




Image	Pose	Description
	Extended Exhale	<p>Part 1 (Watch): Let breath come and go. When you feel relaxed, you are ready to begin consciously controlling the breath. Part 2 (2/1 Ratio): The goal is to extend exhalation until it is twice as long as the inhale. Part 3 (Pay Attention). Pay attention to how body feels during practice. If you start tensing anywhere, it's a signal that you're trying too hard. Part 4 (Extend): Extend exhale even longer.</p> <p>Benefits: Calming.</p> <p>Precautions : Dizziness.</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) Samashtithi (feet together). E) Feet hip-distance apart. F) Rock gently back and forth and side to side. G) Block between the thighs. H) Palms together in front of the chest in prayer mudra. I) Interlace fingers and extend arms straight in front of you (shoulder stretch).-</p> <p>Precautions : Avoid locking the knees out (allow your knees to soften).</p>
	Mountain Lock	<p>Stand with feet together. Interlock fingers behind back. Straighten arms and lower shoulders. Bring shoulder blades together. Gaze up. Feel chest opening. Hold.</p> <p>Benefits: Deepens breath. Stimulates thyroid gland. Opens chest. Improves posture.</p> <p>Modifications: A) Palms together in prayer mudra behind the back. B) Hands raised over your head. C) Eyes closed. D) Samashtithi (feet together). E) Feet hip-distance apart. F) Rock gently back and forth and side to side. G) Block between the thighs. H) Palms together in front of the chest in prayer mudra. I) Interlace fingers and extend arms straight in front of you (shoulder stretch).-</p> <p>Precautions : Neck injury.</p>


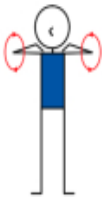
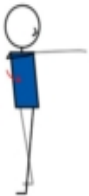
Image	Pose	Description
	Shoulder Shrugs Standing	<p>Stand or sit. Keep arms and jaw relaxed. Inhale and flood upper back with breath as if unlocking a dam and its waters have surged forth. Hold breath and raise shoulders straight up toward your ears and send shoulders straight back behind you in a circular 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>
	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>Benefits: Improves posture.</p> <p>Video: https://www.youtube.com/embed/SzWxM_W4DNA</p> <p>Modifications: Eyes closed.</p>
	Waist Rotations I	<p>Stand in Mountain. Feet shoulder width apart. Inhale, raise arms to shoulder level. Exhale, twist torso to right. Bend left arm, fingers touching right collarbone. Keep twisting. Gaze along the extended arm. Repeat on other side.</p> <p>Benefits: Improves posture. Tones abs. Stimulates bowel movement.</p> <p>Video: https://www.youtube.com/embed/1qoSqlza0vg</p>





Image	Pose	Description
	Mountain Palm Lock	Stand with feet together. Interlock fingers behind back. Straighten arms and lower shoulders. Raise hands and bring shoulder blades together. Gaze up. Feel chest opening. Hold. Benefits: Deepens breath. Stimulates thyroid gland. Opens chest. Improves posture. Video: https://www.youtube.com/embed/2HTvZp5rPrg
	Palm Tree I	Stand in Mountain. Feet together. Inhale, raise arms up. Palms together. Gaze towards palms. Stretch upward. Hold. Release. Benefits: Stimulates thyroid gland. Promotes deeper breath. Video: https://www.youtube.com/embed/6TUS8UwfC00
	Palm Tree II	Stand straight. Legs shoulder-width apart. Interlock fingers and exhale while raising arms above head. Turn palms towards ceiling. Inhale. Exhale, return to start. Benefits: Stretches arms. Lengthens body. Video: https://www.youtube.com/embed/v49Wz0ti7kY
	End Of Sequence	




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	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) Samashtithi (feet together). E) Feet hip-distance apart. F) Rock gently back and forth and side to side. G) Block between the thighs. H) Palms together in front of the chest in prayer mudra. I) Interlace fingers and extend arms straight in front of you (shoulder stretch).-</p> <p>Precautions : Avoid locking the knees out (allow your knees to soften).</p>
	Single Leg Stand	<p>Gaze at a spot on wall in front of you. Stand on one leg while tightening buttocks and thighs. Repeat on other leg.</p> <p>Benefits: Balance. Strengthens buttocks. Pelvic stability.</p> <p>Video: https://www.youtube.com/embed/TKVhKVdrrAo</p> <p>Modifications: A) Strap looped around sole of foot. B) Raised leg on back of chair. C) Come into full extended hand to big toe pose (hold raised foot).</p>
	Standing One Leg Wind Relieve	<p>Stand in Mountain. Feet together. Bend left knee. Interlock wrists around knee. Press upper hip into abdomen. Elongate torso. Keep supporter leg and pelvis straight. Hold. Repeat on other side.</p> <p>Benefits: Promotes bowel movement. Good posture. Strengthens legs.</p>




Image	Pose	Description
	Tree	<p>Start in Mountain. Weight on left foot. Inner foot firm. Bend right knee. Clasp right ankle. Press right foot sole against inner thigh. Resist with left leg. Hands in Anjali Mudra. Gaze at a fixed point. Repeat on other side.</p> <p>Benefits: Strengthens thighs, calves, ankles, spine. Stretches groins, thighs, chest, shoulders.</p> <p>Video: https://www.youtube.com/embed/wdln9qWYloU?rel=0</p> <p>Modifications: A) Back against a wall. B) Close eyes. C) Bring hands overhead. D) Baby tree (place insides of soles of one foot near insides of ankles of the other foot). F) Hands on hips. G) Hold ankle with one hand and use other hand to balance. H) Tree with hand on chair for balance I) Tree with foot on chair. J) Half lotus tree (bring foot higher up your thigh). K) Tree side bend. L) Tree with a partner.</p> <p>Precautions : Knee injury.</p>
	Tree Anjali Mudra	<p>Start in Mountain. Weight on left foot. Inner foot firm. Bend right knee. Clasp right ankle. Press right foot sole against inner thigh. Resist with left leg. Raise arms overhead and bring hands together (Anjali Mudra). Gaze at a fixed point. Repeat on other side.</p> <p>Benefits: Strengthens thighs, calves, ankles, spine, arms. Stretches chest, shoulders.</p> <p>Video: https://www.youtube.com/embed/wdln9qWYloU?rel=0</p> <p>Modifications: Back against wall. Close eyes.</p> <p>Precautions : LBP. HBP.</p>
	Tree Arms Overhead	<p>Start in Mountain. Weight on left foot. Inner foot firm. Bend right knee. Clasp right ankle. Press right foot sole against inner thigh. Resist with left leg. Raise arms overhead. Gaze at a fixed point. Repeat on other side.</p> <p>Benefits: Balances mind. Strengthens shoulders. Improves concentration.</p> <p>Video: https://www.youtube.com/embed/wHaRL6j1ssE</p> <p>Modifications: Back against wall. Close eyes.</p>




Image	Pose	Description
	Tree Branches	<p>Stand in Mountain. Feet together. Bend left knee. Place left foot on inner side of right thigh with toes pointing down. Raise arms to shoulder level so they become branches for birds to land on.</p> <p>Benefits: Balances mind. Improves concentration. Strengthens shoulders.</p>
	End Of Sequence	
	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>Halfway Lift I</p>	<p>From Standing Forward Bend place fingertips on mat to outer edges of feet in line with toes. Raise torso halfway until you have a flat back. Press bottom up. Pull chest forward. Pull belly in and up. Chin tucked.</p> <p>Alternatives: Standing forward bend.</p> <p>Benefits: Improves posture. Strengthens legs, abs.</p> <p>Video: https://www.youtube.com/embed/74Ucde7uV7M?rel=0</p> <p>Modifications: A) Bend knees if back is stiff. B) Hands on mat. C) Half bound lotus forward bend. D) Hands behind to become super man/women. E) Gorilla (hands under soles of feet).</p> <p>Precautions : Back injury.</p>
	<p>Gorilla</p>	<p>Stand in Mountain. Stretch arms overhead. Bend knees slightly. Fold forward from waist. Back of neck soft. Place palms under feet.</p> <p>Alternatives: Tabletop.</p> <p>Benefits: Stretch back, hamstrings & calfs. Improves posture.</p> <p>Video: https://www.youtube.com/embed/MPIvLaCNnAg</p> <p>Modifications: Bent knees. Loop fingers around big toes.</p> <p>Precautions : Back, knee, hamstring injuries.</p>
	<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>Benefits: Stretches sides of torso, spine. Stimulates abs.</p> <p>Video: https://www.youtube.com/embed/bZPFVITAUVs?rel=0</p> <p>Modifications: Drop head back.</p> <p>Precautions : Back or neck injury.</p>




Image	Pose	Description
	<p>Standing Backbend</p>	<p>Start in Mountain. Raise arms overhead. Squeeze thighs and buttocks. Press hips forward and slowly arch back. Keep legs and buttocks engaged.</p> <p>Benefits: Stretches sides of torso, spine. Stimulates abs.</p> <p>Video: https://www.youtube.com/embed/Sjnsyy-sPBc</p> <p>Modifications: Drop head back.</p> <p>Precautions : Back or neck injury.</p>
	<p>Chair</p>	<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>
	<p>Chair Elevated</p>	<p>From Mountain. Lower hips to a squat. Keep knees together. Abs tight. Raise arms to side of head. Lift high up on toes. Remain balanced. Lower 2 more inches into the squat. Hold for 3 breaths. For more burn squat until bottom almost touches heels.</p> <p>Benefits: Strengthens ankles, thighs, calves, spine. Stretches chest.</p> <p>Video: https://www.youtube.com/embed/Kp7XJkG9ubc</p> <p>Modifications: Block between thighs. Join palms.</p> <p>Precautions : Headache. Insomnia. Low blood pressure.</p>

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	Goddess Anjali Mudra	<p>Stand tall. Arms by sides. Step feet out wide. Turn toes out slightly. Bend knees and lower hips into a squat. Thighs parallel to floor, but not into a deep squat. Tuck tailbone. Press hips forwards. Draw thighs back. Knees in line with toes. Soften shoulders. Gaze softly.</p> <p>Hands in Anjali Mudra (palms together) over heart.</p> <p>Benefits: Hip & chest opener. Strengthens thighs, buttocks, & hamstrings. Stretches groin. Opens shoulders & chest. Strengthens core. Strengthens upper leg muscles (quads & inner thighs). Creates space in the pelvis by lengthening and relaxing hip muscles.</p> <p>Video: https://www.youtube.com/embed/wgXefCprLm0</p> <p>Modifications: A) If squat is difficult sit on front edge of chair. B) Come onto tiptoes. C) Hands resting on thighs in Aakash Mudra (join and press tip of third finger with a tip of thumb). D) Raise up on toes and cross arms. Gaze down at mat. E) Goddess with a twist. F) Back against a wall. G) Gentle Goddess (don't lower into full squat). H) Raise arms overhead. I) Raise arms parallel to the mat with palms facing away and fingers pointed up. J) Goddess pose with eagle arms (arms interlocked).</p> <p>Precautions : Knee, leg or shoulder injury.</p>



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	<p>Goddess Tip Toes Aakash</p>	<p>Stand tall. Arms by sides. Step feet out wide. Turn toes out slightly. Bend knees and lower hips into a squat. Thighs parallel to floor, but not into a deep squat. Tuck tailbone. Press hips forwards. Draw thighs back. Knees in line with toes. Soften shoulders. Gaze softly. Hands in Aakash Mudra (Join and press tip of third finger with a tip of thumb. Keep remaining 3 fingers straight.). Raise up on toes.</p> <p>Benefits: Hip and chest opener. Strengthens thighs, buttocks, hamstrings.</p> <p>Video: https://www.youtube.com/embed/wgXefCprLm0</p> <p>Modifications: A) If squat is difficult sit on front edge of chair. B) Come onto tiptoes. C) Hands resting on thighs without Aakash Mudra. D) Raise up on toes and cross arms. Gaze down at mat. E) Goddess with a twist. F) Back against a wall. G) Gentle Goddess (don't lower into full squat). H) Raise arms overhead. I) Raise arms parallel to the mat with palms facing away and fingers pointed up. J) Goddess pose with eagle arms (arms interlocked).</p> <p>Precautions : Knee, leg or shoulder injury.</p>
	<p>Goddess Twist</p>	<p>Stand tall. Arms by sides. Step feet out wide. Turn toes out slightly. Bend knees and lower hips into a squat. Thighs parallel to floor, but not into a deep squat. Tuck tailbone. Press hips forwards. Draw thighs back. Knees in line with toes. Soften shoulders. Gaze softly. Hands on thighs. Twist upper body to right. Gaze behind shoulder. Hold. Switch.</p> <p>Benefits: Hip & chest opener. Strengthens thighs, buttocks, hamstrings. Ease back pain. Detoxify body. Stimulate digestion & circulation.</p> <p>Video: https://www.youtube.com/embed/wgXefCprLm0</p> <p>Modifications: A) If squat is difficult sit on front edge of chair. B) Come onto tiptoes. C) Hands resting on thighs in Aakash Mudra (join and press tip of third finger with a tip of thumb). D) Raise up on toes and cross arms. Gaze down at mat. E) Goddess with a twist. F) Back against a wall. G) Gentle Goddess (don't lower into full squat). H) Raise arms overhead. I) Raise arms parallel to the mat with palms facing away and fingers pointed up. J) Goddess pose with eagle arms (arms interlocked).</p> <p>Precautions : Knee, leg or shoulder injury.</p>




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	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) Samashtithi (feet together). E) Feet hip-distance apart. F) Rock gently back and forth and side to side. G) Block between the thighs. H) Palms together in front of the chest in prayer mudra. I) Interlace fingers and extend arms straight in front of you (shoulder stretch).-</p> <p>Precautions : Avoid locking the knees out (allow your knees to soften).</p>
	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>

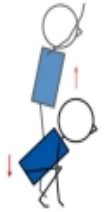


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	<p>Squat Jumps</p>	<p>Stand in mountain pose. Widen stance and splay feet open a bit. Squat down with feet shoulder width apart. Instead of slowly rising as with a traditional squat, jump into the air with core engaged and land in a squat position. Repeat.</p> <p>Benefits: Build strength, power, endurance.</p> <p>Video: https://www.youtube.com/embed/7jLdLqA4Hrw</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>
	<p>Squat Leg Extended</p>	<p>Come into squat and extend left leg out to side. Hold. Walk hands on mat over to other side to stretch right leg. Hold.</p> <p>Benefits: Hip opener. Strengthens thighs, buttocks, hams.</p> <p>Video: https://www.youtube.com/embed/B1eF-WI2AIU</p> <p>Precautions : Knee injury.</p>
	<p>Kneeling Lunge Hands On Knee</p>	<p>From Downward Facing Dog step right foot forward between hands. Right knee above heel. Lower left knee to floor. Top of left foot on floor. Hands on thigh. Lift chest. Back to Down Dog. Repeat on left leg.</p> <p>Alternatives: High Lunge.</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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	<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>Crescent Moon</p>	<p>Kneel with knees hip width apart. Keep back straight. Step forward with right foot. Foot extends slightly past knee. To increase stretch in hip, bend more on right knee. Raise both arms and bring palms together. Look forward. Focus attention on one point. Hold. Release.</p> <p>Alternatives: High Lunge.</p> <p>Benefits: Stretches legs, groin, hip flexors. Strengthens thighs, buttocks.</p> <p>Video: https://www.youtube.com/embed/2pCcmxQSETc</p> <p>Modifications: Move between bent and straight leg. Look up.</p> <p>Precautions : Knee injury.</p>






Image	Pose	Description
	<p>Lunge Hands On Mat</p>	<p>From Downward Facing Dog step right foot forward between hands. Hands either side of right foot. Left knees stays off ground. Lift chest. Look up. Back into Down Dog. Repeat on left leg.</p> <p>Alternatives: High Lunge.</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. High blood pressure.</p>
	<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>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
	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>
	End Of Sequence	
	Complete Breath	<p>Sit with legs crossed. Close eyes. Inhaling slowly through nose. Feel abdomen, mid-body, and upper chest gently expand until you fill your lungs. Exhaling slowly through nose, gently empty lungs fully (feel belly button reaching to spine).</p> <p>Benefits: Calming.</p> <p>Video: https://www.youtube.com/embed/QyR77wEJ_Fw?rel=0</p>