



Home Yoga Practice by Deneysel

Warm Up/Connection

- **Mountain Pose** (*Tadasana*): Hands come together in front of the body, palms up. Inhale as hands are lifted through centerline to overhead where hands have rotated so that palms are facing up. Exhale as you tip forward from the hip, arms opening wide to the sides, and come to a **Forward Fold** (*Uttanasana*). On the next inhale, repeat the sequence as you lift the upper body back to Mountain Pose.

Repeat at least **five times** slowly, focusing on and guided by the breath.

- Start with the feet outside the hips in a **squat stance** (check that knees are lined up with the middle two toes as the feet face outward at 45 degrees). Arms are long and down in front of the body, shoulders down and away from ears. Inhale and bring the hands up the centerline of the body, opening them wide out to the side at shoulder height. At the same time, straighten the knees to a soft bend. On the exhale, lower the hands so that they come together in front of the body with the palms touching. With this motion, deeply bend the knees and press the hips back to a squat. On the next inhale, repeat the sequence, scooping the hands up the frontline of the body.

Repeat at least **five times** slowly, focusing on and guided by the breath.

- Start in the same position as the above movement, this time with your arms out to the sides in a T-position. Inhale and open the chest by pulling the shoulder blades together along the spine. As you exhale, tip forward from the pelvis and take your left hand down to your right foot, pulling your straight right arm back and up behind you. The rotation is from the hips, so keep the spine long with a neutral neck. As you inhale, lift the body back to the starting position. Repeat on the exhale to the other side.

Repeat at least **five times** slowly, focusing on and guided by the breath.

Sun Salutation

- Begin again in **Mountain Pose**. The sequence in a Sun Salutation (*Surya Namaskara I*) can vary; it usually contains a combination of the following poses (*asanas*): **Mountain Pose**, **Forward Fold**, **Flat Back Extend** (*Ardha Uttanasana*), **Downward Facing Dog** (*Adho Mukha Svanasana*), **Plank**, **Crocodile** (*Chaturanga Dandasana*), **Upward Facing Dog** (*Urdhva Mukha Svanasana*), **Lunge** (*Anjaneyasana*). Often, one will go directly from a fold to Crocodile, which takes strength and practice, as does moving from Downward Dog to a fold with a jump. For *Surya Namaskara II*, we can add in a Warrior I pose (*Virabhadrasana I*) in a longer sequence. As long as the sequence flows with the breath (inhale to lift in a pose, exhale to lower or close), we can combine the asanas in warming and awakening the body.

Standing Strength

- The combination of asanas we can do in this block can be done in whatever sequence feels natural to you. Standing strength is about fluidity, foundation, power, and endurance. If you are seeking to build strength, focus on a solid foundation in proper alignment as you hold the pose as long as you feel able (endurance). We set up in the pose and hold, keeping low in the legs and lifted through the torso. If you desire to create mobility in the spine and core strength/opening, focus more on the space *between* asanas; the legs provide a base and we move fluidly through a sequence. An example is given below that could be used with either option:
 - Warrior II (*Virabhadrasana II*)
 - Extended Warrior or Extended Side Angle (*Utthiti Parsvakonasana*)
 - Sun or Reverse Warrior (*Viparita Virabhadrasana*)
 - Warrior I (*Virabhadrasana I*)
 - Warrior III (*Virabhadrasana III*)
 - Low lunge (*Anjaneyasana*)
 - Triangle (*Trikonasana*)

Other standing strength poses include **Intense**, also called **Thunderbolt** or **Chair** (*Utkatasana*), **Pyramid** (*Ardha Parsvottanasana*), and squats. You can vary many of the above asanas by adding a twist as in **Revolved Triangle** (*Parivrtta Trikonasana*) or a baby back bend.

Balance

- A balance practice should focus on two to four poses, held long enough to find stillness in the asana. Having a Yoga block or chair nearby can help build both confidence and ability. Balance is challenge, with amazing benefits in mind, body, and breath control. You can either focus on one pose (static) at a time or build a short sequence that challenges the stabilizing muscles and tissues as you move fluidly through (dynamic). Some balance asanas are below:
 - **Eagle** (*Garudasana*)
 - **Tree** (*Vrksasna*)
 - **Flower or Dancer's** (*Natarajasana*)

 - **Standing Hand-to-toe** (*Hasta Pandangusthasana*)
 - **Floating Half Moon** (*Ardha Chandrasana*)
 - **Warrior III** (*Virabhadrasana III*)

- **Boat** (*Paripurna Navasana*)
- **Side Plank** (*Vasisthasana*)
- **Crow or Crane** (*Bakasana*)

Floor

- This is a combination of hip opening, twisting, stretching, and core-building asanas. Choose five or so that seem to address your body in the moment; i.e., opening, rotation, flexibility, strengthening. Feel free to do the poses with variations, such as one leg long with the other bent, adding a side bend, one leg or arm lifted, etc.
 - **Bound Angle** (*Baddha Konasana*)
 - **Full or Half Cow Face** (*Gomukhasana*)
 - **Wide Angle Forward Fold** (*Upavistha Konasana*)
 - **Cat/Cow** (*Marjaryasana/Bitilasana*)
 - **Seated Twist** (*Ardha Matsyendrasana*)
 - **Tiger** (*Vyaghrasana*)
 - **Bow** (*Dhanurasana*)
 - **Plank or Hover** (*Uttihita Chaturanga Dandasana*)
 - **Bridge** (*Setu Bandha Sarvangasana*)
 - **Pigeon or Swan** (*Kapotasana*)
 - **Supine Twist** (*Supta Jathara Parivartānāsana*)
 - **Reclining Hand-to-Big-Toe** (*Supta Padangusthasana*)
 - **Happy Baby** (*Ananda Balasana*)
 - **Push up**
 - **Crunch**

Meditation/Relaxation

- Spend some time (three to fifteen minutes, or whatever feels relaxing to you) in quiet stillness once the practice is complete. You can lie on your back in **Corpse** (*Svasana*) or sit upright in **Full or Half Lotus** (*Padmasana*). The purpose is to integrate the work you just did and acknowledge the effort in a positive way in your body. Feel the energy; feel the space you created; feel the gentle warmth. We also bring awareness back to our breathing, connecting with each cycle to calm both mind and body. Allow judgement and stress to leave, as you find calm, eyes closed, celebrating the experience of movement, connection, and life.