big hand using strap (around sole of feet and/or head).</p> <p><b>Precautions :</b> High blood pressure.</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>



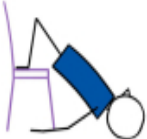
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	<p>Rock And Roll Squats</p>	<p>Squat. Interlock finger and clasp them around shins (just below knees). Rock body backwards (don't hit head on mat). Try come into squat on feet when rocking forward.</p> <p><b>Benefits:</b> Massages back, buttocks &amp; hips.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/Ep4pXJyL6qQ">https://www.youtube.com/embed/Ep4pXJyL6qQ</a></p> <p><b>Modifications:</b> Hold side of thighs adjacent to knees.</p> <p><b>Precautions :</b> Back pain.</p>
	<p>Bridge</p>	<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>
	<p>Chair Bridge</p>	<p>Lie on floor with feet on chair. Lift your hips, and extend arms beside you on floor, palms up. Straighten your legs on the chair, tuck chin to chest. Bend knees, press feet into chair and lower hips. Repeat.</p> <p><b>Benefits:</b> Stretches chest, neck, spine. Rejuvenates legs. Reduces backache.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/rljm6t1AWiw?rel=0">https://www.youtube.com/embed/rljm6t1AWiw?rel=0</a></p> <p><b>Modifications:</b> A) Lift hips an inch off floor to start small. B) Clasp hands under back to open shoulders. C) Extend one leg toward ceiling while hips stay lifted.</p>




Image	Pose	Description
	End Of Sequence	
	Extended 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>
	Table Top	<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. Press tail bone towards back wall and crown of head towards front wall.</p> <p><b>Benefits:</b> Transition for many floor postures. Lengthens spine.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/PGAntbDQ6Xg">https://www.youtube.com/embed/PGAntbDQ6Xg</a></p> <p><b>Modifications:</b> A) Make fists with hands (reduce pressure on wrists). B) Raise an arm. C) Raise one arm and the opposite leg. D) Folded towel or a wedge under the heels of your hands. E) Folded blanket or a yoga mat under your knees. F) Cat-Cow pose.</p> <p><b>Precautions :</b> Wrist, knee or neck pain.</p>



Image	Pose	Description
	<p>Half Monkey</p>	<p>Start in Downward Facing Dog. Step right foot forward in between hands. Lower left knee to ground directly underneath left hip. Tuck left toes for stability. Lift torso above hips, place hands on hips, and ground down into mat. Straighten front leg in front of you so only heel of right foot is connected to floor. Flex front foot. Micro-bend front knee. Tilt pelvis forward. Slowly fold over front leg. Place hands on blocks on either side of front leg, or on floor. Hold or slowly walk hands or blocks forward to increase intensity of stretch. Step back to Downward Facing Dog. Repeat on other side.</p> <p><b>Benefits:</b> Stretches hips, hamstrings, calves, low back. Strengthens hams. Relieves sciatica pain.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/F9V9g87IVXc">https://www.youtube.com/embed/F9V9g87IVXc</a></p> <p><b>Modifications:</b> Blanket under knee.</p> <p><b>Precautions :</b> Lower back injury.</p>
	<p>Cat Cow</p>	<p>From table top. Exhale, round shoulders, spine, tuck tailbone under, pull navel into small of back, release head down - arching spine up like a cat. Inhale, draw sitting bones up towards ceiling, sink and stretch abdomen, lift chest forward, long neck, lift head. 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/VuqVXXW_N50?rel=0">https://www.youtube.com/embed/VuqVXXW_N50?rel=0</a></p> <p><b>Modifications:</b> Knee to chest. Raise leg or arm.</p> <p><b>Precautions :</b> Neck injury.</p>



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	<p>Half Monkey</p>	<p>Start in Downward Facing Dog. Step right foot forward in between hands. Lower left knee to ground directly underneath left hip. Tuck left toes for stability. Lift torso above hips, place hands on hips, and ground down into mat. Straighten front leg in front of you so only heel of right foot is connected to floor. Flex front foot. Micro-bend front knee. Tilt pelvis forward. Slowly fold over front leg. Place hands on blocks on either side of front leg, or on floor. Hold or slowly walk hands or blocks forward to increase intensity of stretch. Step back to Downward Facing Dog. Repeat on other side.</p> <p><b>Benefits:</b> Stretches hips, hamstrings, calves, low back. Strengthens hams. Relieves sciatica pain.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/F9V9g87IVXc">https://www.youtube.com/embed/F9V9g87IVXc</a></p> <p><b>Modifications:</b> Blanket under knee.</p> <p><b>Precautions :</b> Lower back injury.</p>
	<p>Down Dog</p>	<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>


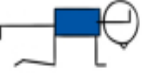

Image	Pose	Description
	<p>Cat Head To Knee</p>	<p>Sit with buttocks on heels. Come onto all fours. Wrists under shoulders. Engage core. Bring forehead to right knee. Bring forehead to left knee. Modifications include: Cat pose with leg raised. Cat pose with arm raised. Cat pose with rib cage circles. Cat pose with feet to the side.</p> <p><b>Benefits:</b> Stretches lower back. Engage 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>
	<p>Cow Arm Leg Raises</p>	<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>
	<p>Down Dog</p>	<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>




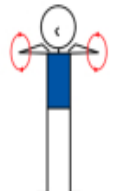
Image	Pose	Description
	Child	<p>Sit on heels. Exhale, lower torso onto thighs releasing neck and head until forehead touches floor. Arms alongside legs. Keep buttocks in contact with heels.</p> <p><b>Benefits:</b> Stretches hips, thighs, ankles. Relieves back pain.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/DsXNXMoerMc?rel=0">https://www.youtube.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	
	Shake out	<p>wrist shake, hand clenching, wrist bending, wrist joint rotation, arm shake, leg shake, Shake ankles, rotate ankles</p> <p><b>Benefits:</b> Warms body (reduces risk of injury).</p>
	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>




Image	Pose	Description
	Chair	<p>Start in Mountain. Raise arms perpendicular to the floor. Keep arms parallel, palms facing inward. Bend knees. Firm shoulder blades against the back.</p> <p><b>Benefits:</b> Strengthens ankles, thighs, calves, and spine. Stretches chest.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/ySafTekJ3Ls">https://www.youtube.com/embed/ySafTekJ3Ls</a></p> <p><b>Modifications:</b> A) Block between thighs. B) Join palms overhead. C) Use a wall behind to support the hips. D) Stretch arms in front of you in alignment with your chest, instead of raising them overhead. E) Placing hands on thighs with palms facing down. F) Widen your stance.</p> <p><b>Precautions :</b> Headache. Insomnia. Low blood pressure. Knee pain.</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>
	Down Dog Knees Bent	<p>Start in Mountain. Forward bend. Step feet back one at time. Lift buttocks. Lengthen spine. Bend knees. Tuck chin in. Look at feet.</p> <p>Release jaw.</p> <p><b>Alternatives:</b> Down Dog. 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/GuxnalclLFQ">https://www.youtube.com/embed/GuxnalclLFQ</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>



Image	Pose	Description
	<p>Low Lunge</p>	<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>
	<p>Triangle</p>	<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>

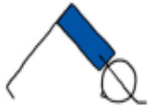
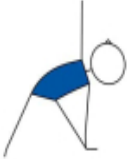
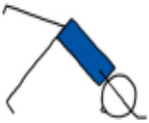
Image	Pose	Description
	Down Dog	<p>Lift buttocks upwards and backwards. Lengthen spine. Press down through heels. Spread fingers - rotate shoulders externally, armpits towards Center. Tuck chin in. Look at feet. Release jaw.</p> <p><b>Alternatives:</b> Dolphin.</p> <p><b>Benefits:</b> Stretches spine, 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>
	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>
	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>



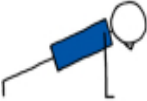
Image	Pose	Description
	<p>Standing Forward Bend</p>	<p>Bend knees slightly. Fold forward from waste. Hold onto back of feet, shins or legs. Release head down. Back of neck soft.</p> <p><b>Alternatives:</b> Tabletop. Gorilla.</p> <p><b>Benefits:</b> Stretch back, hams. Improves posture.</p> <p><b>Video:</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>
	<p>Mountain</p>	<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>
	<p>Plank</p>	<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
	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>
	Upward Facing Dog	<p>Lie on tummy. Tops of feet on floor. Bend elbows. Spread palms on floor beside waist. Press hands into floor and slightly backwards (as if trying to push yourself forward along floor). Straighten arms to lift torso and legs. Thighs firm. Buttocks soft. Look straight ahead.</p> <p><b>Alternatives:</b> Cobra. Sphinx. Crocodile.</p> <p><b>Benefits:</b> Strengthens spine, arms, wrists. Stretches shoulders.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/IVavcaTyQ-Y?rel=0">https://www.youtube.com/embed/IVavcaTyQ-Y?rel=0</a></p> <p><b>Modifications:</b> A) Blanket under hips. B) Tip head back slightly. C) One leg raised. D) Both legs raised.</p> <p><b>Precautions :</b> Back injury. CTS. Pregnancy.</p>




Image	Pose	Description
	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>
	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
	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>
	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>
	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>


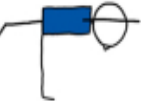
Image	Pose	Description
	Warrior II	<p>Start in Mountain. Step feet wide apart. Raise arms parallel to floor. Palms down. Turn right foot in to right. Left foot at 90 degrees. Align left heel with right heel. Bend left knee over left ankle. Stretch arms parallel to floor. Turn head to look over fingers. 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/4Ejz7lgODIU?rel=0">https://www.youtube.com/embed/4Ejz7lgODIU?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	<p>From Mountain take a big step forward with right foot. Shift weight onto right leg. Raise arms overhead. Interlace fingers. Lift left leg. Gaze at a point on floor. Repeat on other side.</p> <p><b>Alternatives:</b> Warrior I &amp; II</p> <p><b>Benefits:</b> Strengthens legs, shoulders, back. Tones abdominals. Balance.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/4PjcQJjOvBc?rel=0">https://www.youtube.com/embed/4PjcQJjOvBc?rel=0</a></p> <p><b>Modifications:</b> A) Arms out to sides. B) Arms back. C) Hands on blocks. D) Hands on wall. E) Hands on back of chair.</p> <p><b>Precautions :</b> High blood pressure.</p>




Image	Pose	Description
	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) Samashthiti (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>
	Reversed Warrior	<p>From Warrior II bring rear hand down back of rear leg. Bring front arm next to ear. Front knee bent over ankle. Reach rear hand down as you come into a Backbend. Gaze up. Switch sides.</p> <p><b>Alternatives:</b> Warrior I, II, or III.</p> <p><b>Benefits:</b> Strengthens legs. Stretches spine.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/h_iHFVf-1J4">https://www.youtube.com/embed/h_iHFVf-1J4</a></p> <p><b>Modifications:</b> Raise back heel on folded blanket.</p> <p><b>Precautions :</b> High blood pressure. Shoulder or back 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>




Image	Pose	Description
	Reversed Warrior	<p>From Warrior II bring rear hand down back of rear leg. Bring front arm next to ear. Front knee bent over ankle. Reach rear hand down as you come into a Backbend. Gaze up. Switch sides.</p> <p><b>Alternatives:</b> Warrior I, II, or III.</p> <p><b>Benefits:</b> Strengthens legs. Stretches spine.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/h_iHFVf-1J4">https://www.youtube.com/embed/h_iHFVf-1J4</a></p> <p><b>Modifications:</b> Raise back heel on folded blanket.</p> <p><b>Precautions :</b> High blood pressure. Shoulder or back injury.</p>
	End Of Sequence	
	Staff	<p>Sit with legs crossed. Elongate through spine. Straighten legs. Press into heels. Toes point towards face. Palms on tops of thighs (help draw thighs down). Tops of thighs draw in to engage legs. Lift chest up (open heart). Draw belly button towards spine.</p> <p><b>Alternatives:</b> A) Arms overhead. B) Staff with a twist. C) Sit on a folded blanket. D) Sit with back against a wall. E) Sandbags across tops of thighs. F). Staff with arms up. G) Staff with backend.</p> <p><b>Benefits:</b> Strengthens back muscles. Stretches shoulders and chest.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/sXz00Cj03p4?rel=0">https://www.youtube.com/embed/sXz00Cj03p4?rel=0</a></p> <p><b>Modifications:</b> A) Arms overhead. B) Staff with a twist. C) Sit on a folded blanket. D) Sit with back against a wall. E) Sandbags across tops of thighs.</p> <p><b>Precautions :</b> Any lower back injury.</p>







Image	Pose	Description
	<p>Lying Twist</p>	<p>Lie on back. Raise right leg up and roll it over to left side (foot touches floor). Spread legs wide. Put left hand on right thigh for leverage. Switch sides.</p> <p><b>Benefits:</b> Releases lower back. Opens tight shoulders. Improves digestion. Quiet Mind. Eases sciatic pain.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/TI9scRUR95g">https://www.youtube.com/embed/TI9scRUR95g</a></p> <p><b>Modifications:</b> Lift head up.</p>
	<p>Knees To Chest</p>	<p>Lie on back. Legs and arms extended. Both knees to chest. Clasp hands around knees. Wrap forearms over shins. Clasp each elbow with opposite hand. Keep back flat on mat. Release shoulder blades down toward waist. Draw tailbone and sacrum down. Lengthening spine. Softly rock backward and forward or side-to-side for a spinal massage. Tuck chin slightly. Gaze down. Hold. Release.</p> <p><b>Benefits:</b> Massages spin. Lower back stretch. Good for posture. Relieves tired legs. Strengthens back. Firms abdominals. Strengthens legs and hips. Cures joint pains. Improves blood circulation in legs.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/TVk4ht8V8J8">https://www.youtube.com/embed/TVk4ht8V8J8</a></p> <p><b>Modifications:</b> Knee to chest.</p>
	<p>Rocking And Rolling</p>	<p>Slit on edge of mat. Wrap arms around legs. Engage core. Round back. Tuck chin toward belly button. Roll back and forth without touching toes to floor (imagine there are hot coals on the floor).</p> <p><b>Alternatives:</b> knee to chest.</p> <p><b>Benefits:</b> Stretches inner groin, spine.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/bUVGbaZHH_I">https://www.youtube.com/embed/bUVGbaZHH_I</a></p> <p><b>Precautions :</b> Pregnant. Knee injury.</p>

Image	Pose	Description
	End Of Sequence	
	Ong Sohung	<p>Ong Sohung (Translates as: Creator, I am Thou).</p> <p><b>Alternatives:</b> Hero. Perfect. Lotus.</p> <p><b>Benefits:</b> Heart-opening.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/CzzGvM-yFdQ?rel=0">https://www.youtube.com/embed/CzzGvM-yFdQ?rel=0</a></p> <p><b>Modifications:</b> Folded blanket under buttocks.</p>
	Savasana	<p>Lie on back with legs and arms apart. Feet to side, palms up. Release lower back to floor. Close eyes. Abdomen rises on inhale and falls on exhale. Feel heavy with each exhalation.</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/YBe1nzunHJ0">https://www.youtube.com/embed/YBe1nzunHJ0</a></p> <p><b>Modifications:</b> Knees bent. Blanket under knees. Blanket under head. Supine star (legs &amp; arms spread out).</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](#)