

Upper Extremity Yoga Practice

Standing or Seated

Centering

A short practice on awareness.

1. Sit down if you are able.
2. Take a few deep breaths in and out.
3. Bring all your attention to your lower belly. What do you notice? Is the belly moving as you breathe? Does it feel warm, cool, hot, somewhere in between?
4. Become aware of the belly and your clothing. Can you differentiate?
5. As you focus on your belly, do you notice any changes in your breathing? Are you thinking about your belly or something else?

Centering is that simple. Centering is about bringing your full attention to this moment, right now. You can do this anytime of the day for instant relief and relaxation.

Breathing

1. Dirgha Pranayama (Breathing from the belly)
2. Breathe in and out.
3. Feel your belly become big and small again.
4. Begin to count in your mind.
5. Inhale 1-2. Exhale 1-2-3. Inhale 1-2-3. Exhale 1-2-3-4.
6. Do this for about 5 minutes.
7. As you become more familiar with this breathing technique, you can begin to inhale and exhale through the nose only, keeping the mouth relaxed and closed.



Benefits: This breath oxygenates the farthest reaches of the lungs. It calms and soothes the mind and introduces deep breathing. It is very meditative.

Warm Ups

Warm ups on your back

Pelvic tuck and release

1. Lie on your back with knees bent, feet flat on the ground.
2. As you breathe in, reach your tailbone towards your toes.
3. As you breathe out, tuck your tailbone under.

4. Do this 5-7 times.
5. You will feel your spine stretch and your belly relax.

Knee to chest

1. Press one foot into floor as you draw your right knee in towards the midline while lower abdominals draw in to the spine.
2. Keep your tailbone tucked to protect your back.
3. Take a few breaths in and out .
4. Bring right foot down. Repeat on the other side.
5. Sway the knees from side to side, enjoying a side twist to soothe the spine and release tension in the hips and back.
6. Roll over and sit up.

Seated warm ups

Elevate shoulders as you breathe in and depress shoulders as you breathe out.

Neck stretch

1. Tilt head towards the chest, then roll chin towards the right as you inhale.
2. Exhale draw chin back to center.
3. Inhale chin towards the left.
4. Exhale back to center.
5. Inhale lift chin up parallel.

Seated twists

1. Twist your torso to the right as you exhale.
2. Inhale back to center.
3. Exhale to the left.
4. Inhale back to center.

Yoga Poses

Standing Sequence

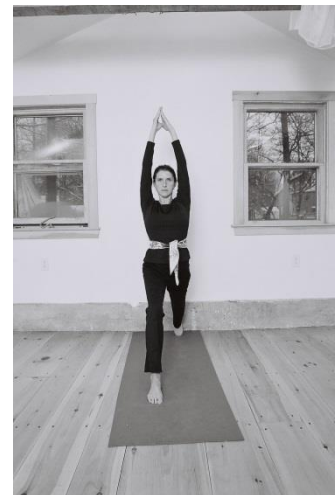
Mountain



1. Stand with feet hip width apart
2. Reach feet down into earth into all four corners as you lift crown up to the sky on exhale.
3. Lift knee caps up
4. Draw belly in
5. Lift arms overhead on inhale, interlocking hands, index fingers pointing to the sky.

Warrior I

1. Step right foot forward into a lunge position. Bend the right knee so it is at a 90 degree angle. Left heel is turned in slightly towards the right, or heel is lifted up, toes pressing into the floor.
2. Hips are turned towards the front
3. Draw torso up and sink hips down.
4. Draw your belly button in towards your spine
5. Stay lifted , eyes facing forward
6. Tuck your chin , round your spine slightly and step the left foot to meet the right
7. Step to the back of the mat, and repeat on the left.
8. Come back to mountain



Warrior II



1. Stand in Mountain
2. Step your feet about 3 ½ to 4 feet apart.
3. Turn your right foot ahead and your left foot slightly in towards your left.
4. Bend the right knee in a lunge , knee over the ankle.
5. Keep hips parallel to each other, turning towards the side.
6. Torso is lifted.
7. Gaze is over the front .
8. Shoulders are parallel to hips.
9. Turn to the other side to repeat.
10. Come back to mountain

Five Pointed Star

1. Stand in mountain
2. Step out wide, 3 ½ to 4 feet
3. Turn toes straight ahead, hips even
4. Lengthen torso.
5. Reach out from the heart as if your heart had long arrows from the center to the edge of the mat
6. Step back into mountain



Chair



1. Stand in mountain
2. Bend knees so they are parallel to ankles, hips at a 90 degree angle, as if about to sit in a chair
3. Reach buttocks back as you lift the chest forward and up
4. Press into the feet
5. Return to mountain

Leg lifts

1. Stand in mountain
2. Balancing on one foot, lift the other leg up, knee bent, towards the chest
3. Extend the leg out with foot flexed
4. Bring back to the floor.
5. Repeat on the other side.



Parabola



1. Stand in mountain
2. Draw your belly button towards your spine
3. Keep tailbone tucked slightly
4. Lift the ribs up
5. Draw shoulder blades towards each other
6. Lift heart towards the sky
7. Mountain

Childs

1. Come to the floor
2. Have a pillow nearby
3. Sit on your heels if comfortable.
4. Roll your belly over the pillow, turning your head to one side
5. Drape your shoulders over the pillow
6. Relax



Relaxation



1. Roll on your back
2. Extend your legs
3. Tighten the entire body as you inhale
4. Exhale relax and release the tension
5. Stay on your back for 5-30 minutes resting



Namaste, Marsha