

## Camel Peak Pose: Champion Of The Long-Haul Journey



Image	Pose	Description
	Gentle Warmup	
	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><b>Benefits:</b> Stretches quads, thighs, knees, and ankles. Helping build flexibility in knees, ankles, and thighs. Improves posture. Improves breathing.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/py0vL4mc09w?rel=0">https://www.youtube.com/embed/py0vL4mc09w?rel=0</a></p> <p><b>Modifications:</b> 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><b>Precautions :</b> Knee or ankle injury.</p>




Image	Pose	Description
	<p>Camel Preparation</p>	<p>Sit in kneeling position with heels splayed. Engage pelvic muscles. Push up through both legs into a tall kneeling position. Feel tall. Engage core.</p> <p><b>Benefits:</b> Core stability by strengthening pelvic muscles</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/Mzvc9Dompvc">https://www.youtube.com/embed/Mzvc9Dompvc</a></p> <p><b>Precautions :</b> Knee injury.</p>
	<p>Cat Cow</p>	<p>Sit with buttocks on heels. Come onto all fours. Wrists under shoulders. Pull navel into small of back. Inhale while raising head. Exhale, while lowering head and arching spine up like a cat. Repeat.</p> <p><b>Benefits:</b> Stretches lower back. Engage core. Decompress spine.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/kqnu4rHVVA">https://www.youtube.com/embed/kqnu4rHVVA</a></p> <p><b>Modifications:</b> Knee to chest. Raise leg or arm.</p> <p><b>Precautions :</b> Neck injury.</p>
	<p>Table Top</p>	<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
	Knees Chest Chin	<p>Begin in Plank Pose. Shoulders directly above wrists. Lower knees to floor. Keep toes tucked under. Hug elbows in. Keeping hips lifted and palms flat, bring chest to mat. Touch chin to mat.</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/UHvIaMSH-GI?rel=0">https://www.youtube.com/embed/UHvIaMSH-GI?rel=0</a></p> <p><b>Modifications:</b> Knees on floor.</p> <p><b>Precautions :</b> Carpal tunnel syndrome. Pregnancy.</p>
	Extended Puppy	<p>Come to all fours. Walk hands in front lowering chest down to floor. Keep hips raised over knees. Release forehead to floor. Stretch arms.</p> <p><b>Benefits:</b> Hip opener. Stretches inner thighs, groins, hips.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/TKDdMTmsS08g?rel=0">https://www.youtube.com/embed/TKDdMTmsS08g?rel=0</a></p> <p><b>Precautions :</b> Knee or ankle injuries. Back pain.</p>
	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>

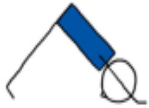


Image	Pose	Description
	Downward Facing Dog	<p>Start in Mountain. Forward bend. Step feet back one at time. Lift buttocks. Lengthen spine. Press down through heels. Tuck chin in. Look at feet. Release jaw.</p> <p><b>Alternatives:</b> Dolphin.</p> <p><b>Benefits:</b> Stretches spine, hams, shoulders. 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> A) Use a wall. B) Head on a block. C) Leg up. D) Arm up. E) Wide stance.</p> <p><b>Precautions :</b> Pregnant. High blood pressure. Headache.</p>
	Gentle Lunge	<p>Stand in mountain pose. Step forward with right leg. Sustain slight bend in front leg while back leg raises on toe. Tighten pelvic muscles. Sustain upright trunk while lowering back leg until knee touches floor.</p> <p><b>Alternatives:</b> High or Low Lunge.</p> <p><b>Benefits:</b> Stretches legs, groin, hip flexors. Strengthens thighs, buttocks.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/Hmec1bQBQOE">https://www.youtube.com/embed/Hmec1bQBQOE</a></p> <p><b>Modifications:</b> A) Arms raised. B) Arms clasped behind. C) Hands in prayer behind back. D) Hands on lower back. E) Forward bend.</p> <p><b>Precautions :</b> Knee injury.</p>
	Low Lunge Hands Clasped	<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. Bring arms behind back, and interlock hands. Look straight ahead.</p> <p>Lower hands and step back to Downward Facing Dog.</p> <p><b>Alternatives:</b> High Lunge.</p> <p><b>Benefits:</b> Stretches legs, groin, hip flexors. Strengthens thighs, buttocks.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/R5zeuZuA8T4?rel=0">https://www.youtube.com/embed/R5zeuZuA8T4?rel=0</a></p> <p><b>Modifications:</b> Move between forward leg being bent and straight. Lower back knee to the mat.–</p> <p><b>Precautions :</b> Knee injury.</p>



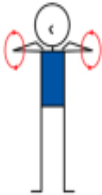
Image	Pose	Description
	Shoulder & Chest Sequence	
	Shoulder Shrugs Standing	<p>Stand or sit. Keep arms and jaw relaxed. Inhale and flood upper back with breath as if unlocking a dam and its waters have surged forth. Hold breath and raise shoulders straight up toward your ears and send shoulders straight 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><b>Alternatives:</b> Samashthiti (standing with feet together).</p> <p><b>Benefits:</b> Improves posture.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/7CvyjOwVxnl">https://www.youtube.com/embed/7CvyjOwVxnl</a></p> <p><b>Modifications:</b> Eyes closed.</p>
	Shoulder Rotations Standing	<p>Place right hand on right shoulder and left hand on left shoulder. Inhale and rotate shoulders up towards ears (neck and head relaxed). Exhale and rotate shoulders back and down by squeezing shoulder blades together. Change direction. Feel shoulders becoming unglued.</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
	<p>Standing Backbend</p>	<p>Start in Mountain. Place palms on low back, fingers point down. Squeeze thighs and buttocks. Press hips forward and arch torso back. Gaze forward. Use arms to support weight. Keep legs and buttocks engaged. To release keep legs, buttocks and arms strong.</p> <p><b>Benefits:</b> Stretches sides of torso, spine. Stimulates abs.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/bZPFVITAUVs?rel=0">https://www.youtube.com/embed/bZPFVITAUVs?rel=0</a></p> <p><b>Modifications:</b> Drop head back.</p> <p><b>Precautions :</b> Back or neck injury.</p>
	<p>Chair Arms Behind</p>	<p>Start in Mountain (standing with feet close together). Raise arms perpendicular to floor. Keep arms parallel, palms facing inward. Bend knees. Firm shoulder blades against back. Bring arms behind back as if you're skiing.</p> <p><b>Benefits:</b> Strengthens ankles, thighs, calves, 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> Block between thighs. Join palms overhead.</p> <p><b>Precautions :</b> Headache. Insomnia. LBP.</p>
	<p>Standing Fold Arm Lock</p>	<p>Stand in Mountain. Stretch arms overhead. Bend knees slightly. Fold forward from waste. Interlock fingers. Bring arms behind back. Back of neck soft. Hold. Release.</p> <p><b>Alternatives:</b> Tabletop. Gorilla.</p> <p><b>Benefits:</b> Stretch back, hams, shoulders &amp; wrists. 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><b>Precautions :</b> Back, knee, hamstrings injury.</p>



Image	Pose	Description
	<p>Crescent Lunge</p>	<p>Start in Down Dog. Step right foot forward and place it beside right thumb, lining up right knee over right ankle. Lower left knee to floor. Raise torso and sweep arms above head with palms facing. Allow hips to settle forwards and down until you feel a stretch in front of left leg. Draw tailbone down, lengthening lower back and engaging core muscles. Stay here, or raise back knee off mat for a full Crescent Lunge. To release, place hands on mat and step to Down Dog. Repeat with left leg forward.</p> <p><b>Alternatives:</b> Warrior I, II, III.</p> <p><b>Benefits:</b> Stretches groin, chest, shoulders, abdominals, and hip flexors. Relieves backache. Opens front torso. Improves balance and stability. Heart opener. Strengthens legs.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/eXupg3oNGJY">https://www.youtube.com/embed/eXupg3oNGJY</a></p> <p><b>Modifications:</b> A) Bring back knee to mat and un-tuck back toes (low lunge). B) Place hands on hips. C) Warrior I, II, or III.</p> <p><b>Precautions :</b> Shoulder injury.</p>
	<p>Dancer</p>	<p>In Mountain find a point to gaze at. Shift weight onto right leg. Hold left ankle or foot. Extend right arm. Feel energy move through fingertips.</p> <p><b>Alternatives:</b> Standing backbend.</p> <p><b>Benefits:</b> Stretches spine. Balance. Tones leg muscles. Opens chest.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/7jPPym-Xfpg?rel=0">https://www.youtube.com/embed/7jPPym-Xfpg?rel=0</a></p> <p><b>Modifications:</b> Strap around front of foot.</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><b>Alternatives:</b> Warrior I &amp; II</p> <p><b>Benefits:</b> Strengthens legs, shoulders, back. Tones abs. Balance.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/6dF3F8URY_M">https://www.youtube.com/embed/6dF3F8URY_M</a></p> <p><b>Modifications:</b> Arms out to sides. Arms back.</p> <p><b>Precautions :</b> High blood pressure.</p>
	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>



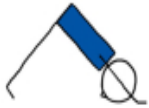
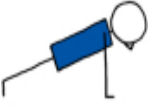
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	Downward Facing Dog	<p>Start in Mountain. Forward bend. Step feet back one at time. Lift buttocks. Lengthen spine. Press down through heels. Tuck chin in. Look at feet. Release jaw.</p> <p><b>Alternatives:</b> Dolphin.</p> <p><b>Benefits:</b> Stretches 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> A) Use a wall. B) Head on a block. C) Leg up. D) Arm up. E) Wide stance.</p> <p><b>Precautions :</b> Pregnant. High blood pressure. Headache.</p>
	Plank	<p>Begin on hands and knees. Knees under hips. Hands under shoulders. Roll shoulders back and down. Fingertips 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. One Legged Side Plank.</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. Use wall to place feet for support.</p> <p><b>Precautions :</b> Carpal tunnel syndrome</p>



Image	Pose	Description
	<p>Child</p>	<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><b>Benefits:</b> Stretches hips, thighs, and ankles. Relieves back pain.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/qYvYsFrTI0U">https://www.youtube.com/embed/qYvYsFrTI0U</a></p> <p><b>Modifications:</b> 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 10 minutes. H) Go deeper into the hip stretch by spreading your knees wider.</p> <p><b>Precautions :</b> Pregnancy. Knee injury.</p>
	<p>Camel Pose Sequence</p>	



Image	Pose	Description
	<p>Hero</p>	<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><b>Benefits:</b> Stretches quads, thighs, knees, and ankles. Helping build flexibility in knees, ankles, and thighs. Improves posture. Improves breathing.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/py0vL4mc09w?rel=0">https://www.youtube.com/embed/py0vL4mc09w?rel=0</a></p> <p><b>Modifications:</b> 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 diaphragm 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><b>Precautions :</b> Knee or ankle injury.</p>
	<p>Camel Hands On Hips</p>	<p>Kneel. Rest hands on back of pelvis. Point fingers down. Lean back and feel the chest opening. Gaze up.</p> <p><b>Alternatives:</b> Camel pose.</p> <p><b>Benefits:</b> Stretches ankles, thighs, groin, abs, chest, throat, psoas.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/-xfwRTobUM?rel=0">https://www.youtube.com/embed/-xfwRTobUM?rel=0</a></p> <p><b>Modifications:</b> Palms against soles.</p> <p><b>Precautions :</b> High or low blood pressure. Back or neck injury.</p>






Image	Pose	Description
	Baby Camel	<p>Kneel. Raise buttocks. Raise arms sideways to shoulder level. Lower right hand to left heel (slight twist) and left hand in front (gaze at raised hand). Chin near sternum. Repeat on the other side.</p> <p><b>Alternatives:</b> Camel.</p> <p><b>Benefits:</b> Stretches ankles, thighs, groin, abdominals, chest, throat, and psoas.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/zEQXV3dDmQ8?rel=0">https://www.youtube.com/embed/zEQXV3dDmQ8?rel=0</a></p> <p><b>Modifications:</b> Palms against soles.</p> <p><b>Precautions :</b> High or low blood pressure. Back or neck injury.</p>
	Camel	<p>Kneel. Rest hands on back of pelvis. Point fingers down. Lean back. Chin near sternum. Press palms against heels. Elbow creases face forward. To exit bring one hand at a time to hips. Lift head and torso by pushing hip points down.</p> <p><b>Alternatives:</b> Half Camel Pose (one hand on heel).</p> <p><b>Benefits:</b> Stretches ankles, thighs, groin, abs, chest, throat, psoas.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/-xfxwRTobUM?rel=0">https://www.youtube.com/embed/-xfxwRTobUM?rel=0</a></p> <p><b>Modifications:</b> Palms against soles.</p> <p><b>Precautions :</b> High or low blood pressure. Back or neck injury.</p>
	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>

Image	Pose	Description
	Relaxation	
	Crocodile	<p>Relax on stomach. Arms folded on floor above head. Widen legs. Roll feet so heels point in. Squeeze buttocks. Press pelvis into floor. Rest forehead on arms.</p> <p><b>Alternatives:</b> Leg or arm lift.</p> <p><b>Benefits:</b> Stretches back, legs, buttocks. Reduce stress. Improve posture.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/MZynS2i3n28?rel=0">https://www.youtube.com/embed/MZynS2i3n28?rel=0</a></p> <p><b>Modifications:</b> Place forehead in Yoni Mudra.</p> <p><b>Precautions :</b> Pregnancy.</p>

## Lesson Plan Description:

### Class theme

Become A Camel: Champion Of The Long-Haul Journey

From a spiritual stand-point, camels are champions of the long-haul journey. When you find myself getting impatient, practice [Camel Pose](#) and repeat this mantra: "*One step at a time*".

### Peak Pose

[Camel Pose](#)

One of the top benefits of practicing [Camel Pose](#) is that it gives your busy brain permission to melt like an ice cube on a sunny day.

### Camel Symbolism

Tune into one of the following camel symbolism when practicing camel pose:

*"I call upon the camel for strength, endurance, and protection."*

*"Camels transport precious cargo. What precious cargo do I have that isn't being transported to others?" (e.g. a skill that isn't being used, your friendship, your love, etc).*

*"Is there any journey (spiritual or physical) I've been meaning to take, but have been putting off?"*

*"Is there any pilgrimage I'd like to take (e.g. trace family routes, walk the entire Welsh coast, etc)?"*

*"If I've had an arduous journey today (or recently), I will perform camel pose and take on the camel's inspirational endurance."*

*"Instead of finding the unknown journey ahead of me daunting, I will become a camel in my mind and take one step at a time, soon my mind will move from fear to peace."*

*"If I find myself rushing around getting stressed, I will practice camel pose in my mind or on my mat to be mindful of my energy levels."*

*"The camel never rushes because it knows the eternal moment is always in the NOW. Rushing around means I miss the NOW, and miss the beauty and joy of life's journey."*

*"Whenever I feel like I'm running on empty, I will get into camel pose to fill up my energy levels."*

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