

Week 6: Hatha Yoga Beginners



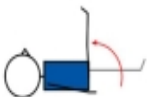
Image	Pose	Description
	Savasana	<p>Lie on back with legs and arms apart. Feet to side, palms up. Release lower back to floor. Close eyes. Abdomen rises on inhale and falls on exhale. Feel heavy with each exhalation.</p> <p>Alternatives: Crocodile. Child.</p> <p>Benefits: Tune into body. Calm. Tranquil. Inner Peace. Clarity.</p> <p>Video: https://www.youtube.com/embed/YBe1nzunHJ0</p> <p>Modifications: Knees bent. Blanket under knees. Blanket under head. Supine star (legs & arms spread out).</p>
	Supine Arms Overhead	<p>Lie on back. Palms down. Raise arms until they touch floor behind.</p> <p>Alternatives: Crocodile. Child.</p> <p>Benefits: Flexibility in spine, shoulders.</p> <p>Video: https://www.youtube.com/embed/usdHjjQNU64</p> <p>Modifications: Knees bent. Blanket under knees and/or head.</p>
	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>Benefits: Strengthens legs and core muscles.</p> <p>Video: https://www.youtube.com/embed/hfxg31Wuli8</p> <p>Modifications: Blanket under head.</p>




Image	Pose	Description
	<p>Dead Bug Swimming</p>	<p>Lie on back with knees bent. Engage core. Raise feet until soles of feet point at ceiling. Raise arms until fingers point at ceiling. Lower left arm behind you and extend right leg, bringing as close to floor as possible without arching back. Draw left knee to chest. Hold without arching back. Relax head, neck and shoulders. Return to start. Switch sides.</p> <p>Benefits: Works lower back, pelvis, core and shoulders.</p> <p>Video: https://www.youtube.com/embed/4XLEnwUr1d8</p> <p>Modifications: Dead bug with arms up (or behind). Hold weights in each hand.</p> <p>Precautions : Back injury.</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>Benefits: 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>Video: https://www.youtube.com/embed/TVk4ht8V8J8</p> <p>Modifications: Knee to chest.</p>
	<p>Supine Tree</p>	<p>Lie on back with legs and arms close together. Turn right foot out. Glide sole of foot up inner leg to whatever position is comfortable. Feel the knee is heavy and dropping to the mat on each exhale. Raise hands behind head and bring palms together. Hold. Repeat on other side.</p> <p>Alternatives: Crocodile. Child.</p> <p>Benefits: Tune into body. Calm. Tranquil. Inner Peace. Preparation for Tree pose.</p> <p>Video: https://www.youtube.com/embed/_G5ZdRMgNE</p> <p>Modifications: Blanket under head.</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>Benefits: Releases lower back. Opens tight shoulders. Improves digestion. Quiet Mind. Eases sciatic pain.</p> <p>Video: https://www.youtube.com/embed/TI9scRUR95g</p> <p>Modifications: Lift head up.</p>
	<p>Bridge Hands On 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>Alternatives: Bridge.</p> <p>Benefits: Chest, neck, spine stretch. Reduces backache.</p> <p>Video: https://www.youtube.com/embed/Sn4t46Pxsas?si=qUUYG2wz3KGMMDws</p> <p>Modifications: 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>Precautions : Knee or neck injury.</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>Benefits: 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>Video: https://www.youtube.com/embed/TVk4ht8V8J8</p> <p>Modifications: Knee to chest.</p>




Image	Pose	Description
	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>Benefits: Chest, neck, spine stretch. Reduces backache.</p> <p>Video: https://www.youtube.com/embed/EU2JS2Pm2EY?rel=0</p> <p>Modifications: Blanket under shoulders. Leg up. Use block.</p> <p>Precautions : Knee or neck injury.</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>Benefits: 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>Video: https://www.youtube.com/embed/TVk4ht8V8J8</p> <p>Modifications: 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>Alternatives: Bridge.</p> <p>Benefits: Chest, neck, spine stretch. Reduces backache.</p> <p>Video: https://www.youtube.com/embed/igoajQo_po4</p> <p>Modifications: 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>Precautions : Knee or neck injury.</p>




Image	Pose	Description
	<p>Supine Eagle</p>	<p>Part I: Lie on back. Cross right leg over left, hooking right foot around left ankle. Extend arms out to sides. Cross left elbow over right. Press backs of hands together (or bring palms together). Keep toes pressing into mat. Reach arms over head until fingertips touch the mat. Part II: Raise head and lift legs and arms off mat so knees and elbows connect, pulling navel into spine, abs engaged. Release. Repeat. Switch sides.</p> <p>Alternatives: Circling. Rocking. Knee To Chest.</p> <p>Benefits: Flexes calves, hams (tight from sitting). Opens shoulders.</p> <p>Video: https://www.youtube.com/embed/7CgALBs7f8k</p> <p>Modifications: Standing or seated eagle pose.</p> <p>Precautions : Back or knee injury.</p>
	<p>Supine Legs Raised</p>	<p>Lie on back. Bend knees. Engage core. Raise both legs until soles are looking at the ceiling. Rest arms behind head with palms facing up. Close eyes. To release, bend knees to chest and bring feet to mat.</p> <p>Alternatives: Legs up wall. Shoulderstand.</p> <p>Benefits: Soothes nerves. Good for balance.</p> <p>Video: https://www.youtube.com/embed/bGJq4y0ue1s</p> <p>Modifications: Engage core and bring hands to feet.</p> <p>Precautions : High blood pressure. Neck injury.</p>
	<p>Knees To 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>Benefits: Reduces abdominal bloating and backache.</p> <p>Video: https://www.youtube.com/embed/D34o4QINYMk</p> <p>Modifications: Knee to chest.</p>




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	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>Benefits: Stretches arms, shoulders, spine, hips.</p> <p>Video: https://www.youtube.com/embed/eqVMAPM00DM</p> <p>Modifications: 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>Precautions : Knee injury.</p>
	Cat Cow	<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>Benefits: Stretches lower back. Engage core. Decompress spine.</p> <p>Video: https://www.youtube.com/embed/VuqVXW_N50?rel=0</p> <p>Modifications: Knee to chest. Raise leg or arm.</p> <p>Precautions : Neck injury.</p>


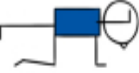

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	Cat Head To Knee	<p>Sit with buttocks on heels. Come onto all fours. Wrists under shoulders. Engage core. Bring forehead to right knee. Bring forehead to left knee. Modifications include: Cat pose with leg raised. Cat pose with arm raised. Cat pose with rib cage circles. Cat pose with feet to the side.</p> <p>Benefits: Stretches lower back. Engage care. Decompress spine.</p> <p>Video: https://www.youtube.com/embed/sQ7xdUBKuS0</p> <p>Modifications: Raise leg or arm.</p> <p>Precautions : Neck injury.</p>
	Cow Arm Leg 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>Alternatives: A) Cow pose. B) Raise arm. C) Raise leg.</p> <p>Benefits: Stretches torso and neck. Massages spine, and core.</p> <p>Video: https://www.youtube.com/embed/sQ7xdUBKuS0</p> <p>Modifications: Raise arm and leg to side.</p> <p>Precautions : Neck or wrist 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>Benefits: Stretches hips, thighs, ankles. Relieves back pain.</p> <p>Video: https://www.youtube.com/embed/DsXNXMoerMc?rel=0</p> <p>Modifications: Interlock fingers behind back. Have a block under the forehead.</p> <p>Precautions : Pregnancy. Knee injury.</p>




Image	Pose	Description
	<p>Half Monkey Prep</p>	<p>Start in Down Dog. Step right foot between hands. Lower onto left knee. Straighten right leg. Lengthen spine. Fold over right leg. Hold. Down Dog. Switch legs.</p> <p>Alternatives: Pigeon. Wide leg forward bend.</p> <p>Benefits: Stretches thighs, hamstrings, groins.</p> <p>Video: https://www.youtube.com/embed/3ubsxA1-rLw</p> <p>Modifications: Elevate hands on blocks. Folded towel under knee.</p> <p>Precautions : Ankle or knee injury.</p>
	<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>Benefits: Stretches hips, hamstrings, calves, low back. Strengthens hams. Relieves sciatica pain.</p> <p>Video: https://www.youtube.com/embed/F9V9g87IVXc</p> <p>Modifications: Blanket under knee.</p> <p>Precautions : Lower back injury.</p>
	<p>Kneeling Half Pyramid</p>	<p>From Downward Facing Dog step right foot forward between hands. Hands either side of right foot. Left knee on ground. Lift chest. Look up. Move between bent and straight leg. Repeat with left foot forward.</p> <p>Alternatives: Lunge with knee off mat.</p> <p>Benefits: Stretches legs, groin, hip flexors. Strengthens thighs, buttocks.</p> <p>Video: https://www.youtube.com/embed/R5zeuZuA8T4?rel=0</p> <p>Precautions : Knee injury.</p>



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	Dolphin	<p>Come onto hands and knees. Press forearms into floor. Curl toes under. Lift knees away from floor. Keep knees slightly bent. Heels lifted. Press forearms actively into floor. Hold head between upper arms. Straighten knees. Lengthen tailbone away from pelvis.</p> <p>Benefits: Stretches shoulders, hams, calves. Strengthens arms, and legs.</p> <p>Video: https://www.youtube.com/embed/tptnGlyB-ms?rel=0</p> <p>Modifications: A) If upper back rounds, bend your knees. B) Support feet with folded blanket if they don't remain firm on mat. C) Support elbows with blankets. D) Support head on Yoga block or folded cushion (if pose feels difficult). E) Use wall to support feet. F) Support forearms facing wall.</p> <p>Precautions : Shoulder or neck injury. HBP.</p>
	Kneeling Lunge	<p>From Downward Facing Dog step right foot forward between hands. Hands either side of right foot. Left knee on ground. Lift chest. Look up. Repeat with left foot forward.</p> <p>Alternatives: Lunge with knee off mat.</p> <p>Benefits: Stretches legs, groin, hip flexors. Strengthens thighs, buttocks.</p> <p>Video: https://www.youtube.com/embed/R5zeuZuA8T4?rel=0</p> <p>Modifications: Move between bent and straight leg.</p> <p>Precautions : Knee injury.</p>



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	Kneeling Lunge	<p>From Downward Facing Dog step right foot forward between hands. Hands either side of right foot. Left knee on ground. Lift chest. Look up. Repeat with left foot forward.</p> <p>Alternatives: Lunge with knee off mat.</p> <p>Benefits: Stretches legs, groin, hip flexors. Strengthens thighs, buttocks.</p> <p>Video: https://www.youtube.com/embed/R5zeuZuA8T4?rel=0</p> <p>Modifications: Move between bent and straight leg.</p> <p>Precautions : Knee injury.</p>




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	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>Benefits: Stretches arms, shoulders, spine, hips.</p> <p>Video: https://www.youtube.com/embed/eqVMAPM00DM</p> <p>Modifications: 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>Precautions : 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>Benefits: Warms body (reduces risk of injury).</p>

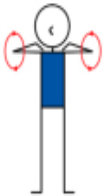

Image	Pose	Description
	Shoulder Rotations	<p>Relax shoulders. Inhale and rotate shoulders up towards ears (keep neck and head relaxed). Exhale and rotate shoulders back and down. Try to squeeze shoulder blades together. Change direction. Feel shoulders becoming unglued.</p> <p>Alternatives: Samashthiti (feet together).</p> <p>Benefits: Improves posture.</p> <p>Video: https://www.youtube.com/embed/SzWxM_W4DNA</p> <p>Modifications: Eyes closed.</p>
	Eagle	<p>Start in Mountain. Bend legs slightly. Weight on left leg. Lift right leg across left. Fix gaze ahead. Lift arms to shoulder height. Take right arm across left. Bend elbows. Backs of hands together. Palms together.</p> <p>Alternatives: Lean torso into a forward bend.</p> <p>Benefits: Balance. Poise. Release tight shoulders.</p> <p>Video: https://www.youtube.com/embed/g-00P17xVPI?rel=0</p> <p>Modifications: Use wall (support back). Use strap.</p> <p>Precautions : Knee injury.</p>



Image	Pose	Description
	Dangling	<p>Stand tall. Feet hip-width apart. Bend knees. Fold forward. Clasp elbows with opposite hands. When coming out of the pose, bend your knees a bit more and release hands to floor. Slowly roll-up.</p> <p>Alternatives: Standing Forward Bend. Tabletop. Gorilla.</p> <p>Benefits: Calms the brain. Helps relieve stress. Stimulates liver and kidneys. Stretches hamstrings, calves, & hips. Strengthens thighs & knees. Improves digestion. Helps relieve symptoms of menopause. Reduces fatigue. Relieves headache & insomnia. Therapeutic for asthma, high blood pressure, infertility, osteoporosis & sinusitis.</p> <p>Video: https://www.youtube.com/embed/LFXYPZVpAg0</p> <p>Modifications: A) Bent knees. B) Loop fingers around big toes. C) Place upper back against wall. D) Place hands on blocks that are positioned close to your feet. E) Baby standing forward bend (bend only halfway down). F) Use a chair or wall for going halfway down. G) Let body be loose as a goose while bending and allow the spine to take its time to stretch forward. H) Place head on a chair when in the forward bend. I) Do Gorilla pose (palms under soles of feet).</p> <p>Precautions : Back, knee, hamstring injuries.</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>Benefits: Stretches legs, groin, and hip flexors. Strengthens thighs and buttocks.</p> <p>Video: https://www.youtube.com/embed/R5zeuZuA8T4?rel=0</p> <p>Modifications: 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>Precautions : Knee injury.</p>



Image	Pose	Description
	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>Benefits: Heart opener. Soothes sciatic nerve. Strengthens legs.</p> <p>Video: https://www.youtube.com/embed/Wc_9ZMDiOjk?start=259</p> <p>Modifications: 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>
	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>Benefits: Stretches legs, groin, and hip flexors. Strengthens thighs and buttocks.</p> <p>Video: https://www.youtube.com/embed/R5zeuZuA8T4?rel=0</p> <p>Modifications: 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>Precautions : Knee injury.</p>

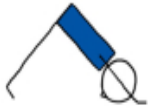


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	Down Dog	<p>Lift buttocks upwards and backwards. Lengthen spine. Press down through heels. Spread fingers - rotate shoulders externally, armpits towards Center. Tuck chin in. Look at feet. Release jaw.</p> <p>Alternatives: Dolphin.</p> <p>Benefits: Stretches spine, hams, shoulders. Calms nervous system.</p> <p>Video: https://www.youtube.com/embed/ayRU3ecmPbl?rel=0</p> <p>Modifications: Use wall. Head on block. Leg up. Arm up. Wide stance.</p> <p>Precautions : 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>Alternatives: Tabletop. Gorilla.</p> <p>Benefits: Stretch back, hams. Improves posture.</p> <p>Video: https://www.youtube.com/embed/hrp6Q_QyDkc?rel=0</p> <p>Modifications: Bent knees. Loop fingers around big toes.</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>Alternatives: Dolphin.</p> <p>Benefits: Fun.</p> <p>Video: https://www.youtube.com/embed/ayRU3ecmPbl?rel=0</p> <p>Modifications: A) Use wall. B) Head on block. C) Leg up. D) Arm up. E) Wide stance.</p> <p>Precautions : Pregnant.</p>



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>Alternatives: Samashthiti (feet together).</p> <p>Benefits: Improves posture. Strengthens legs. Engages core.</p> <p>Video: https://www.youtube.com/embed/nwiyZSmfpWY?rel=0</p> <p>Modifications: Hands in prayer behind back. Eyes closed.</p> <p>Precautions : Pregnant.</p>
	Rag Doll	<p>Stand in Mountain. Feet hip distance apart. Knees slightly bent. Slowly fold forward from waist one vertebrae at time. Let upper body and head hang heavy between upper arms. Draw circles with your arms. Deepen relaxation of neck & torso. If back is stiff bend knees more. Breathe into hamstrings. Release tension on exhales. Shake arms. Slowly roll up to Mountain one vertebrae at time.</p> <p>Alternatives: Standing forward bend. Tabletop. Gorilla.</p> <p>Benefits: Releases tension. Stretch back, hamstrings. Improves posture.</p> <p>Video: https://www.youtube.com/embed/d_8-a106a5l</p> <p>Modifications: Loop fingers around big toes.</p> <p>Precautions : Back, knee, hamstring injuries.</p>


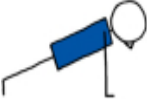
Image	Pose	Description
	Squat	<p>Stand upright with back straight. Feet shoulder width apart. Feet at 45 degrees. Bend knees. Squat as if you are about to sit on an invisible chair.</p> <p>Alternatives: Horse pose.</p> <p>Benefits: Hip opener. Strengthens thighs, buttocks, hamstrings.</p> <p>Video: https://www.youtube.com/embed/IXpJEqssze8</p> <p>Modifications: A) Sit on the front edge of a chair. B) Folded blanket under heels. C) Lift all ten toes up. D) Bring arms to tops of legs and reach outward. E) Sit back against a wall like you are in a chair. F) Add a twist. G) Sit on a block. H) Roll a blanket and place it in the crease of both knees.</p> <p>Precautions : Knee injury.</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>Alternatives: Dolphin.</p> <p>Benefits: Strengthens arms, wrists, spine. Tones abs.</p> <p>Video: https://www.youtube.com/embed/pSWYGXSNjdE?rel=0</p> <p>Modifications: Knees on floor.</p> <p>Precautions : Carpal tunnel syndrome</p>


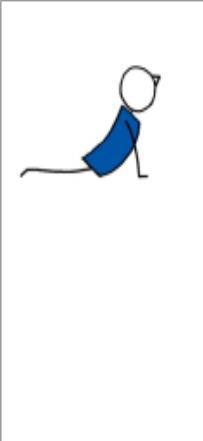
Image	Pose	Description
	Cobra	<p>Lie face down. Feet together. Toes pointing behind. Hands flat on the floor by the rib cage. Lift chest. Gaze forward.</p> <p>Alternatives: Sphinx. Crocodile.</p> <p>Benefits: Supple spine. Strengthen palms, wrists, toes.</p> <p>Video: https://www.youtube.com/embed/zgvoIE4NAH0</p> <p>Modifications: 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>Precautions : 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>Alternatives: Cobra. Sphinx. Crocodile.</p> <p>Benefits: Strengthens spine, arms, wrists. Stretches shoulders.</p> <p>Video: https://www.youtube.com/embed/IVavcaTyQ-Y?rel=0</p> <p>Modifications: A) Blanket under hips. B) Tip head back slightly. C) One leg raised. D) Both legs raised.</p> <p>Precautions : 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>Alternatives: Dolphin.</p> <p>Benefits: Stretches spine, hams, shoulders. Calms nervous system.</p> <p>Video: https://www.youtube.com/embed/ayRU3ecmPbl?rel=0</p> <p>Modifications: Use wall. Head on block. Leg up. Arm up. Wide stance.</p> <p>Precautions : 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>Benefits: Stretches hips, thighs, ankles. Relieves back pain.</p> <p>Video: https://www.youtube.com/embed/DsXNXMoerMc?rel=0</p> <p>Modifications: Interlock fingers behind back. Have a block under the forehead.</p> <p>Precautions : 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>Alternatives: Samashthiti (feet together).</p> <p>Benefits: Improves posture. Strengthens legs. Engages core.</p> <p>Video: https://www.youtube.com/embed/nwiyZSmfpWY?rel=0</p> <p>Modifications: Hands in prayer behind back. Eyes closed.</p> <p>Precautions : 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>Alternatives: Warrior II, III</p> <p>Benefits: Stretches chest, shoulders, abs. Strengthens arms.</p> <p>Video: https://www.youtube.com/embed/4hqmlOpkHrw?rel=0</p> <p>Modifications: Back heel on folded blanket.</p> <p>Precautions : HBP. Shoulder injury.</p>


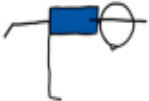
Image	Pose	Description
	Warrior II	<p>Start in Mountain. Step feet wide apart. Raise arms parallel to floor. Palms down. Turn right foot in to right. Left foot at 90 degrees. Align left heel with right heel. Bend left knee over left ankle. Stretch arms parallel to floor. Turn head to look over fingers. Repeat on other side.</p> <p>Alternatives: Warrior I, III</p> <p>Benefits: Stretches groin, chest, shoulders, and abdominals. Relieves backache.</p> <p>Video: https://www.youtube.com/embed/4Ejz7lgODIU?rel=0</p> <p>Modifications: 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>Precautions : 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>Alternatives: Warrior I & II</p> <p>Benefits: Strengthens legs, shoulders, back. Tones abdominals. Balance.</p> <p>Video: https://www.youtube.com/embed/4PjcQJjOvBc?rel=0</p> <p>Modifications: A) Arms out to sides. B) Arms back. C) Hands on blocks. D) Hands on wall. E) Hands on back of chair.</p> <p>Precautions : High blood pressure.</p>



Image	Pose	Description
	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>Alternatives: Warrior I & II</p> <p>Benefits: Strengthens legs, shoulders, back. Tones abs. Balance.</p> <p>Video: https://www.youtube.com/embed/6dF3F8URY_M</p> <p>Modifications: Arms out to sides. Arms back.</p> <p>Precautions : High blood pressure.</p>
	Warrior Eagle II	<p>Stand in Mountain. Step feet wide apart. Raise arms perpendicular to floor. Turn left foot in 45 degrees to right. Turn right foot out 90 degrees to right. Align right heel with left heel. Rotate torso to right (square front of pelvis with front of mat). Anchor left heel to floor. Bend right knee over right ankle so shin is perpendicular to floor. Cross arms in front of you. Bring palms together. Raise hands above your head and look up.</p> <p>Alternatives: Warrior I, II, III.</p> <p>Benefits: Stretches chest, shoulders, abs. Strengthens arms.</p> <p>Video: https://www.youtube.com/embed/AJa1EMqwKU0</p> <p>Modifications: Back heel on folded blanket.</p> <p>Precautions : High blood pressure. Shoulder injury.</p>




Image	Pose	Description
	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>Benefits: Strengthens and stretches legs, spine. Tones abs.</p> <p>Video: https://www.youtube.com/embed/gYeXUJdUsxg?rel=0</p> <p>Modifications: Raise hands on block.</p> <p>Precautions : Low back injury.</p>
	Warrior Eagle II	<p>Stand in Mountain. Step feet wide apart. Raise arms perpendicular to floor. Turn left foot in 45 degrees to right. Turn right foot out 90 degrees to right. Align right heel with left heel. Rotate torso to right (square front of pelvis with front of mat). Anchor left heel to floor. Bend right knee over right ankle so shin is perpendicular to floor. Cross arms in front of you. Bring palms together. Raise hands above your head and look up.</p> <p>Alternatives: Warrior I, II, III.</p> <p>Benefits: Stretches chest, shoulders, abs. Strengthens arms.</p> <p>Video: https://www.youtube.com/embed/AJa1EMqwKU0</p> <p>Modifications: Back heel on folded blanket.</p> <p>Precautions : High blood pressure. Shoulder injury.</p>
	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>Alternatives: Samashthiti (feet together).</p> <p>Benefits: Improves posture. Strengthens legs. Engages core.</p> <p>Video: https://www.youtube.com/embed/nwiyZSmpfWY?rel=0</p> <p>Modifications: Hands in prayer behind back. Eyes closed.</p> <p>Precautions : Pregnant.</p>


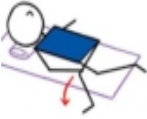

Image	Pose	Description
	End Of Sequence	
	Lying Twist	<p>Lie on back. Raise right leg up and roll it over to left side (foot touches floor). Spread legs wide. Put left hand on right thigh for leverage. Switch sides.</p> <p>Benefits: Releases lower back. Opens tight shoulders. Improves digestion. Quiet Mind. Eases sciatic pain.</p> <p>Video: https://www.youtube.com/embed/TI9scRUR95g</p> <p>Modifications: Lift head up.</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>Benefits: 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>Video: https://www.youtube.com/embed/TVk4ht8V8J8</p> <p>Modifications: Knee to chest.</p>





Image	Pose	Description
	<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>Alternatives: knee to chest.</p> <p>Benefits: Stretches inner groin, spine.</p> <p>Video: https://www.youtube.com/embed/bUVGbaZHH_I</p> <p>Precautions : Pregnant. Knee injury.</p>
	<p>Root Lock Mula Bandha</p>	<p>Sit or stand. On exhale gently pull up area between anus and genitals. Do not hold breath.</p> <p>Benefits: Mula Bandha is a way to contain and channel energy associated with the mula-dhara (root place) chakra. Represents stage of consciousness for survival. Pelvic floor gains strength. Calms the autonomic nervous system.</p> <p>Video: https://www.youtube.com/embed/qgHt9y0RPGg?rel=0</p> <p>Modifications: Set a root chakra themed intention such as: grounding, trust yourself, release fear, balance, let go, surrender, compassion, unconditional love.</p> <p>Precautions : Pregnancy. Intestinal disorders.</p>
	<p>Still Breath Meditation</p>	<p>Relaxation - "When the breath is irregular, the mind is also unsteady; but when the breath is still, so is the mind."</p> <p>Alternatives: Hero. Perfect. Lotus.</p> <p>Benefits: Awareness of breath.</p> <p>Modifications: Folded blanket under buttocks.</p>

Image	Pose	Description
 A simple stick figure with a blue torso and black limbs, lying on its back with arms and legs spread out, representing the Savasana (Corpse) pose.	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>Alternatives: Crocodile. Child.</p> <p>Benefits: Tune into body. Calm. Tranquil. Inner Peace. Clarity.</p> <p>Video: https://www.youtube.com/embed/YBe1nzunHJ0</p> <p>Modifications: Knees bent. Blanket under knees. Blanket under head. Supine star (legs & 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](#)