

60 minute yoga sequence

JOANNA LANE



Shavasana - eyes closed, palms up, body relaxed

Bring your awareness to your breath.

Inhale deeply through your nose and let it out through your mouth (3 times).

Come back to your natural yogic breath. Deep inhales and exhales through your nose.

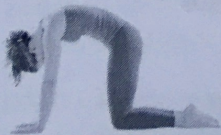
Now would be the time to bring Ujjayi breath if it is in your practice.

Ujjayi is a diaphragmatic breath, which first fills the lower belly (activating the first and second chakras), rises to the lower rib cage (the third and fourth chakras), and finally moves into the upper chest and throat.

Inhalation and exhalation are both done through the nose. The "ocean sound" is created by moving the glottis as air passes in and out. As the throat passage is narrowed so, too, is the airway, the passage of air through which creates a "rushing" sound. The length and speed of the breath is controlled by the diaphragm, the strengthening of which is, in part, the purpose of ujjayi. The inhalations and exhalations are equal in duration, and are controlled in a manner that causes no distress to the practitioner.

Ujjayi breath means "victorious breath".

To begin our practice - Wiggle your fingers and toes, wrists, and ankles and begin to awaken the body. Roll on to the right side body and create a pillow with your arm. Take a few breaths here. Sit up and come on to your hands and knees.



Cat and Cow Pose

Inhale while dipping the stomach, exhale while rounding the back. Inhale and exhale at your own pace. Don't force the breath just follow your body and breath and release and tension in your back.

Thread the Needle

Right and left side. Hold each side for 6 breaths.



Adho Muhka Svanasana - Downward facing dog

First downward dog of practice. Walk it out stretch the calves and hamstrings. Do what feels good for your body. Stay here for five breaths.

Inhale- look to top of mat. Exhale – step, walk, or float feet to hands.

Inhale – Flat back (Ardha Uttanasana). Exhale Fold forward (Uttanasana)

Inhale – Rise up arms over head and bring your hands into prayer pose at your heart and close your eyes.

I offer an intention for today's class. For the next 50 minutes I ask that you stay present in this room, in your body. Try not to look at your neighbor, try not to think about what you plan on doing for the rest of the day. Try to stay in this room and stay in your body. Your head will try to take you away from this moment. Let it. And gently bring yourself back to this place, to this time. Remember by staying present in this moment you will find it easier to stay present in the next.

Bend/Stretch to the right and left, holding opposite wrists

2 times on each side. Inhale extend, exhale bend.

Exhale Fold forward (Uttanasana) Inhale – Flat back (Ardha Uttanasana).



Low Lunge – Anjaneyasana

Exhale hands to mat. Step the left foot back, and drop the left knee. Inhale arms over head. Exhale deepen the stretch. Repeat

Exhale hands to mat. Step the right foot back, and drop the right knee. Inhale arms over head. Exhale deepen the stretch. Repeat.

Second Set – Exhale hands to mat. Step left foot back, and drop the left knee. Bring hands to prayer at hearts center. Twist. Hold here for three breaths

Second Set - Exhale hands to mat. Step the right foot back, and drop the right knee. Bring hands to prayer at hearts center. Twist. Hold here for three breaths

Sun Salute A

3 Sets



Childs Pose

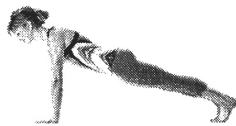
Sun Salute B

Right and Left Side (3 sets)



Childs Pose

Come back to your breath. Come back to your intention.



Plank Pose

Hold for 10 breaths.

Side Plank

Hold for 10 breaths on the left and right side. Take a Child's Pose between.



Extended Triangle Pose - Utthita Trikonasana

Right and Left Side. Hold for 5 Breaths. Flow between each side.



Half Moon Pose - Ardha Chandrasana

Building on from Triangle pose we will flow into Half Moon Pose. Hold for 5 breaths.

Right and Left Side.



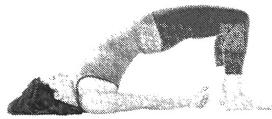
Big Toe Pose Leg Lifts - Padangusthasana Variation

Step to the top of your mat in a Standing Forward Bend with your feet hip-width apart. Catch your big toes with your peace fingers. Press down into all four corners of both feet and inhale into a halfway lift. Firm your leg muscles to the bones. Shift your weight into your left foot and stack your left hip over your heel. Lift your right femur (thigh bone) up into your hip, and float your right foot a few inches off the earth. Activate your glutes and legs muscles, lift up into your core, and extend your right heel up and in line with your right hip. Hold for 5 breaths at the top, and switch sides. Repeat twice on each leg.



Extended Hand-to-Big-Toe Pose - Utthita Hasta Padangusthasana

Come to standing at the top of your mat and catch your hips in your hands. Ground down through all four corners of your left foot, and with your core strength, lift your right knee up to hip level and flex your foot. Catch your big toe with your right hand and extend your foot forward. (To modify, you can always bend your knee and hold your knee.) Stabilize your center by pulling your belly button in and up. Draw your upper arm bones onto your back and broaden across your chest. Hold for five breaths. Rotate your right leg out to the right side wall. Keep your heel away from your body as you flex your foot and firm your leg muscles. Extend your left arm to the left wall, turn your head and set your drishti to your lifted thumb. Hold for 5 breaths.



Bridge Pose with One Leg Lifted - Setu Bandha Sarvangasana, variation

Lie down on your back and place your feet hip-width apart, with your knees stacked over your heels. Tilt your pelvis and lengthen your tailbone to the top of your mat. Ground down through all four corners of both feet, and press down through your triceps. Inhale and lift your hips high, and spin your inner thighs down toward the ground. Wiggle your shoulder blades in toward your centerline, clasp your hands, and interlace your fingers for a bind. Hold for five breaths. To intensify, root down through your left foot, bend your right knee into your chest, and then extend your right heel to the sky. Hold for five more breaths with the extension, then come down and switch to the left side. Repeat twice on each leg.



Half Lord of the Fishes Pose - Ardha Matsyendrasana

Hold for five breaths on the right and left side.



Head to Knee Forward Bend - Janu Sirsasana

Hold right and left side for 10 breaths.

Bound Angle Pose - Baddha Konasana

Hold for 10 breaths.



RICHARD CERVINGO Shavasana - eyes closed, palms up, body relaxed

Bring your awareness to your breath.

Inhale deeply through your nose and let it out through your mouth (3 times).

Let go of your yogic breath. Relax into this space, into your body.

31-Point Relaxation:

- 1 - Center Between the Eyebrows
(Ajna Chakra)
- 2 - Base of the Throat
(Vishuddha Chakra)
- 3 - Right Shoulder Joint
- 4 - Right Elbow Joint
- 5 - Right Wrist Joint
- 6 - Tip of the Right Thumb
- 7 - Tip of the Right Index Finger
- 8 - Tip of the Right Second Finger
- 9 - Tip of the Right Fourth Finger
- 10 - Tip of the Right Small Finger
- 11 - Right Wrist Joint
- 12 - Right Elbow Joint
- 13 - Right Shoulder Joint
- 14 - Base of the Throat
(Vishuddha Chakra)
- 15 - Left Shoulder Joint

- 16 - Left Elbow Joint
- 17 - Left Wrist Joint
- 18 - Tip of the Left Thumb
- 19 - Tip of the Left Index Finger
- 20 - Tip of the Left Second Finger
- 21 - Tip of the Left Fourth Finger
- 22 - Tip of the Left Small Finger
- 23 - Left Wrist Joint
- 24 - Left Elbow Joint
- 25 - Left Shoulder Joint
- 26 - Base of the Throat
- (Vishuddha Chakra)
- 27 - Heart Center (Anahatta Chakra)
- 28 - Center of the Right Breast
- 29 - Heart Center (Anahatta Chakra)
- 30 - Center of the Left Breast
- 31 - Heart Center (Anahatta Chakra)

Silence for 2 minutes.

Wiggle your fingers and toes, wrists, and ankles and begin to awaken the body. Roll on to the right side body and create a pillow with your arm. Take a few breaths here.

Come up to a comfortable seated position with your eyes closed. Bring your hands into prayer pose at hearts center. Bow your head to your heart.

Namaste.