



YOGA SNIPPETS

WARRIOR DANCE

CUES

- Hips forward, square under shoulders
- Open arms and hips
- Reverse back

QUALITIES

- Back foot 45 degrees
- Divided weight evenly front/back
- Lengthen side body

MODIFICATION

- Smaller stance

NOTES



STAR HINGE PLIES



STAR

CUES

- Star reaches
- Goddess sinks
- Hinge forward

QUALITIES

- Active core
- Strong arms press forward/back
- Soften through back



GODDESS

MODIFICATION

- Bend knees

NOTES



OPEN LEG FORWARD FOLD

WARRIOR FLIGHT

CUES

- Open Warrior II
- Turn Warrior I
- Straighten front leg, arms back

QUALITIES

- Even weight front/back
- Active core
- Arms lengthen

MODIFICATION

- Narrow stance

NOTES



FLOAT ROUNDS



EXTENDED SIDE ANGLE

CUES

- To begin, side angle pose
- Float forward, down, and around
- Circle through, return to side angle pose

QUALITIES

- Energy from lengthened foot alongside body
- Naval hugs spine
- Obliques pull up and return to side angle pose



SUNFLOWER

MODIFICATION

- Make it smaller, bend knees

NOTES



SIDE ANGLE REACH

SWITCHFOOT SCISSORS

CUES

- Arms alongside body
- Legs 45 degrees
- Toe to heel, and switch

QUALITIES

- Wrap thighs
- Active core
- Soft neck

MODIFICATION

- Bend knees, travel down

NOTES



LEFT STAFF SCISSORS

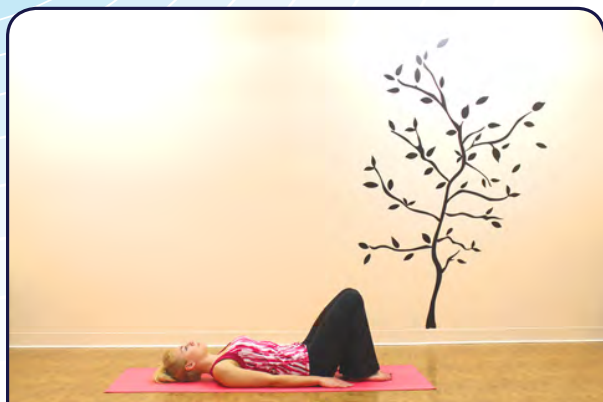


BILATERAL HEEL TO TOE



RIGHT STAFF SCISSORS

BRIDGE LIFTS



SUPINE KNEE POSE



BRIDGE



SINGLE LEG BRIDGE

CUES

- Knees up and together
- Arms alongside body
- Lift hips
- Lift one leg, switch

QUALITIES

- Thigh wrap
- Naval to spine
- Balance weight front/back evenly
- Soft neck

MODIFICATION

- Open leg stance, bend knee

NOTES

CAMEL SWINGS

CUES

- Kneeling, reach one hand to ankle
- Switch
- Reach other hand to ankle
- Both meet for camel

QUALITIES

- Hips over knees
- Active core
- Wrap thighs

MODIFICATION

- Hand on low back, one side at a time

NOTES



TREE GROWS



TREE TO CALF



TREE TO THIGH



TREE TO SKY

CUES

- Begin in tree, below or above the knee, arms in prayer
- Draw arms high, palms together
- Open tree, feel free to sway

QUALITIES

- Active core
- Do not prop foot on knee joint
- Divide weight evenly front/back

MODIFICATION

- Keep foot at ankle, hands in prayer

NOTES

TRI-MOON

CUES

- Begin in Triangle, shoulders stacked
- Lean into bent knee, arms stretched
- Stay here or go for it!
- Straighten standing leg and lift back leg

QUALITIES

- Active core
- Center weight to begin
- Launch into Half Moon

MODIFICATION

- Back leg remains on ground

NOTES



TRIANGLE



LATERAL LEG LAUNCH



HALF MOON

LEG LAUNCHES



WARRIOR III PREP

CUES

- Reach arms forward with bent front knee
- Lift back leg, hinge at hips
- Arms reach forward, front leg straightens

QUALITIES

- Hips forward
- Naval to spine
- Launch into it



WARRIOR III PREP LIFT

MODIFICATION

- Keep back foot on ground

NOTES



WARRIOR III

HIP HINGES

CUES

- Back leg 45 degrees, track into front knee
- Reach to feet, chest open, gaze forward
- Step back into Plank

QUALITIES

- Divide weight evenly
- Arms lengthen
- Active core

MODIFICATION

- Back knee drops to floor

NOTES



WARRIOR I



LUNGE



PLANK

CHEST TO TAIL



SPHINX

CUES

- Open chest wide, soft back extension
- Wrap legs
- Press into Plank
- Push back into Downward Facing Dog

QUALITIES

- Soft back
- Shoulders over wrists
- Thighs wrap

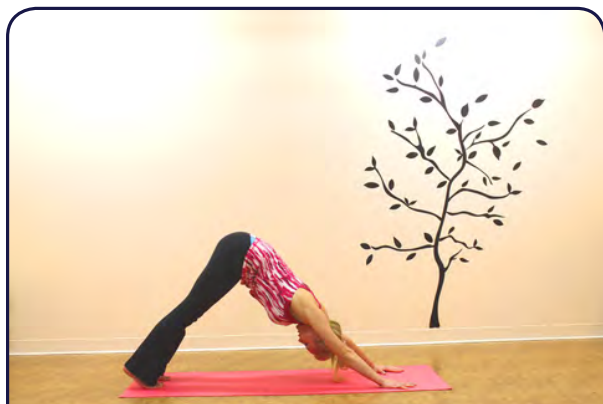
MODIFICATION

- Knees to floor

NOTES



PLANK



DOWNWARD FACING DOG

THASS LIFTS

CUES

- Hips over knees
- Lengthen back leg, swim arm back, alternate
- Opposite arm, opposite leg reaches strong

QUALITIES

- Active core
- Shoulders & hips are square

MODIFICATION

- One limb reaches at a time

NOTES



SUPINE EXTENDED LEG



HANDS KNEES



OPPOSITE ARM/LEG

SIDE GATES OVER



KNEELING LEG ABDUCTION

CUES

- Kneeling, outstretch one leg
- Arm glides past knee
- Opposite arm tosses over

QUALITIES

- Hip over knee
- Do not prop knee
- Rainbow to other side



SIDE GATE RIGHT

MODIFICATION

- Remain seated for lateral bends

NOTES



SIDE GATE LEFT

THIGH ABDUCTS

CUES

- Prop foot in front of body
- Lengthen extended leg
- Swing leg forward and back

QUALITIES

- Shoulder above elbow
- Active core
- Do not side to collapse

MODIFICATION

- Side remains on floor

NOTES



ROLL UPS



MORNING STRETCH

CUES

- Reach the body long
- Scoop belly
- Reach forward long

QUALITIES

- Wrap thighs
- Naval to spine
- Fall into it

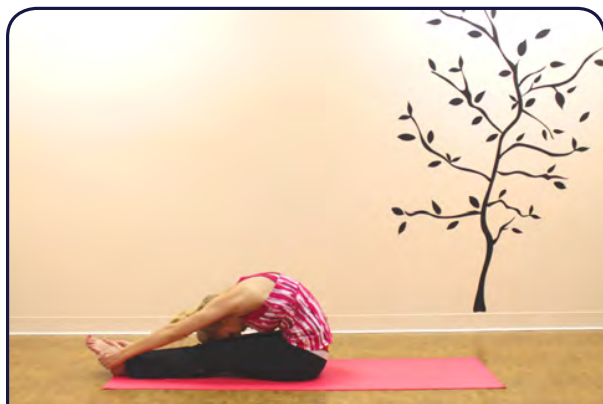


ROLL UP

MODIFICATION

- Bend knees, do not come so far forward

NOTES



SEATED FORWARD BEND

FLAT BACK CRUNCH

CUES

- Lift straight leg, bend other leg
- With flat back, arm behind head
- Open elbows wide
- Reach opposite elbow to opposite knee & switch

QUALITIES

- Active core
- Arm shoulder height
- Soft fingertips

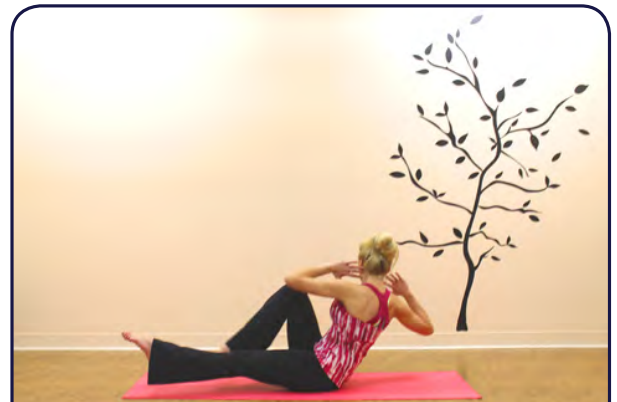
MODIFICATION

- Keep straight leg on floor

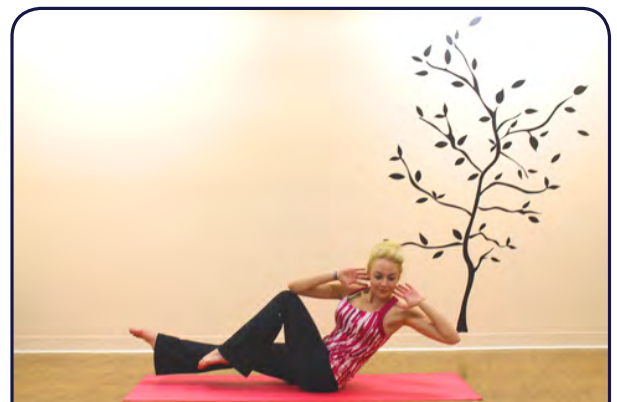
NOTES



ELBOW TO KNEE CRUNCH R



ELBOW TO KNEE CRUNCH L



ELBOW TO KNEE CRUNCH R/L

FORWARD STRETCH



FORWARD REACH ABDUCTED



FORWARD BEND ABDUCTED



FORWARD REACH ABDUCTED

CUES

- Sit tall on SITS bones
- Arms parallel to floor
- Reach forward
- Return back to tall sit

QUALITIES

- Lift knees, strong quads
- Zipper ankle to thigh
- Naval dives into spine

MODIFICATION

- Open legs, bend knees

NOTES

FORWARD TWIST CROSS

CUES

- Sit tall in SITS bones
- Open legs mat width
- Hinge arms to opposite shins
- Switch opposite side

QUALITIES

- Knees lift, active quads
- Arms wide, shoulders down
- Active core

MODIFICATION

- Reach halfway, bend knees

NOTES



STAFF ARMS ABDUCTED



STAFF HAND TO FOOT CROSS

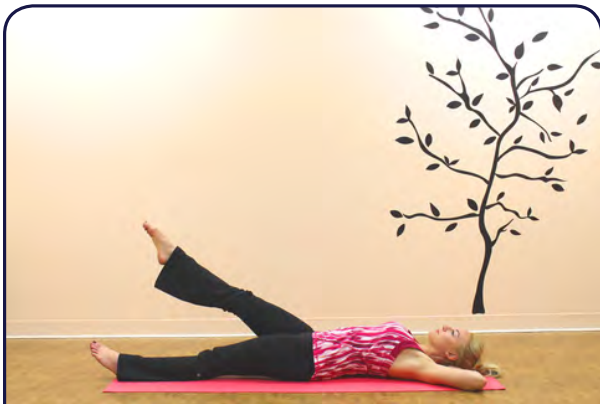


STAFF ARMS ABDUCTED

FIGURE 8 CIRCLES



SUPINE LEG LIFT



SUPINE LEG LOWER



SUPINE LEG CIRCLE

CUES

- Stack hands under head
- One leg rises, toe points
- Slowly trace figure 8s
- Switch sides

QUALITIES

- Active core
- Straight leg presses floor for active quads
- Change directions

MODIFICATION

- Make it smaller, bend knee

NOTES

LEG LOWERS

CUES

- Stack hands under head
- Both legs rise, toes point
- Lower legs together, return

QUALITIES

- Legs wrap from ankle to thigh
- Naval dives into spine
- Difficulty increases as legs lower

MODIFICATION

- Bend knees

NOTES



SUPINE STAFF POSE



SUPINE LEG LOWERS



SUPINE LEG LIFTS

CRUNCH EXTENSIONS



MORNING STRETCH EXTENDED

CUES

- Lengthen body, slight lift of arms and legs
- Bend knees into chest
- Reach for ankles
- Return to extension

QUALITIES

- Active core
- Crunch in
- Wrap thighs

MODIFICATION

- Return head to floor between sets



LIFTED KNEES TO CHEST

NOTES



HANDS TO ANKLES REACH

SKY EARTHS

CUES

- Reach tall from Mountain
- Hinge forward flat back
- Forward fold
- Ragdoll up

QUALITIES

- Naval to spine

MODIFICATION

- Bend knees

NOTES



SKYWARD MOUNTAIN



MONKEY TO SHINS



FORWARD FOLD

CHAIR SWIMS



REVOLVED MOUNTAIN TWIST R



CHAIR



REVOLVED MOUNTAIN TWIST L

CUES

- Swim arms back from Mountain
- Sink into Chair
- Swim other side
- Repeat 3x

QUALITIES

- Zipper ankle to thigh
- Sit low
- Naval to spine

MODIFICATION

- Widen stance

NOTES

BUTTERFLY TWISTS

CUES

- Palms of feet together
- Arms above head, stretched
- Drop legs to one side, arms opposite side
- Knees to center, drop to opposite side

QUALITIES

- Naval to spine
- Lengthen spine
- Return to Butterfly

MODIFICATION

- Twist only legs, arms remain neutral

NOTES



TEETER TOTTER



SWAN PREP

CUES

- Gentle back extension
- Return palms to forehead
- Heel to glutes
- Knee lifts

QUALITIES

- Wrap thighs
- Active core
- Soft neck

MODIFICATION

- Keep knees on floor

NOTES



SWAN PREP KNEE LIFT R



SWAN PREP KNEE LIFT L

PLANK LOWERS

CUES

- Shoulders above wrists, thighs wrapped
- Lower down slowly
- Pull triceps into torso
- Press back into Plank

QUALITIES

- Shoulders over wrists
- Active core
- Soft neck

MODIFICATION

- Knees to floor

NOTES



PLANK

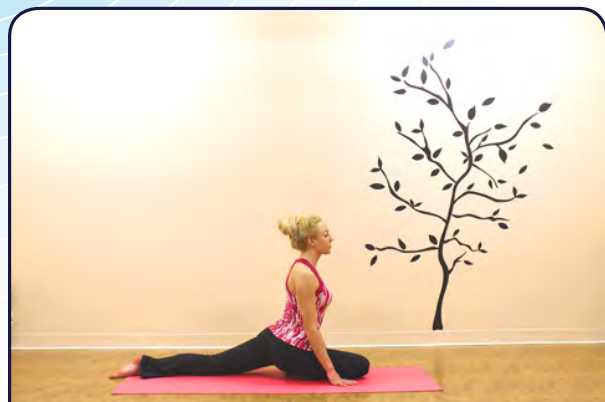


CHATURANGA



CROCODILE POSE PREP

PIGEON SAILS



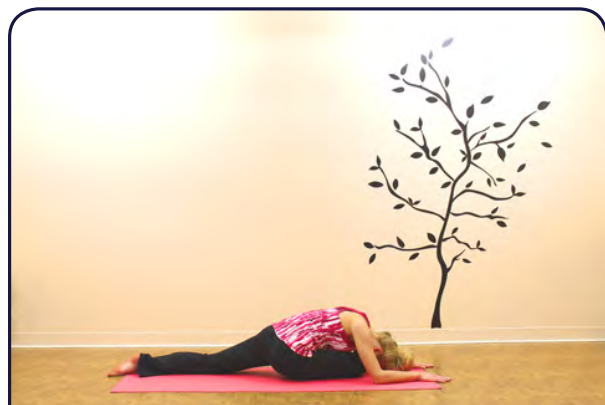
HALF PIGEON

CUES

- Sail knee through hands
- Back leg lengthens
- Shoulders over hips, round front
- Press back into Child's Pose

QUALITIES

- Only for persons without knee issues
- Soft back extension



PIGEON

MODIFICATION

- Do not sit on knee

NOTES



CHILD'S POSE

CHILD'S THREAD

CUES

- Sail knee through hands
- Back leg lengthens
- Shoulders over hips, round front
Press back into Child's pose

QUALITIES

- Only for persons without knee issues
Soft back extension

MODIFICATION

- Can be done with knees together or apart,
hips up or down

NOTES



SEATED FLOATS



EASY POSE

CUES

- Begin in easy pose
- Arms float up
- Palms meet and float back down again

QUALITIES

- Hips fall open
- Sit tall on SITS bones
- Soft arms
- Breathe with the movement

MODIFICATION

- Sit on blanket to elevate hips



EASY POSE ARMS REACH

NOTES



EASY PRAYER POSE



ASANAS

BOAT

PARIPURNA NAVASANA



Strengthens the abdominals, hip flexors, and spine. Core strength. Improves digestion, posture and stability.

CUES

Sit tall with a flat back. Lift on leg parallel to the floor, followed by the other.

QUALITIES

Shoulders are pressed back and down away from the ears. Neck is soft. Naval hugs spine. Abs are engaged.

MODIFICATION

To deepen this pose, draw the legs out further. If more balance is needed in this pose, keep one toe on the mat.

BOW

DHANURASANA

CUES

Lay on your stomach. Bend knees, bring heels towards your bottom. Grab your ankles or tops of feet. Bring your breath into your lower belly, don't allow it to stay in your thoracic spine.

QUALITIES

Keep your knees parallel. Don't allow them to widen. On the exhale, extend legs up and away from your bottom. Lift the sternum. Hold.

MODIFICATION

Use a belt to wrap around your ankles. You can opt out of the belt and just reach for your ankles and hold, not extending up.



Flexibility, power, and strength. Opens up the entire body in a way that most other poses can't. This deep backbend opposes all of the sitting we do each day.

BRIDGE

SETU BANDHA SARVANGASANA



Opens up the lumbar spine, great for bad posture. Feel the lengthening of the spine and grounding through the feet.

CUES

Lie supine with your glutes to your heels. Engage your core. Arms alongside you. Lift your hips to the sky as you wrap your thighs for strength and stability.

QUALITIES

Shoulders are pressed back and down away from the ears. Neck is soft. Knees are directly above the ankles.

MODIFICATION

To deepen this pose, come up to the balls of the feet and wrap your shoulders and arms underneath you as you interlace your fingers. If this brings discomfort to the knees, move the feet further away from the glutes.

BUTTERFLY

CHITRAPATANGA

CUES

Lie supine with your glutes to your heels. Engage your core. Arms alongside you. Palms of feet together.

QUALITIES

Shoulders are pressed back and down away from the ears and the neck is soft. Knees press open. Relax into the hips.

MODIFICATION

For a more open stretch, bring arms outstretched.



Relax the hips in this pose. Allow the inner thighs to stretch and knees to fall open. Relax your body and find your mind quiet in this pose.

CAMEL

USTRASANA



Open the chest with a back extension to stretch up the entire spine. Backbends increase the ability to strengthen and lengthen the back.

CUES

Come to a kneeling position. Emphasize the lengthening of your lumbar spine as you press your hips forward. Glance back to each side and reach for your heels. Open your chest and allow the gaze to drift skyward.

QUALITIES

Squeeze your glutes for stability. Expand your ribcage. Press your hip bones forward as you lengthen your lower back.

MODIFICATION

If you are unable to reach both your heels, try one side at a time for Half a Camel. Dorsiflex the feet to lift your heels higher. Tuck your hands behind your hips if you cannot reach the heels.

CAT

MARJARYASANA

CUES

Start in Tabletop pose with your hips over your knees and shoulders over your wrists. Round your back towards the sky as you tuck your chin toward your chest.

QUALITIES

Core is engaged. Spine is fully rounded. Press into the palms of the hands while lifting the arches of the palms.

MODIFICATION

Come down on forearms for those who find this pose uncomfortable on wrists.



Rounding the spine relaxes upper back and neck. Take a moment to undo all of the sitting we do each day.

CHAIR

UTKATASANA



Uses core, thigh, calf, and back muscles. Stretches shoulder, arm, and chest. Stretching and strengthening.

CUES

Stand in Mountain. Divide your weight evenly between the balls of your feet and your heels as you slowly draw your arches away from the mat. Sit back into a chair pose. Pull your navel toward your spine as you engage your abs. Gaze is soft and before you. Arms rise skyward and land alongside your ears.

QUALITIES

You should be able to see your toes in this pose, but do not gaze at the feet. Thighs are wrapped and glutes are engaged. Arms are strong and fingers outstretched long. Navel hugs spine to protect lumbar spine. Sit deeply in this pose.

MODIFICATION

Keep your arms alongside you. Do not sit as deep.

CHATURANGA

DANDASANA

CUES

Begin in Plank. With your triceps hugging your torso, slowly lower down until your elbows are above your wrists. Engage your core, squeeze your glutes.

QUALITIES

Keep torso above elbow level. Distribute your weight evenly as you squeeze the glutes and engage the core. Press your weight into your heels to assist. Shoulders remain back and down behind you.

MODIFICATION

Perform with knees on the floor.



Strengthens arm, core, and leg muscles. **STRENGTH!**
Power. All over body strengthener. Known as prone Mountain pose.

CHILD'S POSE

BALASANA



Resting pose that lengthens and stretches the spine. Connecting your third eye to the mat. Feel the palms draw forward and into the mat as the spine opens.

CUES

Lay prone. Extend your arms out before you as if to bow. Press back until your belly sets atop your thighs. Press into the palms of your hands. Rest your forehead softly on the mat.

QUALITIES

Open our ribcage and tuck your navel to your spine as you lengthen back. Relax the face.

MODIFICATION

Do not sit back all the way on the heels. Allow a space between glutes and heels. To further the pose, drop arms alongside you in Seal pose.

CORPSE

SAVASANA

CUES

Lie supine with arms and legs outstretched. Engage your core. Arms alongside you. Allow your feet to roll away from the midline naturally.

QUALITIES

Body is soft and relaxed. Arms are about a foot away from the body. Palms are facing skyward.

MODIFICATION

For low back tightness, put a bolster under the knees. For neck comfort, put a soft pillow roll or blanket roll under the neck.



Relax the body and teach
patience. Calms the nervous
system and physical body.
Explore the inner self.

COW

BITILASANA



This back extension opens up the spine. Opens the chest. Strengthens the lower arm complex.

CUES

Begin in Tabletop pose. Draw the chin upward and open the chest.

QUALITIES

Spine is long and tailbone reaches for the sky. Arches of the palms of the hands lift against the floor.

MODIFICATION

Rest on your forearms. Dorsiflex the feet if more comfortable.

CROSS LEGGED POSE

SUKHASANA

CUES

Begin seated on your SITs bones. Comfortably cross one leg over the other. Bring hands to prayer pose.

QUALITIES

Try switching legs. Spine is tall. Chin meets the horizon.

MODIFICATION

Do not stack legs so tightly. For deeper work, stack one leg on top of the other.



Settles the mind-body connection.
Improves posture. Quiet the day's
events in your head.

DANCER'S POSE

NATARAJASANA



Improves balance. Stretches the legs, shoulders, chest, groin, legs, and ankles. Aids in a mindful balancing moment.

CUES

Start in Mountain pose. Bend one knee and grab the top of foot or big toe. Keep knees pointing downward. Exhale, extend foot up and out, extend opposite hand out. Keep working heel away from the bottom.

QUALITIES

Micro bend standing knee (knee not locked), ground down through standing leg, pressing down on all three points of your foot. Don't allow the hip to open to the side, keep hip sockets pointing downward.

MODIFICATION

Stand near a wall, use it as support. Use strap to wrap around the top of the foot instead of hand on foot.

DOWNWARD FACING DOG

ADHO MUKHA SVANA

CUES

Begin in Mountain pose. Swan dive down into Forward Fold. Walk your hands out until your hips are skyward. Weight is even in the hands and feet. Press the shoulders low as your ears track alongside your biceps. Drop your heels toward the ground.

QUALITIES

Slowly peddle the heels to lengthen the calves. Sink shoulders down as you inch the hips higher. Press firmly into the palms of the hands and feet. Open the ribcage. Create a space from the palm of the hands to engage the forearms.

MODIFICATION

Bend the knees into a Puppy Pose. Do not lengthen heels all the way to mat.



Energizes the body. Calms the brain. Feel strength, while getting a full body stretch. Feel tall, lifted and strong when raising the hips high to the sky.

EAGLE

GARUDASANA



Improves balance, strengthens and stretches the calves and hamstrings.

Stretches shoulders, chest and arms. Balancing, stretching, mindful thinking and strengthening all in one.

CUES

Ground down through standing leg. Bend standing leg and allow other leg to cross over. Working the toes around the calf. Swing the arms together, placing elbows on top of each other. Palms are facing each other. Move shoulders away from your ears and down your back. Hold.

QUALITIES

Find a dristi, a gaze. Finding a point of focus in balance poses will help steady the mind. Keep weight balanced on all three points of the standing foot.

MODIFICATION

Work on standing on one leg with arms intertwined. Lift leg on the other without the toes reaching around the calf. Can also stand near a wall for support.

EXTENDED SIDE ANGLE

UTTHITA PARSVAKONASANA

CUES

Begin in Warrior Two. Reach front arm to the instep of your front foot, and your back arm reaches overhead. Bend deep into the knee. Press into the edge of the foot. Heart center faces skyward. Gaze goes to the sky.

QUALITIES

Power begins at the edge of the foot, along the side body and through the arms and fingertips. Core is active and holding the body up. Chest is open.

MODIFICATION

Do not bend deeply into the knee. Tuck hand behind hip. Keep gaze forward.



Stimulates internal organs,
strengthens legs and stretches
shoulders, arms, and chest.

Energizes the entire body.
Channel energy from the sole
of the foot, through side body,
to finger tips.

FORWARD FOLD

UTTANASANA



Stretch the hamstrings. This inversion lengthens the spine. Revitalizing stretch with the properties of an inversion.

CUES

From Mountain Pose, inhale, lengthen the torso. Hinging from the hips, fold forward. Allow hands to rest on the floor, grab big toes, or place hands under feet. Keep weight balanced on both feet.

QUALITIES

Allow the exhales to melt you deeper into this asana. Allow gravity to deepen this pose. Be mindful you aren't pulling your shoulders out of their sockets to touch the ground. Allow the crown of your head to release in the direction of the floor.

MODIFICATION

Keep knees slightly bent. Hold elbows. If dizziness occurs, come up slowly, often a result of low blood pressure.

GATE

PARIGHASANA

CUES

Begin kneeling with hips pressed forward. Feet dorsiflex for additional support. Arms outstretched, level with shoulders. Step right leg out. Anchor your weight on the edge of the foot. Squeeze glutes for stability. Glide right arm to the shin of the outstretched leg. Gaze up.

QUALITIES

Core is active. Body is open and in side bend. Obliques are stretched.

MODIFICATION

Bend knee. Gaze forward. Tuck hand behind hip rather than overhead.



Stretches the torso and obliques.
Opens the shoulders. This is a great whole body stretch through the side.

GODDESS

UTKATA KONASANA



Stretches and strengthens, circulates heat throughout the body. Feel the power in this pose. From the toes to the fingers, the whole body is engaged. Feel the strength within.

CUES

Step open to a wide leg stance. Bring arms to a goal post position. Hug navel into spine.

QUALITIES

Active core. Gaze is forward. Body is as if placed between two panes of glass. Arms are engaged. Shoulders are back and down away from the ears.

MODIFICATION

Do not come down so low into Plie.

HALF CAMEL

ARDHA USTRASANA

CUES

In a kneeling position, press hips forward. Reach arms skyward. Draw your right arm to your right heel. Switch sides.

QUALITIES

Hips press forward and are square under the shoulders. Belly is stretched.

MODIFICATION

Tuck hand behind opposite hip if you cannot reach your foot.



Opens up the lumbar spine,
great for tight shoulders.
Stretches belly. Strengthens
core. Backbend with slight
rotation.

HALF MOON

ARDHA CANDRASANA



Relieves stress, improves digestion and improves coordination and sense of balance. The sense balance in this pose feels as if we are flying. The connection felt with the mind in this pose is strong and centered.

CUES

Approach this asana from Warrior Two or extend side angle pose. From an external rotation pose, place hand on the ground, the same side as the forward leg. Lightly bend back leg, spring leg and lift off. Straightening the grounded leg. Working towards stacking your hips and shoulders on top of each other. Lift opposite hand towards the ceiling, fingers spread wide, gaze towards the ceiling.

QUALITIES

Toes point to the side of the room. Hips open and work towards stacking them on top of each other. Shoulders work on stacking on top of each other. Find a dristi, or gaze, to steady your mind. Use control to come in and out of this asana.

MODIFICATION

Place hand on a block. Stand near a wall for support. Keep your gaze down.

HALF PIGEON

ARHA KAPOTASANA

CUES

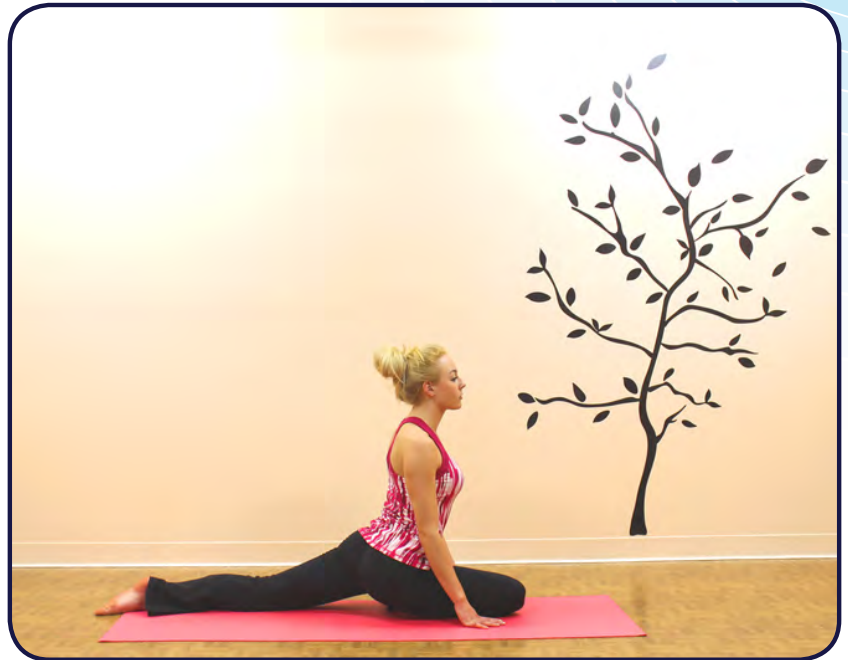
Begin in Three Legged Downward Facing Dog. Bring knee forward to land parallel to the top of the mat, or as close to it as feels comfortable. Bring the spine into extension as you softly drop your shoulders back and down. Fingertips are light.

QUALITIES

To protect the knee, press back side hip onto mat. Back leg is engaged. Neck is soft. Foot can be near groin rather than parallel to the mat.

MODIFICATION

This pose can be done supine as a single leg stretch.



Lengthens hip flexors, prepares the body for backbends and lotus pose. Often stress is held within the hips. A yummy stretch with benefits all around.

LUNGE

ASHWA SANCHALANASANA

CUES

Begin in Downward Facing Dog. Front foot tracks under knee. Back leg powers on ball of foot, with heel up. Kneecaps are lifted to engage the quads. Arms are on each side of the foot, with a flat palm. Core is active. Gaze forward.

QUALITIES

Shoulders are back and down. Hips are square with shoulders. Knee is above ankle. Neck is soft. Chest is open.

MODIFICATION

Drop back leg to the knee. Bring back foot to 45-degree angle.



Stretches the groin, arms, and legs. This hip opener has the potential to strengthen and stretch the arms and the legs.

MARICHI'S TWIST

MARICHYASANA

CUES

Begin in Staff Pose. Invite left knee to body. Cross left foot over right thigh. Wrap left arm around left knee and twist back to the right. Switch.

QUALITIES

Sit on your SITs bones. Inhale to lengthen. Exhale to twist.

MODIFICATION

Do not twist as far back. Do not cross foot over the extended leg.



Stimulates the circulatory system. Opens the spine with rotation. A chance to move the body out of the frontal plane.

MOUNTAIN

TADASANA



Improves posture, strengthens the body as a whole, while improving balance. With the core engaged, kneecaps lifted and body lengthened, feel the power within during this pose.

CUES

Feet are hip-width apart. Center lines of your feet are parallel. Squeeze shoulder blades together and down your back. Shoulders move away from your ears. Palms are facing forward. This is the base for all standing poses.

QUALITIES

Bring your awareness into your body. Breathe into your low belly. Feel the weight distributed on your feet in the three connected areas; heel, ball mounts, toes.

MODIFICATION

Not necessary unless doing therapeutic yoga. This is accessible for most.

MOUNTAIN UPWARD SALUTE

URDHVA HASTASANA

CUES

Begin in Mountain pose. Raise arms skyward. Base of feet together. Active core. Arms alongside ears.

QUALITIES

Thighs wrapped. Kneecaps lifted to engage quads. Chest is open and arms reach long. Shoulders retract back and down. Crown reaches skyward.

MODIFICATION

Keep knees slightly bent. Slightly bend arms.



Opens the ribcage to allow for a deep breath. Relaxes the traps. Connect from ground to sky in this mindful pose.

OPEN LEG FORWARD FOLD

PRASARITA PADOTTANASANA



CUES

Begin in Star. Hug naval into the spine. Feet facing forward. Hinge at hips, arms reach towards the floor.

QUALITIES

Neck is soft. Kneecaps lift to engage quads. Core active.

MODIFICATION

Slight knee bend. Hands reach for elbows rather than floor. Walk the hands out forward to deepen this stretch.

Stretch up the back of the legs, calves, and back. Inversions are good for circulation. The stretch is so therapeutic and so revitalizing at the same time.

OPPOSITE ARM/LEG

BALANCING TABLE POSE

CUES

Begin in Table Top. Press right heel away from the body. Press left arm away from the body. Naval to spine. Switch.

QUALITIES

Active core. Power into the heel. Reach into the fingertips.

MODIFICATION

Extend only one limb at a time. For a more advanced movement, abduct the legs and arms. Add an elbow to knee crunch. For those with wrist pain, this can be done with fists instead of a flat palm.



Core Strength. Mindfulness.
Evenly distribute the weight of
the extended body for stability
and balance.

PLANK

CHATURANGA DANDASANA



Strengthens the whole body.

Strength and power. Hold the plank as the body starts to shake with an invigorating force. Engages full body.

CUES

Begin in Downward Facing Dog. Track the shoulders over the wrists into a plank position. Press into heels as you wrap the thighs and squeeze the glutes. Core is engaged and obliques hug toward the midline. Naval hugs spine. Shoulders are back and down, and the chest is open. Knee caps are lifted to engage the quads.

QUALITIES

Body is strong. This pose is primarily driven by core strength. Hug the naval to the spine. Squeeze the glutes.

MODIFICATION

Drop knees down. Come down to forearms.

PLOUGH

HALASANA

CUES

Begin from Shoulder Stand or Bridge or from lying on your back. Exhale legs up, place hands on low back for support. Extend the legs up, as in shoulder stands, then begin to hinge from the hips folding legs over your head. Arms can stay supporting low back or release palms down pressing them into the ground.

QUALITIES

While legs are overhead resting on the floor behind you or you are working your legs towards the floor, slightly resist your chin away from your sternum (relieves pressure from cervical spine). Do not turn your head while in this pose.

MODIFICATION

Keep knees bent coming into pose and coming out. Play with your exhales to work your knees slowly in the direction of straight.



Calms the brain, stimulates internal organs and thyroid gland. Stretches shoulders and spine. Revitalizing.

PYRAMID

PARSVOTTANASANA



Improves posture, sense of balance, and digestion. Yummy stretch up the back of the leg, while mindfully balancing and coordinating the body.

CUES

Begin in Warrior Two. Invite your front arm forward. Straighten front leg. Pull naval into spine. Bring nose to chin. Hands to floor alongside feet.

QUALITIES

Feel the stretch along the back of the leg. The core is active. Chest is open.

MODIFICATION

Slight bend in front leg. Do not bring hands to floor.

RABBIT

SASANGASANA

CUES

While on your knees, in a high kneel position, place your forehead on the floor. Reach back towards your heels. Grab your heels. On an exhalation slightly roll on to the crown of your head and reach your navel towards the ceiling.

QUALITIES

In the full extension of this asana, the crown of your head is on the mat. Allow your shoulders to move away from your ears. Round the back, reaching the navel towards the ceiling. Extend upon your exhales to get the most flexion in your spine. Do not put too much weight on the top of your head.

MODIFICATION

Stay in the pose, by reaching for your heels with your hands and not extending up. Or exhale up to your desired comfortable level. Or rest your hands on the side of your legs instead of reaching for heels.



Increases spines mobility and elasticity. Also feeds the nervous system fresh blood and oxygen. Great for headaches.

REVERSE PLANK

PURVOTTANASANA



Stretches and strengthens
the arms, wrists, and legs.
Power and strength while
getting a stretch.

CUES

Sit on your mat with legs extended out in front of you. Place hand directly below your shoulders, fingers facing towards your body. Spread fingers wide and firmly press palms into the ground.

QUALITIES

Exhale, lift the navel towards the sky. Head is an extension of the spine, don't let it hang or have tension to keep it lifted. Squeeze your back body to help engage the lift. Keep lifting your navel and hips towards the ceiling.

MODIFICATION

Work in reverse Tabletop. Keeping legs bent instead of straight. Keep feet parallel. Lift the navel to the sky, creating an inverted tabletop.

REVERSE WARRIOR

VIPARITA VIRABHADRASANA

CUES

Begin in Warrior Two. Draw back arm to extended leg's thigh. Front arm reaches to the sky. Naval hugs spine. Chest is open. Gaze skyward.

QUALITIES

Shoulders are back and down. Belly is stretched. Knee is tracked above ankle. Thigh is parallel to floor.

MODIFICATION

Narrow the stance. Bring back arm to hip rather than hamstrings. Arms in prayer pose to chest. Gaze forward.



Opens the ribs and strengthens thighs while also getting a side body stretch. Feel powerful, exotic and beautiful in this pose.

REVOLVED SHOULDER TWIST

JATHARA PARIVARTANASANA



CUES

Begin in Knees to Chest pose. Drop knees to the right. Outstretch arms. Gaze follows left arm. Switch.

QUALITIES

Soft belly. Outstretch legs. Keep neck soft and allow gaze to follow arms.

MODIFICATION

Toss arms to the left and legs to the right. Switch. Keep both arms outstretched.

Good for the circulatory and nervous system. Let go and relax into the pose. The body falls earthbound with a soft mind.

SHOULDER STAND

SALAMBA SARVANGASANA

CUES

Begin as you would Plough. Lay flat on back, knees up. Knees are hip-width distance apart and do not go over your toes. Work your shoulder blades together and down your back. Almost as if you are rolling your shoulders under you. Sternum becomes lifted.

QUALITIES

Exhale, lift your legs up. Use your hands to support lower back, fingers face skyward. Extend legs up towards the ceiling. Press out with the ball mounts of your feet. Slightly work your chin away from your sternum to keep cervical spine safe. Do not turn your head while in this asana. Use control to exit this asana rolling vertebrae by vertebrae.

MODIFICATION

Can use a wall. Sit near a wall with your knees facing the wall. Extend your feet on to the wall at a 90-degree angle. Lift your hips off the ground.



Improves digestion, strengthens the upper body, and nervous system. Known as “The mother of all asanas.”

SINGLE LEG BRIDGE

SETU BANDHA SARVANGASANA



CUES

Begin in Bridge. Raise one leg up. Point toe. Keep weight on shoulders and feet and hips pressed skyward. Gaze is neutral and skyward.

QUALITIES

Neck is soft. Extended leg is strong with thighs wrapped. Core is engaged and prompts the leg to rise. Arms are strong and press into the mat.

MODIFICATION

Slight bend in the extended knee. Keep both feet on the floor.

Strengthens core, stretches chest, hip flexors, shoulders, and spine.

Increases energy. Powerful, revitalizing and yummy stretch.

SPHINX

SALAMBA BHUJANGASANA

CUES

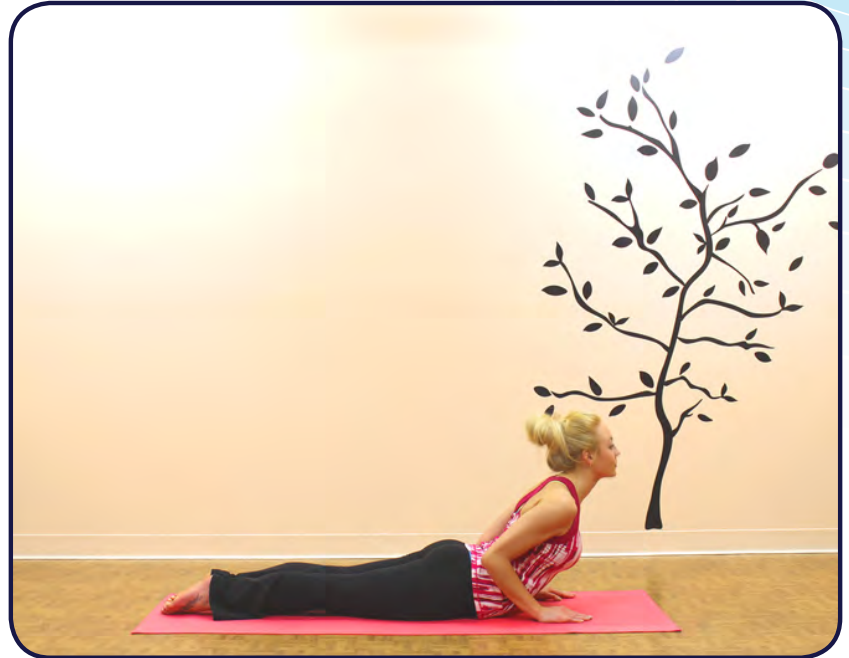
Begin laying prone on your mat. Arms outstretched and legs active. Pull obliques toward the midline. Chest is open. Naval hugs spine. Wrists are under shoulders.

QUALITIES

Shoulders are back and down. Thighs are wrapped. Palms of hands press firmly into mat. Back is slightly extended. Heart center and gaze are forward. Triceps hug torso. Soft neck.

MODIFICATION

Less back extension.



Strengthens the spine, stretches chest, lungs, and abdomen. A good way to ease into a baby backbend.

STANDING MOON

ARDHA CANDRASANA



Stretches out the side body. Adds great energy through the whole body. Feel the energy rejuvenate and cleanse the body.

CUES

From Mountain pose, inhale, arms up. Ground down through shoulders, moving shoulders away from the ears. Can have palms together or apart. Sway to one side, hold, release then do the other.

QUALITIES

Don't round shoulders down, but rather rotate armpit towards the ceiling. Sternum rotates towards the ceiling. Allow both feet to stay grounded into the earth.

MODIFICATION

Lessen the degree of the bend. Lightly sway to the side, activating your oblique.

STAR

UTTHITA TADASANA

CUES

Standing feet apart with toes pointing outward. Outstretch arms to the sky. Pull your navel into your spine.

QUALITIES

Core is active. Chest is open. Chin is level with the horizon. Fingertips are spread wide.

MODIFICATION

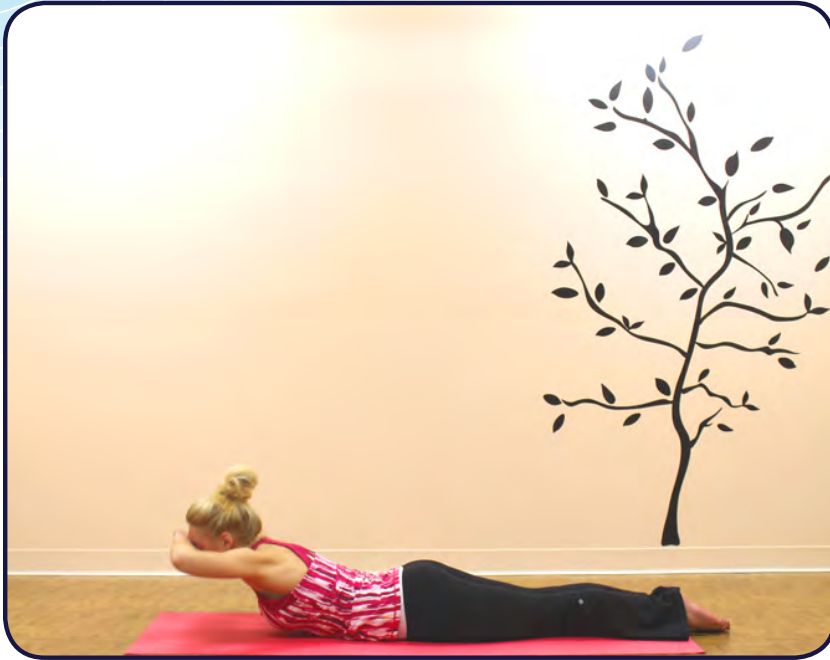
Allow a slight bend in the knee. Do not fully extend arms. Ease into a slight baby backbend, if it feels good to do so.



Aligns the spine, stretches the entire body and opens the chest. Feel the heart and chest opening up to the sky. Serves as a nice transitional pose.

SWAN

HAMSASANA



Extension of the spine.
Opens the chest. Step away
from the chair and open the
body up in this pose.

CUES

Lay prone on the floor. Stack forearms together, parallel with the edge of the mat. Rest forehead on forearms. Lift from the belly, opening the chest. Dristi is forward.

QUALITIES

Core is engaged. Rib cage is open. Neck is soft. Extended legs are engaged and glutes are squeezed.

MODIFICATION

Do not lift off the ground. Rest forehead on forearms.

THREAD THE NEEDLE

SUCIRANDHRASANA

CUES

Begin in Child's pose. Draw your right arm under the left reaching perpendicular to the body. Exhale deeply into this pose.

QUALITIES

Hips are above knees. Tops of feet rest comfortably on the mat.

MODIFICATION

Do not bring face all the way to the floor.



Inversions can be great for headaches. Also beneficial for tight shoulders. Stretch out your shoulder in this pose.

TREE

VRKSASANA



Improves balance, stretches the chest, shoulders, and arms, while strengthening the legs. Find your inner quietness to allow the body into this balancing pose.

CUES

Ground down through standing leg. Place opposite foot near groin, allowing the knee to point downward. Place hands in Namaste or variations. Can also perform Tree pose as in modifications, placing foot on calf or thigh externally rotating the knee outward. Neutral spine.

QUALITIES

Allow weight to be distributed on all three points of your foot. Don't lock your knee, but have a microbend in the joint. Find your dristi, gaze. Avoid foot on knee to prevent injury.

MODIFICATION

Option to place foot on ankle, calf or thigh. Use a wall for support. Place foot on ankle or shin.

TRIANGLE

TRIKONASANA

CUES

Begin in Warrior Two. Straighten front leg. Draw front arm to the instep of foot. Arms stack open. Heart center faces skyward. Gaze goes to the sky.

QUALITIES

Arms are level with the shoulders. Chest is open. Core is active and holding body up.

MODIFICATION

Allow slight bend in knee. Smaller stance. Keep gaze forward.



Strengthens and stretches the legs. Stimulates internal organs. Improves digestion. The energy in this pose is revitalizing and powerful.

UPWARD FACING DOG

URDHVA MUKHA SVANASANA



Improves posture, strengthens the spine, arms, and wrists. Chest opener that is also a great strengthening pose.

CUES

Begin laying prone on your mat. Arms outstretched and legs active. Pull obliques toward midline. Chest is open. Naval hugs spine. Wrists are under shoulders. Slowly draw the knees off of the mat.

QUALITIES

Shoulders are back and down. Thighs are wrapped. Palms of hands press firmly into the mat.

MODIFICATION

Less back extension. Have feet flexed rather than the tops of the feet on the mat.

WARRIOR I

VIRABHADRASANA I

CUES

Shoulders and hips are square and facing forward. Back foot is at a 45-degree angle. Front knee is above the ankle. Arms are skyward. Gaze is forward. Core is active.

QUALITIES

Divide weight evenly between front and back leg. Core holds this pose up. Neck is soft. Shoulders are back and down.

MODIFICATION

Narrow the stance. Lessen the bend in the front knee.



Strengthens legs. Stretches arms and shoulders. Improves balance. Power! It has been said this pose represents the monster being slain and the head held overhead to show the village it has been brought to safety.

WARRIOR II

VIRABHADRASANA II



Increases stamina, stimulates internal organs, strengthens legs and stretches upper body. Power. Stillness. Pure connection from mind to body.

CUES

Begin in Warrior One. Open hips and arms to Warrior Two. Arms are level with the shoulders. Front thigh is parallel with the floor. Knee is above ankle.

QUALITIES

Weight is even between front and back leg. Core strength holds this pose upright. Gaze is forward between fingertips. Shoulders are back and down. Neck is soft.

MODIFICATION

Narrow the stance. Lessen the bend of the knee.

WARRIOR III

VIRABHADRASANA III

CUES

Come into this asana from Warrior One. Bend the front knee, place fingertips on floor and spring up or lift off. Balancing on one leg, working opposite leg in a continuous line of the torso. Place hands either in front, to the side, or behind you.

QUALITIES

Keep extended leg's toes pointing downward. Keep hips pointing downward. Hold. With control, float back down to Warrior One. Keep a micro-bend in the standing leg, don't lock knee. Finding a dristi will focus the mind. When exiting bend front knee and allow back leg to meet the floor.

MODIFICATION

Use a block to place your hands on. Keep back foot on ground.



Strengthens core and legs, improves balance, and posture. Strengthens shoulders and back. Mind-body connection, balance improvement, strength, and stretch.

WHEEL

CHAKRASANA



Increases energy, opens the chest, strengthens the legs, arms, and core. Astounding energy throughout the body within this pose. Strength and stretch all in one.

CUES

Lay on your back with knees bent. Feet hip width distance apart. Place hands near ears, fingers pointing towards your body. Exhale, press hands into mat, activate your arms and lift torso up.

QUALITIES

Press palms into the ground. Keep elbows and knees parallel. Lift your pelvis and navel towards the ceiling. Strong arms. Don't lock elbows. Allow your breath to expand the small of your back, allow space in your lumbar spine.

MODIFICATION

Can start with Bridge to build up to Wheel. Have a spotter help lift your hips, taking some of the weight off your arms. If wrists are tight you can do wrist stretches to develop that range of motion.