

Kinesiology 351 YOGA

Pose	Description	Benefits	Modifications	Be Careful
<p data-bbox="153 310 260 334">Easy Pose</p> 	<p data-bbox="380 310 1098 399">Sit in a comfortable cross-legged position. Rest your hands on your knees. Relax your hips, knees, shoulders and face. Remain in this pose for as long as comfortable.</p> <p data-bbox="390 440 1087 464">Option to: Easy Pose with Twist and Easy Pose with Forward Fold</p>	<p data-bbox="1136 310 1417 496">Gently stretches the hips, knees and ankles. Strengthens the back and improves posture. Relaxes and calms the mind.</p>	<p data-bbox="1451 310 1711 464">Advanced variation: for a deeper stretch in the hips, move your ankles slightly forward and away from your pelvis.</p>	<p data-bbox="1753 310 2018 431">If you have hip, knee or ankle inflammation, you may want to avoid this pose.</p>
<p data-bbox="149 613 264 638">Eagle arms</p> 	<p data-bbox="380 613 1098 833">Sit cross-legged in Easy pose. Inhale; stretch your arms out to the sides, then cross your arms in front of your body with the right or left arm above the other. Intertwine your arms further to bring the palms of your hands to face each other. Left your elbows slightly, reaching your fingers towards the ceiling. Hold for 30 seconds to one minute. To come out, unwind your arms and relax them down to return to Easy pose.</p> <p data-bbox="495 873 982 898">Option to: Eagle Arms and Eagle Legs in Chair</p>	<p data-bbox="1136 613 1417 735">Stretches the upper back and shoulders. Gently stretches the hips, knees and ankles.</p>	<p data-bbox="1451 613 1711 768">If you are unable to bring your palms together, press the backs of your hands against each other.</p>	<p data-bbox="1753 613 2018 735">If you have hip, knee, ankle, or shoulder inflammation, you may want to avoid this pose.</p>
<p data-bbox="128 933 285 958">Cow Face Pose</p> 	<p data-bbox="369 933 1108 1250">Being by sitting on your heels in a kneeling position. Shift your hips to sit on the right side of your feet. Swing the left leg over to the right, to stack the left knee on top of the right. Ensure your weight is evenly distributed between both sitting bones. Bring your left arm behind the back with a bent elbow and the back of your hand against your spine with fingers pointing upwards. Raise your right arm above your head, bend the elbow and interlock your hands behind your back. Feel the stretch in your chest and shoulders. Hold for 30-60 seconds. To come out, release your arms; uncross your legs back to a kneeling position.</p>	<p data-bbox="1136 933 1417 1153">Deeply stretches the hips, knees, and shoulders. Stretches the thighs, ankles, underarms, triceps and chest. Improves shoulder and hip mobility.</p>	<p data-bbox="1451 933 1711 1185">Place a folded blanket under your hips or knee to protect them from discomfort. If your hands don't meet behind your neck you can use strap to add distance.</p>	<p data-bbox="1753 933 2018 1055">If you have hip, knee, ankle, or shoulder inflammation, you may want to avoid this pose.</p>
<p data-bbox="180 1253 233 1278">Staff</p> 	<p data-bbox="369 1253 1108 1472">Sit cross-legged in Easy Pose. Stretch both legs out in front, engage your thighs and reach forward through your heels. Place your palms or fingertips on the floor next to your hips. Gently press your hands down into the floor to slightly lift your torso and elongate your spine. Keep your abdominal muscles engaged and reach up through the top of your head and down through your sitting bones. Hold for several breaths. To come out, cross your legs back to Easy Pose.</p>	<p data-bbox="1136 1253 1417 1472">Stretches the hamstrings and strengthens the back. Helps develop strength required for sitting meditation. Improves body awareness and alignment.</p>	<p data-bbox="1451 1253 1711 1343">Place a folded blanket under your sitting bones or knees for support.</p>	<p data-bbox="1753 1253 2018 1343">If you have wrist or back inflammation you may want to avoid this pose.</p>
<p data-bbox="96 1492 317 1516">Seated Forward Fold</p>	<p data-bbox="390 1492 1087 1516">Sit with your legs stretched out in front of you. Inhale, raise your</p>	<p data-bbox="1157 1492 1396 1516">Deeply stretches the</p>	<p data-bbox="1472 1492 1694 1516">For especially tight</p>	

Kinesiology 351 YOGA

	<p>arms overhead and lengthen your spine. Exhale, hinge forward from your hips and lean your torso forward. Keeping your back straight, take hold of your shins, ankles or toes. Lengthen your spine forward with each inhalation and with each exhalation draw your chest towards your legs. Remain in this pose for as long as comfortable. To come out, inhale to come up to sitting.</p>	<p>hamstrings and lower back muscles. Encourages mental relaxation.</p>	<p>hamstrings, place a rolled mat or blanket under your knees or hips. If you are unable to reach your feet, place a strap around them and hold the ends with both hands.</p>	
<p>Wide Angle Seated Position</p> 	<p>Sit with your legs outstretched in front of you. Turn your face the side of your mat, bringing your legs a comfortable distance apart. Sit tall and flex both feet so your toes point up towards the ceiling. Hold for several breaths.</p>	<p>Stretches the hips, hamstrings, and groin muscles. Good preparatory pose for other wide legged poses.</p>	<p>Aim for your legs to make a 90-degree angle without straining, only move them wider apart when it is comfortable to do so.</p>	<p>If you have hip or knee inflammation, you may want to avoid this pose.</p>
<p>Seated Head to Knee</p> 	<p>Sit with your legs outstretched in front of you. Bend your right knee and bring the sole of your foot against the inside of your left leg. Allow your right knee to relax down towards the floor and ensure your hips remain square to the front of your mat. Inhale, raise your arms overhead and lengthen your spine. Exhale hinge forward from your hips and lean your torso forward. Keeping your back straight, take hold of your left shin, ankle, or foot. Lengthen your spine forward with each inhalation and with each inhalation draw your chest towards your left foot. Hold for 30 seconds to one minute. To come out, inhale and return to sitting.</p>	<p>Deeply stretches the lower back muscles and hamstrings. Improves flexibility in the hips. Encourages mental relaxation.</p>	<p>Rest your bent knee on a cushion or folded blanket. For especially tight hamstrings, place a rolled mat or blanket under your hips or front knee.</p>	<p>If you have hip, knee, or shoulder inflammation, you may want to avoid this pose.</p>
<p>Table Top</p> 	<p>Begin by sitting on your heels in a kneeling position. Lean forward and bring your hands to the floor in front of you. Come up onto your hands and knees; bring your knees hip width apart. Ensure your shoulders are directly above your wrists and your hips are right above your knees. Spread the fingertips of both hands wide. Hold your head in a neutral position and elongate your spine from the tailbone to the crown of your head. Hold for as long as comfortable. To come out, sit back onto your heels to return to kneeling.</p>	<p>Improves body awareness and alignment.</p>	<p>Place a folded blanket under your knees to protect them from discomfort. Make fists with your hands to reduce pressure on your wrists.</p>	<p>If you have wrist or knee inflammation you may want to avoid this pose.</p>
<p>Half Balance Table (right & left sides)</p>	<p>Begin on your hands and knees in Table Top pose. Ensure your shoulders are directly above your wrists and your hips are right above your knees. Inhale and lift the right leg until it is parallel with the floor, stretching your toes back towards the wall behind you. Keep your hips level and shoulders strong. Hold for 30 seconds to</p>	<p>Strengthens the lower back, legs, shoulders, and core muscles. Improves balance and aids in concentration</p>	<p>Place a folded blanket under your knees to protect them from discomfort. Advanced variation:</p>	<p>If you have knee, back, or shoulder inflammation you may want to avoid this pose.</p>

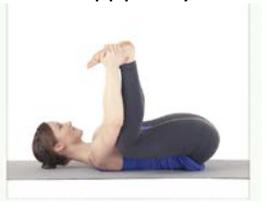
Kinesiology 351 YOGA

	<p>one minute. To come out, exhale and bring your knee back to the mat. Option to: extend arm and opposite leg</p>		<p>reach your toes towards the wall besides you, bringing your leg out to the side.</p>	
<p>Cat</p> 	<p>Being on your hands and knees in tabletop pose. Ensure your shoulders are directly above your wrists and your hips are right above your wrists and your hips are above your knees. Spread the fingers of both hands wide. Exhale and tilt your pelvis under to allow your spine to round. Draw your belly button in towards your spine, keep your shoulders engaged and press your hands firmly into your mat. Hold here for several breaths. To come out, inhale and bring your back to a neutral position.</p>	<p>Stretches the middle back, shoulders and muscles along the spine.</p>	<p>Place a folded blanket under your knees to protect them from discomfort</p>	<p>If you have back pain or inflammation you want to avoid this pose.</p>
<p>Cow</p> 	<p>Begin on your hands and knees in Table Top pose. Ensure your shoulders are directly above your wrists and your hips are right above your knees. Spread the fingers of both hands wide. Inhale and reach your tailbone up and towards the ceiling, letting your spine arch and your belly drop towards the floor. Look straight ahead or up toward the ceiling. Avoid sinking in your shoulders, keep them engaged and away from your ears. Hold here for several breaths. To come out, exhale and bring your back to neutral position.</p>	<p>Stretches the middle back, shoulders, abdomen and muscles along the spine.</p>	<p>Place a folded blanket under your knees to protect them from discomfort.</p>	<p>If you have back or pain inflammation, you may want to avoid this pose.</p>
<p>Thread the Needle</p> 	<p>Begin in Table Top pose. Bring your weight onto your left hand. Exhale and slide your right hand along the floor to the left with the palm facing up, going just behind your left hand. Slide all the way out to the left, the right shoulder comes to rest on the floor. Relax the side of your head on the floor. Inhale and reach your left hand up towards the ceiling. Hold for 30 seconds to one minute. To come out, exhale and return your right and left hand to the floor. Inhale and return to Table Top pose.</p>	<p>Stretches the shoulders, core muscles, and upper back and neck. Relaxes and calms the mind.</p>	<p>Place a folded blanket under your knees to protect them from discomfort. If it is difficult to lift your top hand, keep it on the mat for a more gentle stretch.</p>	<p>If you have knee, shoulder, or neck inflammation, you may want to avoid this pose.</p>
<p>Banana</p> 	<p>Begin by lying on your back. Reach out both arms overhead and clasp your hands or elbows. Keeping you buttocks in place on the mat, move both your feet and upper body to the right (or to the left) until your body resembles a banana. Remain in this pose for as long as comfortable. To come out, bring your arms down and move your legs and upper</p>	<p>Stretches the entire side of the body, hips and shoulders.</p>	<p>If your hand starts to tingle, try resting them across your chest.</p>	<p>If you have shoulder or lower back inflammation, you may want to refrain from going too deep into this pose.</p>

Kinesiology 351 YOGA

	body back to center.			
<p>Reverse Corpse</p> 	<p>Lie on your mat face down. Turn your head to one side and relax your arms down by your side or stretch them overhead. Close your eyes and allow your entire body to soften and become heavy. Relax any tight muscles and breathe at a natural pace.</p>	<p>Relaxes the body and calms the mind.</p>	<p>n/a</p>	<p>If you are pregnant you will need to avoid this pose or if you have back pain</p>
<p>Plank</p> 	<p>Begin on your hands and knees in Table Top pose. Tuck your toes under and step your feet back to create a straight line from your heels to your head. Ensure your shoulders remain directly above your hands. Create a subtle counterbalance by lifting your front thigh up towards the ceiling and pressing down with your tailbone. Lengthen through by lifting your front thighs up towards the ceiling and pressing down with your tailbone. Lengthen through your heels and look down. Hold for 30 seconds to one minute. To come out, exhale and lower your knees to return to Table Top.</p>	<p>Strengthens the wrists, arms, chest, and core muscles.</p>	<p>If you are unable to support your entire body weight, lower your knees to create a straight line from your knees to your head.</p>	<p>If you have wrist or shoulder inflammation, you may want to avoid this pose.</p>
<p>Side Plank</p> 	<p>Begin on your hands in Table Top pose. Shift your weight onto your left knee and left hand. Step your right foot back and straighten your right leg. Open your body to the right, stacking your right hip on top of the left and coming to face the sidewall. Bring the inside of your right foot to the floor. Reach your right arm up towards the ceiling and turn your head to look up at your fingertips. Hold for several breaths. To come out, return to Table Top.</p>	<p>Strengthens the wrists, arms, shoulders, and core muscles. Improves balance and aids concentration.</p>	<p>n/a</p>	<p>If you have wrist, elbow, or shoulder inflammation, you may want to avoid this pose.</p>
<p>Bridge</p> 	<p>Begin lying on your back, bend both knee and bring the soles of your feet to the floor near your buttocks. Place your hands by your side face down. Peel your spine off the floor while keeping your shoulder firmly pressed on the floor. Engage your arms, legs and buttocks to lift your hips higher, ensure your knees are no farther than hip width apart. Hold 30 seconds to one minute. To come out, exhale, release your hands and gently roll your spine down.</p>	<p>Strengthens the legs, lower back, and abdomen and core muscles. Stretches the chest, neck and muscles along the spine.</p>	<p>Place blocks under your hips to help support your weight Squeeze a block between your knees to keep them from falling out to either side.</p>	<p>If you have knee, shoulder, neck or back inflammation, you may want to avoid this pose. Avoid turning your head to the side to protect your neck from injury.</p>
<p>Fish</p> 	<p>Begin by lying on your back. Work your hands under your body with palms facing down. Press your elbows into the floor to lift your head up and look at your feet. Move your elbows closer together. Inhale deeply, expand the chest and arch your back to lower the crown of your head down towards the mat. Continue pressing your</p>	<p>Stretches the abdomen, chest, neck, and shoulders. Strengthens the upper back. Helps relieve stiffness in the</p>	<p>Let your head hover several inches above the floor to avoid any compression in your neck.</p>	<p>If you have neck or shoulder inflammation, you may want to avoid this pose</p>

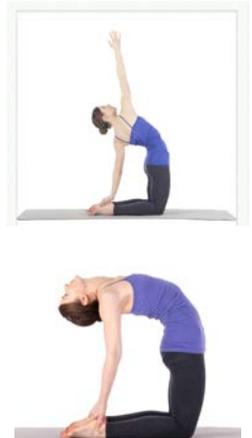
Kinesiology 351 YOGA

	<p>elbows into the floor to lift your sternum up towards the ceiling. Hold for 30 seconds to one minute. To come out, lift your head to look at your feet again, then roll the body down and release your hands.</p>	<p>neck and shoulders.</p>		
<p>Knees to Chest</p> 	<p>Begin by lying on your back. Bring both knees to your chest. Hug your legs gently with both arms. Extend the back of your neck and press your tailbone into the mat. Remain in this pose for as long as comfortable. To come out, exhale and release your arms and legs to the floor.</p> <p>Option for: Single leg knee to chest</p>	<p>Stretches the lower back and hips. Relaxes and calms the mind.</p>	<p>Bring one knee to your chest at a time, relaxing the opposite leg down along the mat.</p>	<p>If you have abdominal pain or inflammation, you may want to avoid this pose.</p>
<p>Happy Baby</p> 	<p>Begin by lying on your back. Bring both knees to your chest. Reach between your knees and take hold of your feet with both hands. Flex your feet and separate them out so your feet are above your knees. Apply gently downward pressure on your feet to press your knees down towards the floor on either side of your chest. Remain in this pose for as long as comfortable. To come out, return to Corpse pose.</p>	<p>Deeply stretches the hips, groin muscles, and lower back. Strengthens the chest and arms.</p>	<p>Hold only one foot at a time with the other leg outstretched along the floor. If you are unable to reach your feet loop a belt or strap around each foot and hold both ends with your hands.</p>	
<p>Reclined Goddess</p> 	<p>Lie on your back with your knees bent and heels in close to the buttocks. Bring the soles of your feet together and allow your knees to relax and open. Inhale; reach both arms overhead and hold the opposite elbow in each hand. Relax your shoulders and hips. Remain in this pose for as long as comfortable. To come out, use your hands to bring your knees together and stretch out to Corpse pose.</p>	<p>Gently stretches the hips, groin and shoulder muscles. Relaxes and calms the mind.</p>	<p>Place a pillow or cushion under your knees, upper body and or head for support. Relax your arms down by your sides with palms facing up.</p>	<p>If you have hip, knee or shoulder inflammation, you may want to avoid this pose.</p>
<p>Reclined Hand to Toe</p>	<p>Begin by lying on your back. Draw your left knee to your chest and clasp your big toe with your left index finger. Inhale and straighten your left leg reaching your heels towards the ceiling. Lengthen your right leg along the floor and relax your shoulders. Hold for 30</p>	<p>Stretches the hips, groin muscles, hamstrings, calves, and Achilles tendons. Opens the hips</p>	<p>If you are unable to straighten your leg, use a strap or a belt around your top foot. For a</p>	<p>If you have hamstring or hip inflammation, you may want to avoid this pose.</p>

Kinesiology 351 YOGA

	<p>seconds to one minute. To come out, exhale and release your leg down to relax in Corpse pose.</p>	<p>and strengthens the abdomen.</p>	<p>more gentle stretch you can rest your lower leg heel on a cushion. To relieve discomfort in the lower back, bend the lower knee, bringing the sole of your foot to the floor.</p>	
<p>Reclined Pigeon</p> 	<p>Lie on your back with your knees bent and heels in close to the buttocks. Place your right foot on top of your left thigh. Lift your left foot off the mat and thread your right arm between your legs and interlace your fingers around your left shin. Use your arms to hug your knee in towards your chest and relax anywhere that you feel tension. Remain in this pose for as long as comfortable. To come out, release your hands and bring both feet back to the floor.</p>	<p>Deeply stretches the hips, thighs, and groin muscles. Relaxes and calms the mind.</p>	<p>If you are unable to reach around your shin, interlace your fingers behind your thigh. Or you can place the bottom of on foot against the wall and push the opposite knee against towards the wall.</p>	<p>If you have hip or knee inflammation, you may want to avoid this pose.</p>
<p>Reclined Twist</p> 	<p>Begin by lying on your back. Extend your arms out at shoulders height with palms facing down. Bend both knee and bring them to your chest, exhale and lower both legs down to the left until your left knee touches the floor. If comfortable, keep your right shoulder on the floor. Lift your head, turn it to the right and relax it down. Remain in this pose for as long as comfortable. To come out, exhale, gently bring your knees back to center and return to Corpse Pose.</p>	<p>Stretches core muscles, chest and muscles along the spine. Relaxes and calms the mind.</p>	<p>If turning your head is uncomfortable, keep your head/neck in neutral position. Place a folded blanket under your knees for extra support.</p>	<p>If you have back, hip, or shoulder inflammation you may want to avoid this pose.</p>
<p>Half Shoulder Stand</p> 	<p>Lie on your back with your knees bent and palms facing down on either side of your body. Press your hands into the mat and lift your legs up and over your head. Support your lower back with your hands with fingertips pointing up. Begin to lift your legs up and straighten them over your head. Let your hands support the weight of your lower body. Find a balancing point where it is possible to relax the muscles in your legs. Remain in this pose for as long as comfortable. To come out, bend your knees to lower your legs towards your head, return your palms to the mat and carefully roll your spine down to the floor.</p>	<p>Relaxes the body and calms the mind. Gently stretches the back, shoulders, and neck.</p>	<p>Place a folded blanket under your back and shoulders to create more room for your neck. Rest your legs up against a wall with a cushion or blanket under your hips.</p>	<p>If you have neck or back inflammation, you may want to avoid this pose. Avoid turning your head to the side to protect your neck from injury.</p>
<p>Childs Pose</p>	<p>Begin on your hands and knees in Table Top pose. Exhale and lower your hips down to your heels and your forehead down to your mat. Your arms can be outstretched in front of you, resting alongside your body or you can place your hands under your forehead. Turn</p>	<p>Relaxes the body and calms the mind to help relieve stress. Gently stretches the lower back,</p>	<p>Place a folded blanket under the hips, knees, and or head to protect them from discomfort. If</p>	<p>If you have knee or hip inflammation you may want to avoid this pose.</p>

Kinesiology 351 YOGA

	<p>you head to one side if comfortable. Remain in this pose for as long as comfortable. To come out, Place your hands under your shoulders, inhale and gently press up into a kneeling position or return to Table Top pose</p> <p>Option for: Wide Childs Pose</p>	<p>hips, thighs, knees, and ankles. Relieves tension held between the shoulder blades. Good pose to rest in after more strenuous practice</p>	<p>you are pregnant or having difficulty breathing deeply, spread your knees wide apart to remove the pressure on your abdomen. Place a folded blanket between your thighs and calves if it is difficult to sit on your heels.</p>	
<p>Downward Frog</p> 	<p>Begin on your hands and knees in the Table Top pose. Slowly move your knees out to either side, as wide as comfortable. Ensure your ankles are directly behind your knees and feet are turned out. Relax your hips and allow them to sink down towards the floor as you feel a deep stretch in your hips and inner thighs. If possible, bring your elbows to the floor and find a comfortable position for your arms and head to rest. Remain in this pose for as long as comfortable. To come out, inhale; slowly walk your hands and knees in to return to Table Top.</p>	<p>Deeply stretches the hips and groin muscles. Relaxes and calms the mind to help reduce stress.</p>	<p>Place a folded blanket under your knees or elbows to protect them from discomfort. Rest your upper body on a cushion if remaining in pose for a longer period of time. If the stretch is too deep, bend your knees more and bring your toes in towards your sitting bones.</p>	<p>If you have knee or hip inflammation, you may want to avoid this pose.</p>
<p>Half Camel</p> 	<p>Begin by sitting on your heel in a kneeling position. Move your knees hip width apart and come up onto both knees. Place both palms on your lower back. Exhale and gently press your hips forward and lift your chest to come into a slight backbend with your palms supporting your lower back. As you deepen the back bend, carefully reach your right hand back to hold your right heel. Reach your left arm up to the ceiling. Continue to actively press your hips forward, lift your chest and look at your left fingertips. Hold for 30 seconds to one minute. To come out, return both hands to your lower back inhale and gently bring yourself upright with your neck and head last to come up.</p> <p>Option for: Full Camel</p>	<p>Strengthens the upper back and shoulder muscles. Stretches the entire front side of the body including the throat, chest, abdomen, hip flexors, thighs and ankles.</p>	<p>Place a folded blanket under your knees or ankles to protect them from discomfort. Place your hand on a block next to your ankle, if your hand cannot reach your heel, tuck your toes under to lift your heels and create a gentler backbend.</p>	<p>If you have abdominal, back, neck, shoulder or knee inflammation, you may want to avoid this pose.</p>

Kinesiology 351 YOGA

<p>Hero Pose</p> 	<p>Begin on your hands and knees in Table top pose. Separate your feet slightly wider than your hips and sit down between your feet. Draw your abdomen in, tuck your tailbone under slightly and lengthen from your sitting bones through the crown of your head. Relax your shoulders down and breathe smoothly. Remain in this pose for as long as comfortable. To come out, lean forwards and return to table top pose.</p>	<p>Stretches the ankles, thighs, knees, and hips. Good pose to prepare for sitting meditation.</p>	<p>If pose is comfortable, place a blanket under your thighs or under your buttocks.</p>	<p>If you have knee, hip, or ankle inflammation you may want to avoid this pose.</p>
<p>Gate</p> 	<p>Bring your knees hip width apart and come up onto both knees. Step you're left foot out to the side with your toes pointing to the left. Inhale, extend both arms up. Exhale and place the left hand on the left thigh. Slide the left hand down your leg, lean your upper body to the left & reach your right arm overhead and alongside your ear. Hold for 30 seconds to one minute. To come out, inhale to come upright. Exhale, lower your arms down, bring the left knee in and return to kneeling.</p>	<p>Stretches the hips, groin muscles, hamstrings, shoulders, and side core muscles. Increases flexibility in the spine. Strengthens core muscles.</p>	<p>Place a folded blanket under your knees to protect them from discomfort.</p>	<p>If you have knee, hip, back, or shoulder inflammation you may want to avoid this pose.</p>
<p>Half Monkey</p> 	<p>Begin by sitting on your heels in a kneeling position. Bring your left foot forward and ensure your left knee is directly above the ankle. Exhale and straighten the left leg to press the hips towards the back of the mat. Let the sole of your left foot peel off the mat to come onto your heel. Hinge forward at the hips and lower your forehead down towards your left shin. Use your hands to help support your upper body and relax over your front leg. Hold for 30 seconds to one minute. To come out, inhale and bend the left knee bringing it back over the ankle exhale and step back to return to kneeling.</p>	<p>Deeply stretches the hamstrings and lower back. Relaxes and calms the mind.</p>	<p>Place a folded blanket under your knees to protect them from discomfort. Advanced variation: to deepen the stretch and improve balance, hold your front foot with both hands.</p>	<p>If you have hip, or knee inflammation, you may want to avoid this pose.</p>

Kinesiology 351 YOGA

<p>One Legged King Pigeon w/ Forward Fold</p> 	<p>Begin on your hands and knees in Table Top pose. Bring your left knee forward and place it to the inside of your left hand. Extend your right leg back and lower your hips to the floor. Ensure that your left heel is in line with your right hip and keep your foot flexed to protect your knee. Press your hands into the mat, roll your shoulders back and expand your chest and come into a slight back bend. Exhale and slowly walk your hands forward to bring your upper body down over your left leg. Remain in this pose for as long as comfortable. To come out, inhale and come out of the back bend, bring your hands forward and press back into Table Top.</p> <p>Option for: One Legged king Pigeon</p>	<p>Deeply stretches and improves flexibility in the hips. Stretches thighs, groin muscles, and lower back. Relaxes and calms the mind.</p>	<p>Place a folded blanket or cushion under your hips for support.</p>	<p>If you have hip or knee inflammation, you may want to avoid this pose.</p>
<p>Cobra</p> 	<p>Begin by lying face down on your mat. Bring your chin to the mat and place your hands palms down under your shoulders. Spread your fingers wide, roll your shoulders back and hug your elbows in close to your body. Inhale; engage the muscles in your upper back to lift your chest off the floor. Relax your shoulders down and away from your ears, relax your legs and press your chest forward. Only lift your chest to a height where your hips and knees remain on the mat. Tilt your tailbone under slightly to protect your lower back from compression. Hold for 30 seconds to one minute. To come out, exhale and gently lower your chest into the mat and rest your arms down by your sides. Rock your hips from side to side to release any tension in your lower back.</p>	<p>Increases flexibility and strength in the spine. Stretches the chest, shoulders, and abdomen.</p>	<p>Raise your hands above the mat to challenge your back muscles. To deepen this pose, walk your hands closer to your hips, straighten your elbow and lift your chest up towards the ceiling. Experiment between straight and bent arm positions.</p>	<p>If you are pregnant or have back or wrist inflammation, you may want to avoid this pose.</p>
<p>Sphinx</p> 	<p>Begin by lying face down on your mat. Bring your chin to the floor & place your hands palms down under your shoulders. Inhale using your upper back muscles to lift your chest off the floor. Walk your hands forward to bring your forearms to the floor parallel to each other. Ensure your elbows are directly under your shoulders. Relax your shoulder and legs, expand your chest and look forward. Hold for 30 seconds to one minute. To come out, exhale and gently lower your chest onto the mat and rest your arms down by your side.</p>	<p>Increase flexibility and strength in the muscles along the spine. Stretches the abdomen and chest. Great alternative to Cobra Pose for a gentler backbend.</p>	<p>n/a</p>	<p>If you are pregnant, have back, shoulder or abdominal inflammation, you may want to avoid this pose.</p>
<p>Half Locust Pose/ Locust Pose</p>	<p>Being by lying face down on your mat. Bring your chin to the floor, work both arms beneath your body and interlace your fingers. You can also leave your palms facing down or make fists, if you find it more comfortable. Inhale and extend your right leg up and off the ground as high as possible without twisting your pelvis to the right.</p>	<p>Strengthens the lower back, gluteals and hamstrings.</p>	<p>Place a folded blanket under your hips to protect them from discomfort. Place a cushion under your</p>	<p>If you are pregnant or have back or leg inflammation, you may want to avoid this pose.</p>

Kinesiology 351 YOGA

	<p>Hold for several breaths. To come out, exhale and slowly lower your leg down.</p>		<p>thighs for support.</p>	
<p>Bow</p> 	<p>Begin by lying face down on your mat. Bend both knees and take hold of your ankles or tops of your feet with both hands. Inhale and press your feet into your hands, lifting your shoulders and chest from the floor. Press your pubic bone into the mat. Exhale and raise your legs up away from the floor. Keep the main effort in your legs, allowing your arms to be passive. Draw the toes of both feet together and look up. Hold for 30-60 seconds. To come out, exhale, and slowly lower your legs and chest down to the mat.</p>	<p>Increases flexibility and strength in the muscles along the spine. Strengthens the gluteals, hamstrings, and lower back. Stretches the hips, groin muscles, chest, neck, shoulders, abdomen, and thighs.</p>	<p>Place a cushion or rolled up blanket under your thighs for support. If you are unable to hold your feet or ankles, wrap a strap around the front of your ankles and hold both ends with both hands, keeping your arms fully extended.</p>	<p>If you have hip, back, ankle, or shoulder inflammation you may want to avoid this pose.</p>
<p>Mountain</p> 	<p>Stand with your feet together or hip width apart with heels slightly wider than your toes. Lift and spread your toes across the mat. Distribute your weight evenly between both feet. Draw your navel in towards your spine and drop your tailbone down slightly. Press forward your tailbone and move your thighbones backward, feeling the stability of these opposing movements creates. Palms facing forwards, feel a sense of stillness in this posture. Focus on the balance of strength and relaxation with the pose.</p>	<p>Encourages correct body alignment. Improves body awareness.</p>	<p>n/a</p>	<p>If you have trouble standing with your feet narrow, widen your stance.</p>
<p>Standing Supported Side Stretch</p> 	<p>Stand in Mountain Pose. Inhale and reach your arms overhead. Exhale and bring your left hand to your left thigh, and maintain your abdomen slightly contracted, slowly slide your left palm down your leg while reaching over with your right arm. Breathe smoothly and press down firmly through both feet. Hold for several breaths. To come out, inhale to slowly come up and exhale to lower your arms down.</p>	<p>Deeply stretches the entire side of the body, hips, and shoulders. Increases flexibility in the spine.</p>	<p>Stand with your feet hip width apart for increased stability.</p>	<p>If you have hip, back, or shoulder inflammation, you may want to avoid this pose.</p>

Kinesiology 351 YOGA

	<p>Option: Non- Supported Side Bend</p>			
<p>Standing Supported Back Bend</p> 	<p>Stand in Mountain Pose. Place both palms on your lower back. Press your hips forward, roll your shoulders back and begin to arch your torso back. Look up at the ceiling. Use your arms to support your weight, tuck your tailbone under and keep your legs strongly engage. Hold for several breaths. To come out, inhale and lead from the chest to bring your torso upright and return to Mountain Pose.</p> <p>Option for: Back Bend with no support</p>	<p>Gently stretches the entire front side of the body. Increases flexibility in the muscles along the spine. Strengthens core muscles.</p>	<p>If your neck is uncomfortable, keep your head up and look forward.</p>	<p>If you have back, neck, hip or knee inflammation you may want to avoid this pose.</p>
<p>Chair Chair with Eagle Arms/ Legs</p> 	<p>Stand in mountain pose. Inhale and bring your arms overhead. Exhale and bend your knees so that your thighs are close to parallel with the floor. Allow your upper body to lean forward slightly as your hips reach down and back as if you are going to sit in a chair. Look forward or up between your hands. Relax your shoulders and draw your shoulder blades down your back. Tilt your pelvis under to support your lower back. To come out, inhale and straighten your knees to come up. Exhale and lower your arms down to return to Mountain Pose.</p> <p>Chair with Eagle arms and Legs</p>	<p>Strengthens the ankles, calves, knees, hamstrings, Quadriceps, gluteal, core muscles, shoulders and arms.</p> <p>Improves balance and stability</p> <p>Good alternative to standing backbends during Sun Salutations to avoid lower back discomfort.</p>	<p>Practice this pose with your feet slightly apart to help stabilize your knee muscles. Place your hands on your knees for support. Practice close to a wall so that when you bend into the pose the wall supports you.</p>	<p>If you have knee, hip, back or shoulder inflammation, you may want to avoid this pose.</p>

Kinesiology 351 YOGA

<p>Standing Forward Fold</p> 	<p>Stand in Mountain Pose. Inhale your arms up and exhale to hinge forward from your hips and lower your torso towards your legs. Elongate your spine while pushing your sitting bones up towards the ceiling. If possible, hold your calves or ankles with both hands. Breathe smoothly with your awareness on the deep stretch in your hamstrings and lower back. Hold for 30 seconds to one minute. To come out, inhale and come up to return to Mountain pose.</p>	<p>Stretches the entire backside of the body, especially the hamstrings and lower back. Relieves tension and compression in the lower back. Encourages mental relaxation.</p>	<p>Bend your knees for a more gentle stretch. Place your hands in apposition of your choosing. For example, place your palms on your shins for support or let your arms relax and dangle freely</p>	<p>If you have back or hip inflammation, you may want to avoid this pose.</p>
<p>Rag Doll</p> 	<p>Stand in Mountain pose. Exhale and hinge forward from your hips. Bend your knees, hold onto elbows with both hands and relax. Feel free to gently sway from side to side or play with leaning your weight forward and back. Remain in this pose for as long as comfortable. To come out, inhale and slowly roll back up vertebra by vertebra with your hand being the last to look forward to return to mountain pose.</p>	<p>Gently stretches the entire backside of the body, especially the hamstrings and lower back. Relieves tension and compression in the lower back. Good pose to rest in after more strenuous poses.</p>	<p>Let your arms relax and dangle freely if you find it more comfortable.</p>	<p>If you have back pain or inflammation, you may want to avoid this pose.</p>
<p>Half Way Lift</p> 	<p>Stand in Mountain Pose. Exhale to hinge forward and touch your fingertips to the floor. Lengthen your spine and look down. Hold for several breaths. To come out, inhale up to return to Mountain Pose.</p>	<p>Gently stretches the hips, hamstrings and lower back.</p>	<p>Bend your knees to find a comfortable position.</p>	<p>If you have hip or lower back inflammation, you may want to avoid this pose.</p>
<p>Standing Forward w/Twist</p> 	<p>Stand in Mountain Pose. Inhale your arms up and exhale to hinge forward from your hips and lower your torso towards your legs into Standing Forward Bend. Place your left hand on the mat in front of your toes. Bend your left knee and rotate your shoulders to the right to open your chest to the side. Extend your right arm towards the ceiling and turn your head to look up at your fingertips. Hold for 30 seconds to one minute. To come out, lower your right hand to the floor and inhale to return to Mountain Pose.</p>	<p>Stretches the hamstrings, lower back, shoulders, and chest. Strengthens the upper back and core muscles.</p>	<p>If you are unable to reach the floor, place your left hand on your right shin or ankle.</p>	<p>If you have back or shoulder inflammation, you may want to avoid this pose.</p>

Kinesiology 351 YOGA

<p>Downward Facing Dog</p> 	<p>Begin in child's pose. Reach forward with both hands. Exhale, tuck your toes under, and press evenly into your hands and feet to lift your hips up towards the ceiling. Spread your fingers wide, press your hips up and back, reach your chest towards your thighs and maintain a long spine. Ensure your hands and feet are hip width apart, extend your heels towards the floor and reach your arms away from your body. Relax your neck and let your head hang freely or look towards your thighs. Remain in this pose for as long as comfortable. To come out, lower the knees down and press back into Child's pose.</p> <p>Option to: 3-legged Downward Facing Dog</p>	<p>Deeply stretches the back, chest, shoulders, hamstrings, calf muscles and Achilles tendons. Strengthens the entire upper body. Good pose to rest in after more strenuous poses.</p>	<p>Keep your knees slightly bent to maintain length in your spine. Bring your elbows to the floor if you are suffering from Carpal Tunnel Syndrome.</p>	<p>If you are in late-term pregnancy or have back, hip, shoulder or wrist inflammation, you may want to avoid this pose.</p>
<p>Runners Lunge</p> 	<p>Stand in Mountain pose. Exhale to hinge the forward bringing your fingertips to the floor. Inhale, step your right foot back and ensure your left knee is directly above the ankle. Lengthen your spine and extend your right leg strongly. Hold for several breaths. To come out, step your right foot forward and inhale up to return to Mountain pose.</p> <p>Option for: Runners Lunge with Prayer Twist</p>	<p>Strengthens the ankles, thighs, groin muscles, and back. Stretches the hips and thighs.</p>	<p>For a more gentle stretch, rest your back knee down on the mat. Place your hands on blocks if you are unable to reach the floor.</p>	<p>If you have knee inflammation you may want to avoid this pose.</p>

Kinesiology 351 YOGA

<p>Lizard</p> 	<p>Begin in Downward Facing Dog, exhale, step your left foot forward and ensure that your knee is directly above the ankle. Lower your right knee to the mat. Move your left foot several inches out to the left. Bring your elbows down to the floor tilt the pelvis slightly under. Let your hips sink low and ensure the sole of your left foot stays flat against the floor. Hold for 30 seconds to one minute. To come out, inhale and come back onto your hands. Exhale and step your left foot back to return to Downward Facing Dog.</p>	<p>Deeply stretches the hips, hamstrings, and thighs. Relaxes and calms the mind.</p>	<p>If you are unable to lower your elbows to the floor, place them on a block for support or remain up on your hands. Advanced variation: For a deeper stretch, tuck your back toes under, straighten the leg and extend through the heel.</p>	<p>If you have hip, or knee inflammation, you may want to avoid this pose.</p>
<p>Humble Warrior</p> 	<p>Stand in Mountain pose. Hinge forward from your hips and step your right foot back several feet. Check that your hips remain facing to the front of your mat and your left knee is directly above your ankle. Inhale and interlace your fingers behind your back, extending both arms behind you as you come into a gentle backbend. Exhale and bring your torso forward and down towards the inside of your left thigh. Squeeze your shoulder blades together, relax your neck and look at your back foot. Hold for 30-60 seconds. To come out, inhale to raise your torso upright, release your hands and step forward to return to Mountain pose.</p>	<p>Strengthens the thighs, ankles, gluteal's, upper back, shoulders and arms. Stretches the hips, groin muscles, chest and shoulders. Relaxes and calms the mind.</p>	<p>For a more gentle stretch, bring your torso forward to rest on your front thigh.</p>	<p>If you have shoulder, hip knee or ankle inflammation, you may want to avoid this pose.</p>
<p>Low Lunge</p>  	<p>Begin in Downward Facing Dog. Step your left foot forward between your hands and ensure your knee is directly above the ankle. Lower your right knee to the mat. Inhale, raise you torso upright and reach both arms overhead with palms facing each other. Lengthen your tailbone towards the floor, relax your shoulders and look forward. Allow your hips to sink down towards the floor. Hold or 30 seconds to one minute. To come out, exhale, lower your hands to either side of your front foot and step back to return to Downward Facing Dog.</p> <p>Option for: Low Lunge w/ twist</p>	<p>Strengthens the upper back, shoulders, and core muscles. Stretches the hips, thighs, abdomen and shoulders.</p>	<p>Place a folded blanket under your back knee to protect it from discomfort. Place your hands on your hips or thigh for support.</p>	<p>If you have hip, knee, or shoulder inflammation, you may want to avoid this pose.</p>
<p>Crescent Lunge</p>	<p>Stand in Mountain pose. Hinge forward from your hips and step your right foot back towards the end of your mat. Ensure your front knee is directly above the ankle. Inhales raise your torso upright and</p>	<p>Strengthens the ankles, thighs, groin muscles, upper back, shoulders</p>	<p>If your arms get tired, rest your hands on your hips.</p>	<p>If you have hip, knee, or shoulder inflammation, you may want to avoid</p>

Kinesiology 351 YOGA

	<p>reach both arms overhead with palms facing each other. Lengthen your tailbone towards the floor, extend your right leg strongly, relax your shoulders down and look forward. Hold for 30 seconds to one minute. To come out, exhale to lower your hands to either side of your front foot. Step your right foot forward and inhale to come up and return to Mountain pose.</p>	<p>and core muscles. Stretches the hips, thighs, groin muscles, and chest.</p>		<p>this pose.</p>
<p>Warrior 1</p> 	<p>Stand in Mountain Pose. Hinge forward from your hips, step your right foot back several feet and turn your toes to a 45-degree angle. Check that your hips remain facing the front of your mat. You may need to step your right foot several inches to the right to help keep your hips in alignment. Ensure your left knee is directly above the ankle. Inhale and raise your arms overhead with palms facing each other. Reach your arms back slightly and expand your chest to come into a gentle backbend. Tuck your tailbone under to protect your lower back. Relax your shoulders and look up between your hands. Hold for 30 seconds to one minute. To come out, exhale to lower your arms and step forward, inhale to come up and return to Mountain Pose.</p>	<p>Strengthens the thighs, ankles, gluteals, core muscles, lower back, and shoulders. Stretches the groin muscles, hips, and chest and is great preparation for backbends shoulders.</p>	<p>For a gentler pose, lower your back knee to the floor. If looking up is uncomfortable for your neck, keep your head and neck in a neutral position.</p>	<p>If you have shoulder, hip, knee, or ankle inflammation, you may want to avoid this pose.</p>
<p>Warrior 2</p> 	<p>Stand in Mountain Pose. Hinge forward from your hips, step your right foot back several feet and turn your toes to a 45-degree angle. Check that your hips remain facing the right side of your mat and your left heel is in line with the middle of your right foot. Inhale to come up and reach both arms out at shoulder height. Turn your head and look past your left fingertips. Tuck your tailbone under, engage your abdomen and extend both arms out strongly. Relax your shoulders down and away from your ears. Hold for 30 seconds to one minute. To come out, exhale to lower your arms and step forward, inhale to come up and return to Mountain Pose.</p>	<p>Strengthens the thighs, gluteals, ankles, core muscles, shoulders, and arms. Stretches the groin muscles, chest and hips. Improves balance and aids concentration.</p>	<p>Practice this pose against a wall to ensure your feet hips and shoulders are all in line with each other. If your arms get fatigued, rest your hands on your hips. If the neck is uncomfortable looking forward, keep your head and neck in a neutral position.</p>	<p>If you have hip, knee, or shoulder inflammation, you may want to avoid this pose.</p>
<p>Warrior 3</p>	<p>Stand in Mountain pose. Exhale and hinge forward from your hips. Bring your weight onto your left foot, inhale and reach both arms forward and your right leg back behind you. Bring your right leg and torso parallel to the floor. Reach back actively with your right leg, elongate your spine and ensure your hips are even. Hold for 30-60 seconds. To come out, inhale and raise your torso upright as you lower your right foot to the mat and exhale to return to Mountain pose.</p>	<p>Strengthens the ankles, thighs, core muscles, back and shoulders. Stretches the hamstrings and calves. Improves balance and aids in concentration.</p>	<p>If extending your arms overhead is difficult, bring your arms out to the sides or place your hands on your hips.</p>	<p>If you have hip, back or shoulder inflammation, you may want to avoid this pose.</p>

Kinesiology 351 YOGA

				
<p>Reverse Warrior</p> 	<p>Stand with your feet comfortable distance apart in wide leg stance pose. Turn your left toes to point towards the front of your mat and bend your left knee until it is directly above the ankle. Place your right hand on your right leg. Inhale and extend the left arm up towards the ceiling. Exhale and slide the right hand down your leg. Lean your torso over your back leg and reach your left arm strongly overhead and towards the wall behind you. Ensure your hips and chest remain open and facing the side of your mat. Look up at your left hand. Hold for several breaths. To come out, exhale to release and return to wide leg stance pose.</p>	<p>Strengthens the thighs, core muscles, and arms. Stretches the hips, groin muscles, shoulders, intercostals and abdominal obliques.</p>	<p>If your legs are fatigued, practice this pose with both legs straight. If turning your head is uncomfortable, keep your head and neck in a neutral position.</p>	<p>If you have hip, back, shoulder, or knee inflammation, you may want to avoid this pose.</p>
<p>Triangle</p> 	<p>Stand with your feet a comfortable distance apart in Wide Leg Stance. Turn your left foot about 45 degrees to point towards the front of your mat. Ensure your left heel is in line with the middle of your right foot and your hips remain open to the side of your mat. Inhale and extend both arms out at shoulder height. Reach to the left with your left hand, as if you are reaching for something on the shelf, without leaning forward. Lower your left hand down to your shin, ankle or the floor. Check that your feet, hips and shoulders are all in line with each other. Bring your right arm vertical with your palm facing forward and shoulders relaxed. Turn your head to look up at your right fingertips. Hold for 30 seconds to one minute. To come out, engage your leg and abdominal muscles and imagine your right arm is pulling your torso upright to return to Wide Legged Stance.</p>	<p>Strengthens the core muscles, thighs, knees, and ankles. Stretches the hips, groin muscles, hamstrings, chest, and shoulders. Improves balance and aids in concentration.</p>	<p>Practice this pose against a wall to ensure your feet, hips, and shoulders are all in line with each other. If turning your head is uncomfortable, keep your head and neck in a neutral position. Place your lower hand on a block for extra support.</p>	<p>If you have lower back, knee, or hip inflammation, you may want to avoid this pose.</p>
<p>Revolved Triangle</p> 	<p>Stand with your feet a comfortable distance apart in Wide Leg Stance. Turn your left foot about 45 degrees to point towards the front of your mat. Ensure your left heel is in line with the middle of your right foot and your hips remain open to the side of your mat. Inhale and extend both arms out at shoulder height. Ensure your hips and chest remains square to the front of your mat. Inhale and bring your left palm to the outside of your right foot. Exhale, rotate your shoulders to the right and reach the right arm up towards the</p>	<p>Strengthens the core muscles, thighs, knees, and ankles. Stretches the hips, groin muscles, hamstrings, chest, and shoulders. Improves balance and aids in concentration.</p>	<p>Place your hand next to the inner edge of your front foot or on a block if necessary. If turning your head is uncomfortable, keep your head and neck in a neutral position.</p>	<p>If you have lower back, knee, or hip inflammation, you may want to avoid this pose.</p>

Kinesiology 351 YOGA

	<p>ceiling. When ready, turn your head and look up towards the right hand. Hold for 30-60 seconds. To come out, exhale; bring both hands to the floor and step forward. Inhale to come up and return to Mountain pose.</p>			
<p>Extended Side Angle Pose</p> 	<p>Stand with your feet a comfortable distance apart in Wide Leg Stance. Turn the left foot until your knee is directly above your ankle, adjusting your stance as necessary. Bring your left forearm to rest on your left thigh & your right arm up and alongside your right ear with the palm facing down. Create a straight line extending from your right foot to right fingertips. Actively press your right foot into the mat. Draw your abdomen in, contract your gluteals & ensure your hips and chest remain open to the side of your mat. Gently turn your head to look up. Hold for 30-60 sec. To come out, use your left leg and core muscles to lift your torso upright.</p>	<p>Strengthens the ankles, knees, thighs, and core muscles. Stretches the hips, groin muscles, spine, waist, chest and shoulders.</p>	<p>If turning your head is uncomfortable, keep your head and neck in a neutral position.</p>	<p>If you have knee, shoulder, or neck inflammation, you may want to avoid this pose.</p>
<p>Pyramid</p> 	<p>Stand in Mountain pose. Hinge forward from your hips and step your right foot back several feet. Turn your right toes out to 45 degrees and keep your hips and chest square to the front of your mat. Inhale to lengthen your spine forward and exhale to relax your upper body down over your front leg. Bring your forehead down towards your left shin. Hold 30-60 seconds. To come out, inhale to lift your torso up and step forward to return to Mountain pose.</p>	<p>Deeply stretches the hamstrings, hips, and lower back. Strengthens the legs and abdomen.</p>	<p>Bend your front leg slightly to protect your knee.</p>	<p>If you have knee, hip or back inflammation, you may want to avoid this pose.</p>
<p>Standing Splits</p> 	<p>Being in Downward facing dog. Exhale and step your right foot forward. Shift your weight onto your right foot and your hands. Inhale and lift the left leg up as high as possible, reaching your toes towards the ceiling with both legs straight. Take ahold of your right calf with your right hand to bring your chest towards your thigh. Hold for 30-60 seconds. To come out, exhale and return the left foot to the floor and step back in to Downward facing dog.</p>	<p>Deeply stretches the lower back, hamstrings, thighs, groin muscles, and calves. Strengthens the ankles, knees and thighs. Improves balance and aids in concentration.</p>	<p>It is difficult to balance, keep both hands on the floor or press your raised leg against a wall for support.</p>	<p>If you have low back, hip, knee or ankle inflammation, you may want to avoid this pose.</p>

Kinesiology 351 YOGA

<p>Standing Extended Big Toe</p> 	<p>Stand in Mountain Pose. Inhale and lift your left leg out in front of you, bringing it parallel to the floor. Use your core and thigh muscles to maintain the lift. Elongate your spine, rest your hands on your hips, and relax your shoulders. Hold for several breaths. To come out, exhale and lower your leg down to return to Mountain pose.</p>	<p>Strengthens the thighs and core muscles. Improves balance and aids in concentration.</p>	<p>If you are unable to straighten your leg, keep the knee bent.</p>	<p>If you have hip, knee or ankle inflammation, you may want to avoid this pose.</p>
<p>Standing head to knee</p> 	<p>Stand in Mountain pose. Shift your weight onto your left leg and bring your right knee up towards your chest. Interlace your fingers around the bottom of your right foot. When ready, straighten your right leg out in front of you. Ensure your leg stays parallel to the floor. Bend forward, round your back and use your abdominal muscles to bring your forehead down towards your right knee. Keep the standing leg strongly engaged. Hold for 30-60 seconds. To come out, exhale, bend your right knee and release your foot down to return to mountain pose.</p>	<p>Deeply stretches the hamstrings and lower back. Strengthens the upper back, core muscles, arms and shoulders. Improves balance and aids in concentration.</p>	<p>If you are unable to straighten your leg, keep the knee bent, hold your ankle or use a strap around your foot.</p>	<p>If you have hip, knee or ankle inflammation, you may want to avoid this pose.</p>
<p>Standing Extended Big Toe</p> 	<p>Stand in Mountain Pose. Shift your weight onto your right leg. Lift your left foot and clasp the big toe with your left index and middle finger. Straighten your right leg forward to come into extended big toe hold. Exhale and extend your left leg forward. Straighten your knee as much as possible without compromising the lift in your spine. Rest your right hand on your hip. Breathe smoothly, elongate your spine and relax your shoulders down and away from your ears. Hold for 30-60 seconds. To come out, exhale and release your foot down to return to Mountain pose.</p>	<p>Strengthens the thighs and core muscles. Improves balance and aids in concentration.</p>	<p>Stretches the hamstrings, hips, core muscles and chest. Strengthens the ankles, legs, core muscles, upper back, shoulders and arms. Improves balance and aids in concentration.</p>	<p>If you have hip, knee, or ankle inflammation you may want to avoid this pose.</p>
<p>Revolved Standing Extended Big Toe Hold</p> 	<p>Stand in Mountain Pose. Shift your weight onto your right leg. Lift your left foot and clasp the big toe with your left index and middle finger. Straighten your right leg forward to come into extended big toe hold. Take hold of the outside of your left foot with your right hand. Exhale, release your left fingers and slowly rotate your shoulders to the left. Reach your left arm behind you and look over your left shoulder. Hold for 30-60 seconds. To come out, inhale to bring your head neck and shoulders around to face forward, exhale and release your foot down to Mountain pose.</p>	<p>Strengthens the thighs and core muscles. Improves balance and aids in concentration.</p>	<p>Stretches the hamstrings, hips, core muscles and chest. Strengthens the ankles, legs, core muscles, upper back, shoulders and arms. Improves balance and aids in concentration.</p>	<p>If you have hip, knee, or ankle inflammation you may want to avoid this pose.</p>

Kinesiology 351 YOGA

<p>Half Moon/ Revolved Half Moon</p> 	<p>Stand with your feet a comfortable distance apart in wide leg stance pose. Turn the left foot out to point towards the front of your mat. Lower your left fingertips to the floor in front of your left foot and straighten your left leg. Extend your right leg up and parallel to the floor, opening your chest and hips to the side. Reach your right arm towards the ceiling and when ready, turn your head to look up at your fingertips. Hold for 30-60 seconds. To come out, exhale bring both hands to the floor, lower your right leg down and return to wide leg stance pose.</p>	<p>Improves balance and coordination, aids in concentration. Stretches the hips, groin muscles, hamstrings, chest and shoulders. Strengthens the ankles, calves, knees, thighs, back and core muscles.</p>	<p>If you can't reach the floor use a block. Practice this pose against the wall, leaning your legs and back against the wall for support. If turning your head is difficult or uncomfortable, keep your head and neck in a neutral position or look at the floor.</p>	<p>If you have ankle, knee or hip inflammation you want to avoid this pose.</p>
<p>King Dancer</p> 	<p>Stand in Mountain pose. Shift your weight onto your left foot. Bend your right knee, reach behind with your right hand and grasp the inside of your right foot or ankle. Raise your left arm overhead. Gently press your right foot into your hand. Raise your toes towards the ceiling as far as comfortable. Try to avoid twisting the pelvis as you reach forward with your left arm to help counter balance your leg lifting. Hold for 30 seconds to one minute. To come out, return to Mountain pose.</p>	<p>Strengthens the ankle, legs, and upper back. Stretches the shoulders, chest, abdomen, thighs, and groin muscles. Improves balance and aids concentration.</p>	<p>Practice this pose with your free hand on a chair or against a wall for support.</p>	<p>If you have knee or hip inflammation you want to avoid this pose.</p>
<p>Tree</p> 	<p>Stand in Mountain Pose. Shift all your weight onto your right foot and take a moment to find your balance. Exhale, raise your arms overhead and relax your shoulders down. Look forward breath evenly and remain still. Hold for 30 seconds to one minute. To come out, exhale and release your arms and leg down to return to Mountain Pose.</p>	<p>Strengthens the ankles, calves and thighs. Increase flexibility in the knees, hips and shoulders. Improves balance and aids in concentration.</p>	<p>Keep the toes of your left foot on the mat until you can balance on one foot. If it is difficult to place your foot against your thigh, place the sole of your foot against the opposite calve.</p>	<p>If you have ankle, knee, hip or shoulder inflammation you may want to avoid this pose. Avoid placing the sole of the foot directly against the opposite knee. Place it either above or below the knee joint to avoid injury.</p>
<p>Wide Standing Half Forward Bend</p>	<p>Stand with your feet a comfortable distance apart in Wide Leg Stance. Check that your heels are slightly wider than your toes. Exhale and hinge forward from your hips and place your fingertips on the floor directly below your shoulders. Lengthen your tailbone and the crown of your head away from each other. Hold for several</p>	<p>Gently stretches the hamstrings, groin muscles, hips and lower back. Strengthens the legs,</p>	<p>If you are unable to reach the floor with your hands, place your hands on blocks.</p>	<p>If you have lower back or hip inflammation, you may want to avoid this pose.</p>

Kinesiology 351 YOGA

	<p>breaths. To come out, bring your hands to your hips, inhale and come up to standing.</p>	<p>hips, and ankles.</p>		
<p>Ninja/one legged Squat</p> 	<p>Stand with your feet in a comfortable distance apart in wide stance pose. Exhale and hinge forward from your hips, bringing your fingertips to the floor. Shift your weight onto your left foot. Bring your torso upright and press your palms together at your chest. Actively extend your right leg and relax your shoulders. Hold for several breaths. To come out, straighten both legs and inhale to come up to standing.</p>	<p>Strengthens the ankles, thighs, core muscles, and back. Stretches the hips and groin muscles.</p>	<p>If it is difficult to balance, place your hands on the floor for support.</p>	<p>If you have hip, knee or ankle inflammation, you may want to avoid this pose.</p>
<p>Frog Squat</p> 	<p>Stand in Mountain pose. Step your feet slightly wider than hip width apart. Exhale; bend your knees deeply to bring your hips down towards your heels. Separate your thighs slightly wider than your torso, lean forward and fit your upper body snugly between your thighs. Bring your palms together in front of your chest and press your elbows against the inside of both knees to deepen the stretch in your hips. Let your hips sink down as you lengthen your spine and relax your shoulders. Hold for 30-60 seconds. To come out, inhale and press strongly through both feet to return to Mountain pose.</p>	<p>Deeply stretches the hips and groin. Strengthens the ankles, core muscles, shoulders and back. Relaxes and calms the mind.</p>	<p>Place a folded blanket under your heels if they do not stay on the floor. Place your fingertips on the mat in front of you to help keep your balance.</p>	<p>If you have back, hip or knee inflammation, you may want to avoid this pose.</p>
<p>Crow/ Crane Side Crow/Crane</p> 	<p>Begin by sitting on your heels in a kneeling position. Move into a wide squat pose with your feet slightly wider than your shoulders. Bring your torso forward between your knees and your palms to the mat in front of your body about shoulder width apart. Spread your fingers wide. Draw your knees in close to your underarms and lift your sitting bones as high as possible, coming onto your toes. Slowly inhale lean forward, engage your core and allow your feet to lift off the floor as you come to balance on your hands only. Draw your heels up towards your buttocks, round your spine and look forward. Hold for 30-60 seconds. To come out, exhale to slowly lower your feet onto the floor and press back into child's pose.</p>	<p>Strengthens the core, upper back, groin muscles, upper arms, forearms and wrists. Improves balance and body awareness.</p>	<p>If you are new to this pose, you may want to place a cushion or pillow in front of you, just in case you topple forward. If it is difficult to lift both feet at the same time, try lifting one and then the other to build strength and confidence.</p>	<p>If you are pregnant or have back, shoulder or wrist inflammation, you want to avoid this pose.</p>

Kinesiology 351 YOGA

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