








A First Home Practice Sequence

Props needed: Two Yoga mats (one rolled, one flat), pair of 4" yoga blocks, 8' yoga strap, folded blanket, folding chair (optional).

Sanskrit Asana Name	English Asana Name	Asana Photo
<p>Vajrasana - sit for one minute with mat, one minute without mat, one minute in toe and ankle stretch.</p>	<p>Lightning Bolt Pose - from standing with legs joined, placed a rolled yoga mat behind the slightly bent knees. Come into a squat, bring knees to mat, then tops of feet on the ground, keeping mat tightly held behind the knees. Separate the lower legs and feet, sit the buttocks on one or more blocks (unless the sitting bones can sit comfortably on the backs of the heels. Release the hips, legs, calves. At end of minute, remove the mat and continue to sit in same position without the mat, either seated on blocks or hips on heels. At end of second minute, come to kneeling, curl toes under and sit hips on buttocks, releasing and stretching the toes and flexing ankles. After one minute, come gently to standing.</p>	
<p>Tadasana - 4 to 6 breaths (working toward 10 to 12 breaths)</p>	<p>Mountain Pose - Legs joined, ground the feet. Lift the kneecaps and engage the quadriceps; tuck the bottommost buttocks. Inhale to lengthen inner body, lift the sternum and release the shoulder blades down the back. Arms straightened at sides, skin of the palms stretched. Head and neck neutral.</p>	
<p>Urdva Hastasana - 4 to 6 breaths (working toward 10 to 12 breaths)</p>	<p>Upward Hand Pose - From Tadasana, inhale and keeping the arms straight, raise arms up, fingers reaching toward the ceiling. Keep arms close together, palms facing. Release arms down to sides on exhalation.</p>	
<p>Supta Hasta Padangusthasana - 6 to 8 breaths on each side</p>	<p>Resting Hand to Big Toe Pose - lie on your back, one knee bent. Place strap around arch of foot of bent leg; hug knee toward chest gently (2 breaths). Slowly extend leg straight, sole of the foot pointing toward the ceiling; 4 to 6 breaths. Slowly release the extended leg to the ground on an exhalation, keeping the belly soft. Repeat with other leg.</p>	

<p>Virabhadrasana II - 4 to 6 breaths on each side (working toward 10 to 12 breaths each side)</p>	<p>Warrior 2 Pose - Set up foundation (hands stacked in front of chest, knees bent; step feet wide apart, arms open laterally; externally rotate one leg and hip 90 degrees, turn toes in, heel out on opposite leg). Inhale to lengthen the inner body, exhale bending the front leg to 90 degrees (deepen the groin, lengthen the hamstring as it releases down). Legs are the strength of the pose; arm muscles lengthening, upper arm bones firmly engaged in shoulder sockets. Arms lengthen from the tips of the fingers. To release, inhale, straighten the front leg; bring feet and legs parallel. Exhale, release arms to sides, bend knees and step to Tadasana. Repeat on other side.</p>	
<p>Virabhadrasana I - 4 to 6 breaths on each side (working toward 10 to 12 breaths each side)</p>	<p>Warrior 1 Pose - Set up foundation (hands stacked in front of chest, knees bent; step feet wide apart, arms open laterally; externally rotate one leg and hip 90 degrees, turn toes in, heel out on opposite leg). Inhale to raise arms overhead (palms facing) and lengthen the inner body; exhale, rotating torso from hips to fingertips so that it faces the front leg. Inhale again to lengthen inner body, exhale bending the front leg to 90 degrees (deepen the groin, lengthen the hamstring as it releases down). Legs are the strength of the pose; arm muscles lengthening, upper arm bones firmly engaged in shoulder sockets. Lift chin and gaze upward between the raised hands. To release, inhale, straighten the front leg; bring torso, legs and feet parallel. Exhale, release arms to sides, bend knees and step to Tadasana. Repeat on other side.</p>	
<p>Trikonasana - 4 to 6 breaths on each side (working toward 10 to 12 breaths each side)</p> <p>*a stack of blocks may be used or the seat of a chair used - make sure that the chair has at least two legs on the mat so it does not slide</p>	<p>Three Angle Pose (Triangle Pose) - Set up foundation (hands stacked in front of chest, knees bent; step feet wide apart, arms open laterally; externally rotate one leg and hip 90 degrees, turn toes in, heel out on opposite leg). Inhale to lengthen the inner body, keeping one arm extended laterally, the other arm reaching toward ceiling. Exhale, draw groin of front leg deep, begin to bring upraised arm and torso out and down toward a block* placed just behind the ankle bone. Place palm on the block. Keeping the legs extended and engaged and the feet</p>	

	<p>well-grounded, open the chest and release the shoulders into the back to rotate the torso upward toward ceiling. Shoulders are stacked with one arm and hand reaching toward the ceiling. To release, inhale and slowly bring the torso to vertical, feet and legs parallel, arms releasing down. Exhale, end knees and step to Tadasana. Repeat on other side.</p>	
<p>Savasana - 5 minutes minimum.</p>	<p>Corpse Pose - place a folded blanket beneath the spine from just above the waist. At top of blanket, fold end under to support the back of the head so head is slightly elevated. Lie back on the blanket; extend the legs straight, arms resting at sides of the body with palms facing up. Release the legs, feet falling away from each other. Close eyes, release the tongue, lower jaw, throat and soft palate. Let the eyes release back and the ear canals open, broaden and release. Allow the breath and mind to quiet naturally, turn inward to release the tension in the physical body. Rest and relax here (try not to fall asleep), then with gently bent knees roll to the right side of the body. Rest on the right side to release any remaining tension then quietly return to sitting. Take several breaths to center; quietly return to standing.</p>	