

GENERAL GUIDELINES - 1 (1 of 2)

1. Perform exercises on cushioned mat with shoes off.
2. Keep movement controlled and fluid, not jerky or stiff.
3. Avoid locking elbows or knees when straightening arms or legs.
4. Keep low back "imprinted" (pressed flat) when lying on back with legs in air.
5. Keep pelvis and shoulders in place during movement of arms and legs

GENERAL GUIDELINES - 1 (2 of 2)

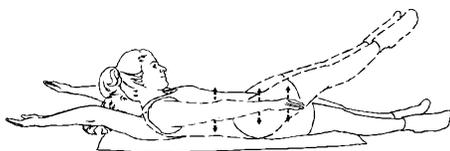
6. Keep abdominals flat (navel to spine).
7. Usually exhale when bending torso and inhale when straightening torso.
8. Inhale through nose and exhale through mouth, emphasizing the exhale.
9. Use the diaphragm and pull breath into side and back of lower ribs.
10. Avoid tilting skull forward, chin to chest, when rounding spine.

GENERAL GUIDELINES - 2

Modifications for Beginners
(or Those with Back / Neck Concerns)

1. If head tilts back when resting on floor, place folded towel under back of head to keep in line with neck.
2. If neck is painful when holding head up in forward flexion exercises on back, perform with head down.
3. If sitting up on floor with straight back is difficult, use hands to help brace back.
4. If holding legs straight causes difficulty, perform exercise with legs bent.
5. Tempo and range of motion may be reduced to help facilitate proper execution of exercise.

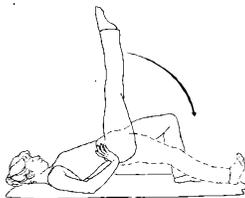
ADVANCED - 1 The Hundred



Lie on back, straight legs slightly turned out. Inhale, reaching arms over head. Exhale, pressing arms down to sides, lift legs up to 45°, curling up head, upper torso. Hold. Keep low back pressed to mat. Pump arms in small flutters up and down.

_____ pumps per inhale, _____ pumps per exhale.
Repeat _____ times. Do _____ sessions per day.

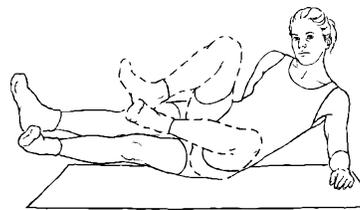
ADVANCED - 13 Bridge / Leg Raise
(Intermediate / Advanced)



Hips pressed up in bridge, place hands under hips, thumbs in. Inhale, extending leg up. Exhale, lowering leg to mat, hips up.

Repeat _____ times. Repeat with other leg.
Do _____ sessions per day.

ADVANCED - 15 Side Frog

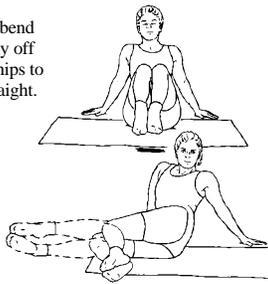


Sit balanced on side of hip, supported on forearm in front and hand in back. Legs slightly turned out, raise 30° above mat. Inhale, bending legs in. Exhale straightening legs out.

Repeat _____ times. Repeat on other side.
Do _____ sessions per day.

ADVANCED - 24 Can-Can

Leaning back on hands, bend legs 90° and raise slightly off floor. Exhale, twisting hips to side, and extend legs straight. Inhale, bending legs and returning.



Repeat _____ times, alternating direction.
Do _____ sessions per day.

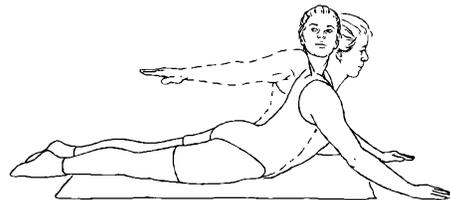
ADVANCED - 18 Side Leg Beat



Lie on side, back straight along edge of mat, legs 30° in front of torso. Turned out slightly, raise legs a few inches. Beat heels together lightly, inhaling _____ beats, exhaling _____ beats.

Repeat _____ times. Repeat on other side.
Do _____ sessions per day.

ADVANCED - 3 Swan / Twist

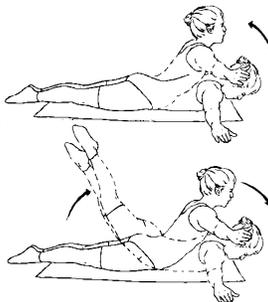


Prone, hands slightly above shoulders, exhale and press up torso. Inhale, reaching and looking back on diagonal. Exhale, returning. Keep hips on mat, shoulders down and abdominals in.

Repeat _____ times, alternating direction.
Do _____ sessions per day.

ADVANCED - 4 Swan Dive

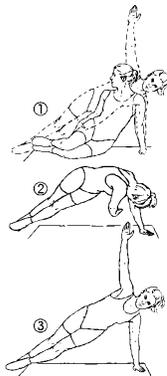
Lie on stomach, arms straight out to sides. Inhale, rocking back with whole body. Exhale, rocking forward with whole body. Keep navel to spine and neck in line with spine.



Repeat _____ times.
Do _____ sessions per day.

ADVANCED - 21 Side Twist

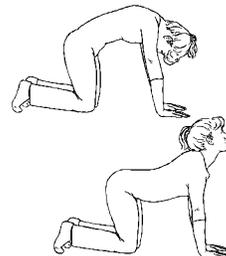
Sit on side of hip, knees bent, hand on mat, other arm on side.
1. Inhale, pressing up to straight line, raising top arm.
2. Exhale, twisting torso, reaching under with top arm.
3. Inhale, untwisting to straight line. Exhale, returning to sit.



Repeat _____ times.
Repeat on other side.
Do _____ sessions per day.

YOGA - 24 Cat Back

On hands and knees, exhale and round back up. Inhale and arch back down.



Hold for _____ breaths.