

Caterpillar To Butterfly: Be The Change That You Wish To See In The World



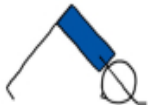
Image	Pose	Description
	Caterpillar	<p>Lie on stomach. Stretch both arms forward. Palms face down. Forehead rests on floor. Melt into your mat. Relax deeper on each exhale.</p> <p>Alternatives: Leg or arm lift.</p> <p>Benefits: Relaxing. Core strengthener.</p> <p>Video: https://www.youtube.com/embed/pDH_kn0xL4w</p> <p>Modifications: Place hands on forehead in Yoni Mudra. Pillow under chest.</p> <p>Precautions : Pregnancy.</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>Benefits: Stretches lower back. Engage core. Decompress spine.</p> <p>Video: https://www.youtube.com/embed/kqnua4rHVVA</p> <p>Modifications: Knee to chest. Raise leg or arm.</p> <p>Precautions : Neck injury.</p>
	Downward Facing Dog	<p>Start in Mountain. Forward bend. Step feet back one at time. Lift buttocks. Lengthen spine. Press down through heels. 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: A) Use a wall. B) Head on a block. C) Leg up. D) Arm up. E) Wide stance.</p> <p>Precautions : Pregnant. High blood pressure. Headache.</p>



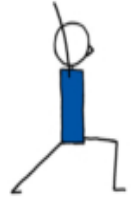
Image	Pose	Description
	Downward Facing Dog Knee To Nose	<p>Come into Downward Facing Dog. Raise right leg up and bring knee to nose. Repeat on other side.</p> <p>Alternatives: Dolphin.</p> <p>Benefits: Stretches spine, hams, shoulders. Calms nervous system.</p> <p>Video: https://www.youtube.com/embed/PyNP6ZkNvFg</p> <p>Modifications: Wide stance.</p> <p>Precautions : Pregnant. 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>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>
	Warrior I	<p>Start in Mountain. Wide stance. 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 : High blood pressure. Shoulder injury.</p>


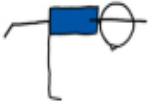
Image	Pose	Description
	Warrior II	<p>Start in Mountain. Step feet wide apart. Raise arms parallel to floor. Palms down. Turn right foot in to right. Left foot at 90 degrees. Align left heel with right heel. Bend left knee over left ankle. Stretch arms parallel to floor. Turn head to look over fingers. 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>

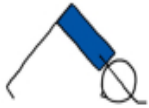

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	<p>Downward Facing Dog</p>	<p>Start in Mountain. Forward bend. Step feet back one at time. Lift buttocks. Lengthen spine. Press down through heels. Tuck chin in. Look at feet. Release jaw.</p> <p>Alternatives: Dolphin.</p> <p>Benefits: Stretches spine, hams, shoulders. Calms nervous system.</p> <p>Video: https://www.youtube.com/embed/ayRU3ecmPbl?rel=0</p> <p>Modifications: A) Use a wall. B) Head on a block. C) Leg up. D) Arm up. E) Wide stance.</p> <p>Precautions : Pregnant. High blood pressure. Headache.</p>
	<p>Standing Forward Bend</p>	<p>Stand in Mountain. Stretch arms overhead. Bend knees slightly. Fold forward from the waist. Hold onto the back of your legs or loop fingers around your big toes. Keep the back of your neck soft.</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 headaches & insomnia. Therapeutic for asthma, high blood pressure, infertility, osteoporosis & sinusitis.</p> <p>Video: https://www.youtube.com/embed/hrp6Q_QyDkc?rel=0</p> <p>Modifications: A) Bent knees. B) Loop fingers around big toes. C) Place the upper back against a wall. D) Place hands on blocks that are positioned close to your feet. E) Bend only halfway down. F) Use a wall for going halfway down. G) Let the 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, or hamstring injuries.</p>




Image	Pose	Description
	Shoulder Shrugs Standing	<p>Stand or sit. Keep arms and jaw relaxed. Inhale and flood upper back with breath as if unlocking a dam and its waters have surged forth. Hold breath and raise shoulders straight up toward your ears and send shoulders straight back behind you in a circular motion. Keep back straight and chest upright (don't push chest forward). Exhale and contract upper shoulder blades together and slowly drag them down. Feel shoulder blades becoming loose.</p> <p>Alternatives: Samashthiti (standing with feet together).</p> <p>Benefits: Improves posture.</p> <p>Video: https://www.youtube.com/embed/7CvyjOwVxnl</p> <p>Modifications: Eyes closed.</p>
	Mountain	<p>Stand with feet hip-width apart. Tuck chin in. Legs slightly bent. Shoulders back and down.</p> <p>Benefits: 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>Video: https://www.youtube.com/embed/nwiyZSmfpWY?rel=0</p> <p>Modifications: 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>Precautions : Avoid locking the knees out (allow your knees to soften).</p>
	Mountain Arms Raised I	<p>Feet hip width apart. Tuck chin in. Legs slightly bent. Shoulders back and down. Raise arms overhead.</p> <p>Benefits: Improves posture. Strengthens legs and arms. Engages core.</p> <p>Video: https://www.youtube.com/embed/nwiyZSmfpWY?rel=0</p> <p>Modifications: A) Standing twist. B) Standing arms overhead. C) Standing arms overhead with palms together. D) Samashthiti (feet together).</p> <p>Precautions : Pregnant.</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>Benefits: Strengthens ankles, thighs, calves, and spine. Stretches chest.</p> <p>Video: https://www.youtube.com/embed/ySafTekJ3Ls</p> <p>Modifications: 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>Precautions : Headache. Insomnia. Low blood pressure. Knee pain.</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
	<p>Horse Arms To Side</p>	<p>Start in Mountain. Widen stance. Turn toes out. Bend knees until you can't see your toes. Lengthen tailbone. Avoid leaning forwards with torso. Lengthen from tailbone to crown of head. Raise arms up to shoulder height.</p> <p>Alternatives: Squat.</p> <p>Benefits: Hip opener. Strengthens thighs, buttocks, hamstrings.</p> <p>Video: https://www.youtube.com/embed/p53kiG-i0_c</p> <p>Modifications: A) Bring hands in Jhana Mudra (Fold index finger. Let it touch base of thumb. Forefinger forms a circle, but thumb points straight out. Straighten other 3 fingers gently). Place back of palms against thighs. B) Arms folded. C) Palms touching across chest.</p> <p>Precautions : Knee injury.</p>
	<p>Squat</p>	<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>



Image	Pose	Description
	Child	<p>Sit on heels. Walk hands forward until forehead touches floor. Arms alongside legs. Alternatives include: Child with head on bolster. Child with bolster between legs. Child pose with arms extended. Child with hands on back. Child with cheek on mat. Child with leg raised and arms extended.</p> <p>Benefits: Stretches hips, thighs, and ankles. Relieves back pain.</p> <p>Video: https://www.youtube.com/embed/qYvYsFrTI0U</p> <p>Modifications: A) Interlock fingers behind back. B) Knees together (instead of separated). C) Curl the toes under (instead of flat). D) Place a rolled towel under your shins (take the stress off of your ankles). E) Place a yoga blanket underneath the knees for padding.-F) Place a folded towel underneath the knees for padding.-G) Place a bolster or pillow under your stomach or chest and stay for up to 10 minutes. H) Go deeper into the hip stretch by spreading your knees wider.</p> <p>Precautions : Pregnancy. Knee injury.</p>
	Hero	<p>Sit with buttocks on heels. Feet slightly wider than hips with tops of feet flat on floor. Angle big toes slightly toward each other. Release shoulder blades away from ears.</p> <p>Benefits: Stretches quads, thighs, knees, and ankles. Helping build flexibility in knees, ankles, and thighs. Improves posture. Improves breathing.</p> <p>Video: https://www.youtube.com/embed/py0vL4mc09w?rel=0</p> <p>Modifications: A) Baby Hero: Sit on knees and shins. Place feet with soles pointing behind you with toes touching the mat. B) Sit On Heels: Bring feet close to each other. Place them one upon the other with soles pointing backwards. Placing sit bones on heels raises hip higher. This brings pressure on ankles, so do this modification carefully. C) Practice Uddiyana Bandha: Place hands on thighs. Push hands downwards on knees and raise chest and upper abdomen upwards. Take a deep inhale through your nose and exhale quickly and powerfully. Exhale all the way until the end of the breath. This stretches diagram to its most expanded position. At end of your exhale, pull belly in as if you are trying to bring navel to touch your spine. Keep belly like this while taking no further breaths. Release belly. D) Raised Arms: raise arms above shoulders with fingers interlocked and gaze up.</p> <p>Precautions : Knee or ankle injury.</p>




Image	Pose	Description
	Cow Face	<p>Sit with legs crossed. Stretch right arm up and sweep arm behind torso. Reach right hand with left hand. Hook right and left fingers. Lift top elbow toward ceiling and lift chest. Keep left arm beside left side of head.</p> <p>Alternatives: Use a strap.</p> <p>Benefits: Stretches ankles, hips, thighs, shoulders, triceps, and chest.</p> <p>Video: https://www.youtube.com/embed/-acLT1lsMYo?rel=0</p> <p>Modifications: A) Use folded blanket to lift sitting bones off the floor. B) If the fingertips don't meet, use a strap. C) Fold forward.</p> <p>Precautions : Shoulder injury.</p>
	Easy Side Bend I	<p>Sit with legs crossed. Lower knees. Lengthen spine by stretching back up. Raise arms overhead and bend to the right. Bring right hand to floor. Repeat on left side.</p> <p>Alternatives: Hero. Perfect. Lotus.</p> <p>Benefits: Flexibility in hips, spine. Engages core.</p> <p>Video: https://www.youtube.com/embed/52I0T7JXJpl</p> <p>Modifications: A) Bring elbow flat on floor. B) Look up or down.</p> <p>Precautions : Knee injury.</p>
	Easy Twist	<p>Sit with legs crossed. Inhale. On exhale twist torso to right. Repeat on left.</p> <p>Benefits: Stretches spine, shoulders, hips. Relieves backache, sciatica.</p> <p>Video: https://www.youtube.com/embed/R2pQdH0LX_U?rel=0</p> <p>Modifications: Sit sideways on a chair and twist.</p>


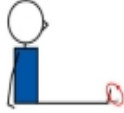

Image	Pose	Description
	Confidence	<p>Sit legs crossed. Bring hands as far as you comfortably can behind back. Fingers touching floor.</p> <p>Alternatives: Lotus. Hero.</p> <p>Benefits: Counter to seated poses.</p> <p>Video: https://www.youtube.com/embed/zLvJD7iKVhw?rel=0</p>
	Ankle Rotation	<p>Sit with legs extended. Circle left foot one way, then the other. Circle right foot one way, then the other.</p> <p>Benefits: Ankle stretch.</p> <p>Video: https://www.youtube.com/embed/pUkhD42tT7s</p> <p>Modifications: A) Sit on a folded blanket to lift pelvis. B) Back against a wall.</p> <p>Precautions : Any lower back injury.</p>
	Bridge	<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. 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: A) Baby Bridge (raise up to a comfortable position). B) Bridge with a blanket under shoulders. C) Bridge with leg up. D) Clasp hands around ankles. E) Block below shoulders. F) Block, or bolster, below the lower back. G) Feet close to a wall to prevent slipping.</p> <p>Precautions : Knee or neck injury.</p>




Image	Pose	Description
	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>
	Supine Legs Raised	<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>
	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>Benefits: Works lower back, pelvis, core and shoulders.</p> <p>Video: https://www.youtube.com/embed/OSpNovnLuZk</p> <p>Modifications: Dead bug with arms up (or behind). Hold weights in each hand.</p> <p>Precautions : Back injury.</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>Knee To Chest</p>	<p>Lie on back with knees bent. 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>Benefits: Flexes calves and hamstrings.</p> <p>Video: https://www.youtube.com/embed/ORy3oFGFCLw</p> <p>Modifications: A) Circling the knee. B) Forehead to the knee.</p> <p>Precautions : Back injury.</p>
	<p>Eye Of The Needle</p>	<p>Lie on back with knees bent. Soles of feet on floor. Hug left knee into chest. Cross left ankle over body and rest it on right thigh. Let left knee relax away from torso. Lift right foot off floor and thread left hand through legs so hands meet on back side of right thigh. (or clasp hands on front side of right shin). Using hands, draw right thigh toward chest (cause left hip to open). Keep both feet flexed. Relax left knee to open hips. Repeat on other side.</p> <p>Alternatives: Circling. Rocking. Knee To Chest.</p> <p>Benefits: Flexes calves, hams (tight from sitting).</p> <p>Video: https://www.youtube.com/embed/UM02T4O-lho</p> <p>Modifications: Lift forehead to meet knee. Chair pigeon. Half reverse pigeon (raise one leg only).</p> <p>Precautions : Back or knee injury.</p>



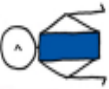


Image	Pose	Description
	<p>Knees To Head</p>	<p>Lie on back. Extend arms beside body, palms facing down. Bend knees. Bring knees to chest. Hold legs slightly below knees. Press knees into upper chest. Raise head, shoulders and upper chest to knees. Hold.</p> <p>Benefits: Reduces abdominal bloating and backache.</p> <p>Video: https://www.youtube.com/embed/D34o4QINYMk</p> <p>Modifications: Knee to chest.</p>
	<p>Supine Superman</p>	<p>Lie on back. Lift legs and head off mat. Engage core. Keep legs squeezed together and toes pointed. To release lower head and legs to mat.</p> <p>Alternatives: Boat.</p> <p>Benefits: Strengthen abs.</p> <p>Video: https://www.youtube.com/embed/N-jZas9tMSU</p> <p>Modifications: Keep head on mat.</p> <p>Precautions : Neck and spine injuries.</p>
	<p>Supine 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>Benefits: Flexes calves & hams which get tight from sitting.</p> <p>Video: https://www.youtube.com/embed/_rrhm6pncwg?rel=0</p> <p>Modifications: Circling. Rocking. 1 knee to chest.</p> <p>Precautions : Back injury.</p>

Image	Pose	Description
	Roll	<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). On the last roll, sit with legs crossed.</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>
	Butterfly	<p>Sit with legs outstretched. Bend knees. Bring soles of feet together. Keep heels close to body. Relax inner thighs. Clasp feet with both hands. Gently bounce knees up and down, using elbows as levers to press legs down.</p> <p>Benefits: Awakens tired legs. Opens hips.</p> <p>Video: https://www.youtube.com/embed/Bv6IJBhD6U</p> <p>Modifications: A) Folded blanket under buttocks. B) Blocks below knees (stretch inner thighs).. C) Clasp ankles, shins or toes. D) Place back against a wall.</p> <p>Precautions : Groin or knee injury.</p>

Lesson Plan Description:

Caterpillar To Butterfly: Be The Change That You Wish To See In The World

Start Pose: Caterpillar

End Pose: Butterfly-

The class will start with you in "caterpillar pose" and end with you transformed in "butterfly pose".

Butterflies are symbolic of change because of their remarkable transition from caterpillar to butterfly.

On a personal level, the butterfly is a testament to taking change with grace.

The butterfly is a superior reminder that revolutionary change can leave us free, beautiful and vibrant. Butterflies move from one state of being into another. They turn into a whole new organism! If this isn't a metaphor for a soulful 'make-over', I don't know what is.

Let the butterfly remind you that even though transition can be a painful growth process, it can potentially render you utterly stunning.

Quotes About Change

"Be the change that you wish to see in the world."~Mahatma Gandhi

"Everything begins with the resolve to take the first step. From that action, wisdom arises and change begins. Without action, nothing changes." ~Daisaku Ikeda

"If you change the way you look at things, the things you look at will change."~Wayne Dyer

"I alone cannot change the world, but I can cast a stone across the waters to create many ripples."~Mother Teresa

"Some changes look negative on the surface but you will soon realise that space is being created in your life for something new to emerge."~Eckhart Tolle

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