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ASANA MANUAL

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Easy Pose
(SUKHASANA)

Keep your journal close by so you can write out the following information while watching the tutorial or after watching & practicing the Asana:

- **Muscles Involved**
- **Common Misalignments**
- **Avoidances & Risks**
- **Prenatal Modifications**

Calms the mind, strengthens the back.

Cueing

Sit on the edge of a foam block, blanket or bolster to help find neutral pelvis. Fold one shin infront of the other, with the feet relaxed. There should be a comfortable space between the feet and the pelvis. Yield down evenly through the sitting bones and reach upward through the crown of the head. Maintain the natural curvature of the spine with the ears balanced over the shoulders and the shoulders balanced over the hips. Palms rest on the thighs, face up or down (or in a mudra).

Modifications

Sit with one or both legs straight.

Variations

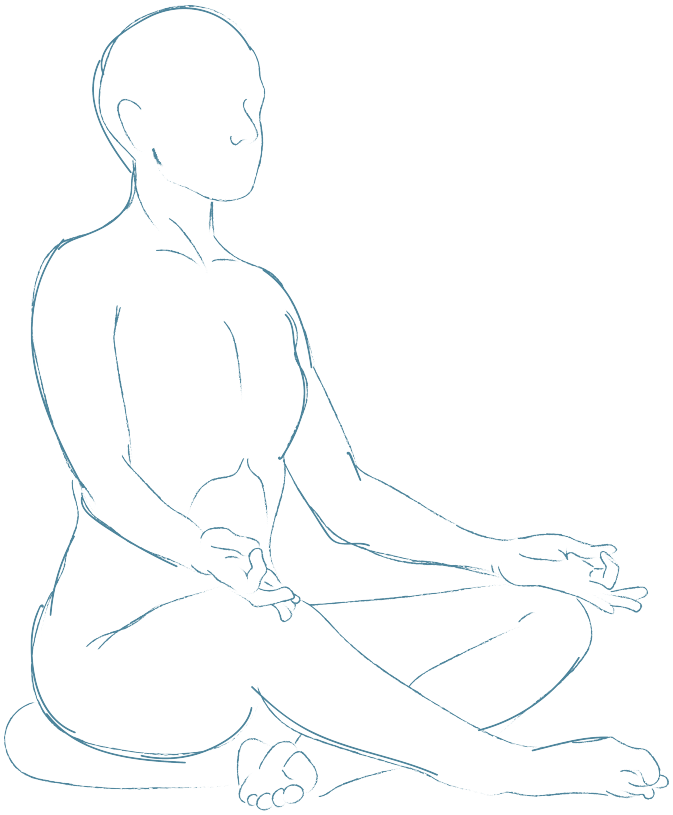
More or less height.

Props

Block, blanket or bolster to support knees.

Adjustments

Hand on top of head to encourage sitting tall. Gently press between shoulder blades. Press shoulders down.



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Child's Pose
(BALASANA)

Keep your journal close by so you can write out the following information while watching the tutorial or after watching & practicing the Asana:

- **Muscles Involved**
- **Common Misalignments**
- **Avoidances & Risks**
- **Prenatal Modifications**

Child's Pose is a resting pose. It can help to calm the mind and help to relieve stress and fatigue.

Cueing

From all fours with the knees wide apart, touch the big toes togther and sit back towards the heels. Rest the arms at your sides with the palms facing up or down, or position the arms extended over-head. Rest the foreheadon on the mat. You can use stacked hands or fists to support the head. Feel the breath moving into the back body.

Modifications

Place a bolster between the thighs so that the torso and head drape over the bolster. If challenging to sit on the feet, use a bolster, blanket or foam block(s) on the back thighs. Roll up a small towel to support the feet.

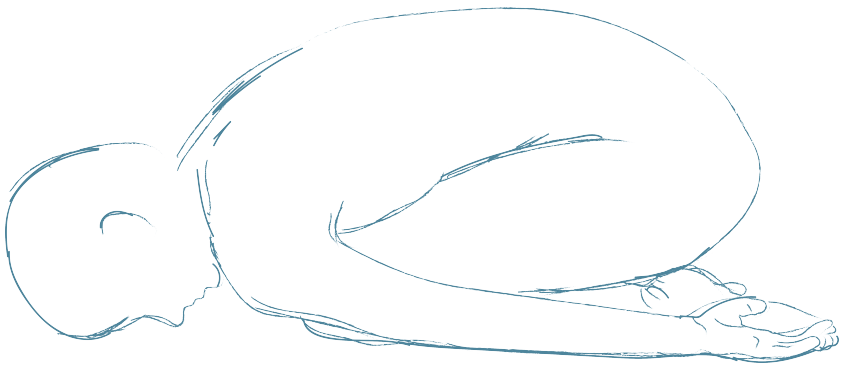
Variations

Begin with feet and hips parallel and arms stretched overhead, palms face up or down. With arms overhead, bring hands together in prayer mudra, bend elbows and rest prayer mudra at base of skull. With arms extended over head, walk arms over to the right (head follows) for a few breaths and then over to the left (head follows), to lengthen into the side body.

Props
Blanket, bolster, foam block, rolled up towel.

Adjustments

Place palms on base of sacrum and gently press tailbone down towards heels. Press the shoulders away from the ears.



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Corpse Pose
(SAVASANA)

Keep your journal close by so you can write out the following information while watching the tutorial or after watching & practicing the Asana:

- **Muscles Involved**
- **Common Misalignments**
- **Avoidances & Risks**
- **Prenatal Modifications**

Savasana can calm the mind and relax the body. Many students, especially beginners, find this challenging.

Cueing

Lie on the back with the arms and the legs relaxed, palms face up. Center the head evenly over the spine and relax the shoulders. Find a neutral symmetry in the body. Let go of effort and soften every layer, from skin to cells. Feel the front body sink into the back body. Feel the back body sink into the earth. Rest in the deep peace of Savasana.

Modifications

Bolster under knees, hands rest on belly. Support head or neck with blanket or block.
Laying on the side with knees bent (bolster between knees is a nice option).

Variations

Prone or lying on side (pregnancy).

Props

Bolster, foam block or blanket for head. Eye pillow to cover eyes. Blanket for warmth.

Adjustments

Hold head to lengthen neck, press shoulders down, roll feet open.



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Mountain Pose
(TADASANA)

Keep your journal close by so you can write out the following information while watching the tutorial or after watching & practicing the Asana:

- **Muscles Involved**
- **Common Misalignments**
- **Avoidances & Risks**
- **Prenatal Modifications**

Improves posture, increases awareness. Strengthens ankles and thighs.



Cueing

Stand with the feet parallel and hip distance apart. Balance the weight of the body evenly over the four corners of the feet: big toe joint, little toe joint, inner and outer heel points.

Gently press the front of the thighbones back and rotate the thighs slightly inwards. Lengthen the pubic bone towards the navel. Micro bend the knees and relax the buttocks.

Reach the crown of the head up towards the sky, balancing the head evenly over the spine so that the ears line up with the shoulders. Lengthen the waist and widen across the collarbones. Ease the shoulders away from the ears. Relax the arms at your sides, palms soft and open. Feel tall, spacious and grounded.

Variations

Feet closer together, toes touch with space between ankles.
With eyes closed, shift your weight back and forth, side to side, feeling for the four corners of the feet before finding neutral balance over the feet. Shoulder shrugs and rolls.
Feet wider apart for comfort for pregnancy or body shape.

Adjustments

Place hand on crown of head to encourage extension upwards. Place one hand at the front and back of the lower rib cage; soften and gather in here.

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Standing Forward Fold Pose
(UTTANASANA)

Keep your journal close by so you can write out the following information while watching the tutorial or after watching & practicing the Asana:

- **Muscles Involved**
- **Common Misalignments**
- **Avoidances & Risks**
- **Prenatal Modifications**

Reduces stress, anxiety and fatigue. Calms the mind and soothes the nerves. Relieves tension in the spine, neck and back.

Cueing

Stand in Tadasana with the hands placed on the hips. Soften the knees. Inhale and lift the chest, exhale and fold forward from the hip joints (not from the waist). Release the weight of the head as you rest your torso close to your thighs. Hold onto opposite forearms or place the hands on the legs or the mat.

Modifications

Knees bent deeply, hands or elbows rest on thighs for extra support. If forward bending feels uncomfortable or not safe for the spine, stay in the half way down position with a flat back and hands on the legs for support.



Variations

Palms to back of legs or ankles, elbows tucked into back of knees. Hold opposite forearms to hang and decompress the spine. Spinal rolls, Swan Dive, Yoga Mudra. Ankles crossed before folding forward.

Props

Block can be used between thighs, shins or ankles. Strap around thighs or hips. Sitting on a chair.

Adjustments

Touch crown of head to encourage lengthening in the fold. Strap around hips or thighs (or use hands) to draw them back as the torso folds.

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Chair Pose
(UTKATASANA)

Keep your journal close by so you can write out the following information while watching the tutorial or after watching & practicing the Asana:

- **Muscles Involved**
- **Common Misalignments**
- **Avoidances & Risks**
- **Prenatal Modifications**

Strengthens the thighs (which supports the knee joint).



Cueing

Stand with feet hip-width or closer together. Bend the knees to sit back and sweep the arms up. Wrap the shoulders as if holding imaginary oranges in your armpits. Check that you can see the toes and that the knees are pointing straight ahead. Press the thighbones down towards the heels. Maintain the natural curves of the spine, anchor the belly and lift through the chest.

Modifications

Hands rest on thighs. Bend knees less.

Variations

Facing wall with palms walking up wall. Back to the wall for more support.

Props

Block between knees.

Adjustments

Check that knees are not bowing out or collapsing in.

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Warrior II Pose
(VIRABHADRASANA II)

Keep your journal close by so you can write out the following information while watching the tutorial or after watching & practicing the Asana:

- **Muscles Involved**
- **Common Misalignments**
- **Avoidances & Risks**
- **Prenatal Modifications**

Strengthening and energizing pose.

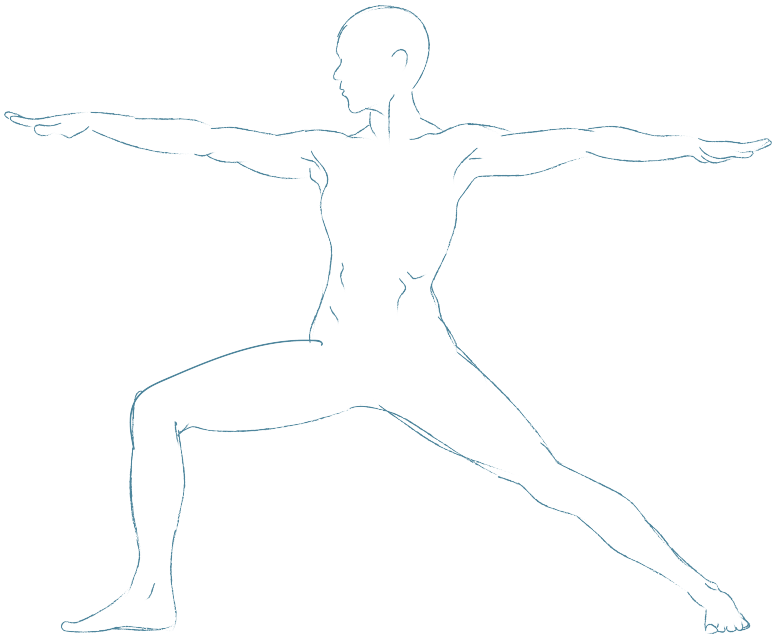
Cueing

Stand facing the long edge of the mat, stepping the feet wide apart. Pivot the righ foot so the toes face the short edge of the mat. Turn the left foot in to find comfort in the hips and spine.
Bend the right knee to a right angle with the ankle and lower the thigh towards parallel to the floor.
Lift up and out of the righ hip joint in order to stabilize the pelvis in a neutral, upright position. Lenghten the pubic bone towards the navel. Strongly push back through the right leg, pressing into the outer edge of the right foot. Float the arms up parallel to the ground, pams face down. Gaze towards the middle left finger.

To change sides; straighten the left leg and pivot the feet around to the other side.

Modifications

Feet closer together, knee slightly bent. Hands in prayer. Practice against a wall.



Variations

Arms wrapped in Eagle, palms facing up, arms in cow face wrap.

Props

Wall to support body or to press back foot against.

Adjustments

Bring arms into one line; head to centre; knee over ankle; neutral pelvis (rather than forward tilted); watch for clenched toes.

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Extended Side Angle Pose
(UTTHITA PARSVAKONASANA)

Keep your journal close by so you can write out the following information while watching the tutorial or after watching & practicing the Asana:

- **Muscles Involved**
- **Common Misalignments**
- **Avoidances & Risks**
- **Prenatal Modifications**

Stretches side body.

Cueing

From Warrior II (right knew bent), tilt the pelvis to side over the bent right leg. Gently rest the right elbow on the knee and extend the left arm over head. Find neutral space in the shoulder joints and length in the neck. Create space between the right hip joint and the belly to avoid collapsing into the knee. Press into the outer edge of the back foot and lengthen from heel to fingertips.

To change sides, come back up to Warrior II and and pivot the feet around to the other side.

Modifications

Top arm hand rests on hip.

Variations

Hand to inside of front foot, wrap and bind, arms parallel on either side of the head.



Props

Block to support hand.

Adjustments

Watch for clenched toes, leaning into knee or hip.

Adjust head & shoulders over spine.

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Triangle Pose
(UTTHITA TRIKONASANA)

Keep your journal close by so you can write out the following information while watching the tutorial or after watching & practicing the Asana:

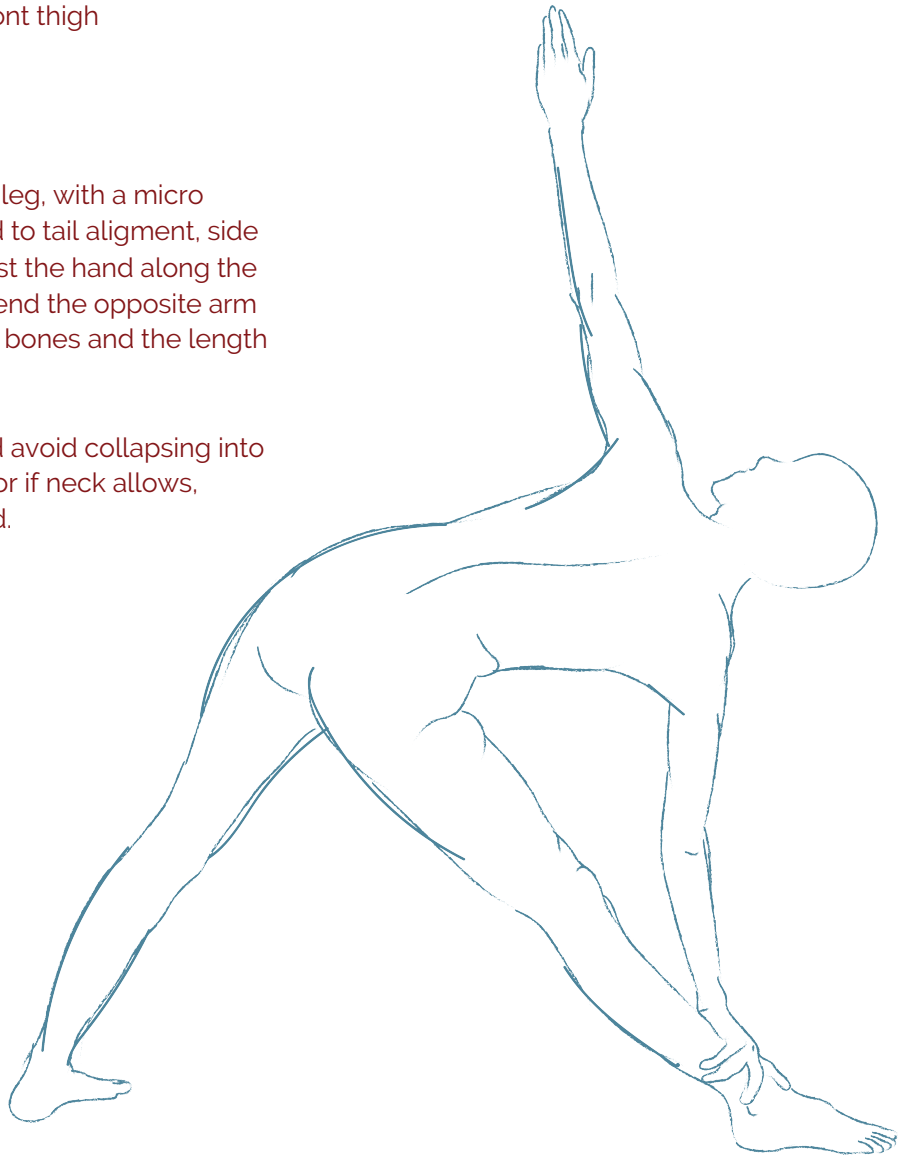
- **Muscles Involved**
- **Common Misalignments**
- **Avoidances & Risks**
- **Prenatal Modifications**

Stretches side body and back of front thigh (hamstring).

Cueing

From Warrior II straighten the front leg, with a micro bend in the kneel. Maintaining head to tail aligment, side bend over the straight front leg. Rest the hand along the leg, wherever it is comfortable. Extend the opposite arm up. Feel the width across the collar bones and the length from head to tail.

Lengthen the side body evenly and avoid collapsing into the front hip joint. Look to the side or if neck allows, look up towards the extended hand.



Modifications

Less tilt, hands rest on hips.

Variations

Bind (top arm wraps around).

Props

Block to support hand.
Back against the wall to support body.

Adjustments

Watch for clenched toes, locked knee joint. Align back of head to sacrum. Adjust arms to one line.

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Half Moon Pose
(ARDHA CHANDRASANA)

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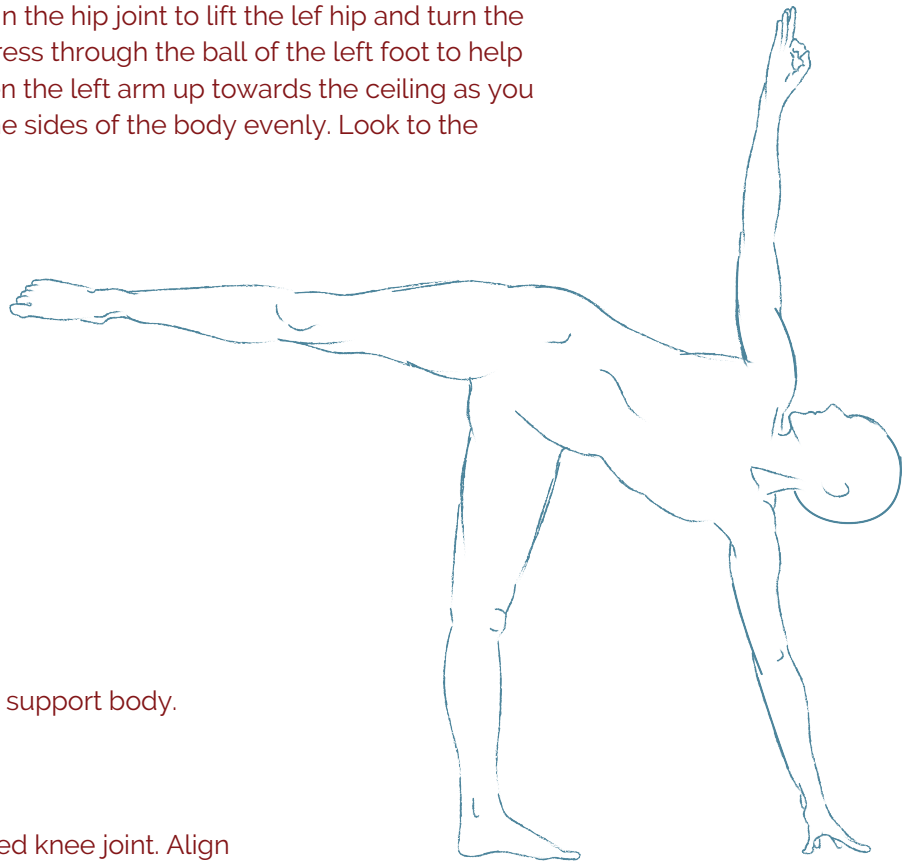
- **Muscles Involved**
- **Common Misalignments**
- **Avoidances & Risks**
- **Prenatal Modifications**

Standing balance pose; strengthens whole body, stretches hamstring on standing leg.

Cueing

From Warrior 2, straighten the right leg, keeping a slight bend in the right knee. Rest the left hand on the hip as you reach out and down with the right arm, placing the fingertips in front of the right foot (or on a block). Shift your weight into the right leg as you float the back leg up in line with the hips.

The left leg externally rotates in the hip joint to lift the lef hip and turn the toes of the left foot forward. Press through the ball of the left foot to help keep the lifted leg strong. Open the left arm up towards the ceiling as you revolve the chest. Lengthen the sides of the body evenly. Look to the side or if neck allows, look up towards the hand.



Modifications

Less tilt, hands rest on hips.

Variations

Bind (top arm wraps around).

Props

Block to support hand. Wall to support body.

Adjustments

Watch for clenched toes, locked knee joint. Align back of head to sacrum. Adjust arms to one line.

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Tree Pose
(VRKSASANA)

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- **Muscles Involved**
- **Common Misalignments**
- **Avoidances & Risks**
- **Prenatal Modifications**

Improves balance.



Cueing

Stand in Mountain Pose. Shift the weight into the left leg and foot. Externally rotate the right hip joint.
Place the sole of the right foot against the left ankle, shin or above the left knee (inner thigh). Pelvis stays level.Hands at Namaste mudra or ams sweep up like tree branches. Root the standing foot and lengthen up through the top of the head. Find a steady, soft gaze (Drishti) to help with mental focus and physical balance.

Modifications

Practice against or beside a wall.

Variations

Hands stay in prayer over the chest. Palms together overhead. Foot to ankle. Eyes closed.

Props

Wall to support knee or body.

Adjustments

Watch for clenched toes, leaning into knee or hip.

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Standing Wide-Legged Forward Fold Pose
(PRASARITA PADOTTANASANA)

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- **Muscles Involved**
- **Common Misalignments**
- **Avoidances & Risks**
- **Prenatal Modifications**

Forward bends calm the mind, stretches hamstrings, lower back.

Cueing

Step the feet wide apart with the feet parallel or turned slightly inward. Place the hand on the hips. Inhale and lift the chest to lengthen, exhale hinge forward from the hip joints. Place the hands on the floor, fingers and toes on the same line. Elbows bend back, shoulders away from ears. Release the weight of the head like an anchor weight; lift the wide sitting bones up. Press into the outer edges of the feet, lift through the inner edges of the feet, ankles and knees. Place hands on hips to come up, leading with the crown of the head, keeping the spine long.

Modifications

Hands walk further forward or further back with fingers facing back towards heel edge of mat.

Variations

Yoga mudra, twist, fingers wrapped around toes, hands wrap around outer ankles.

Props

Blocks for hands and/or for head.

Adjustments

Hands to help release head and lengthen neck. Adjust hips so they are even.



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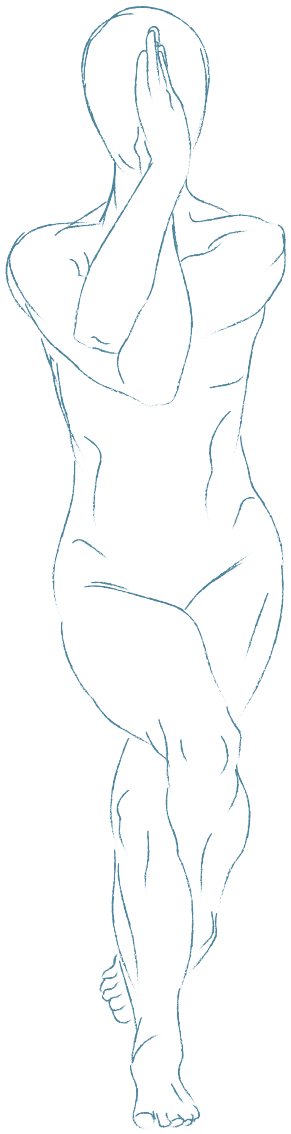
Eagle Pose
(GARUDASANA)

Keep your journal close by so you can write out the following information while watching the tutorial or after watching & practicing the Asana:

- **Muscles Involved**
- **Common Misalignments**
- **Avoidances & Risks**
- **Prenatal Modifications**

Improves balance; strengthens inner thighs; stretches upper back and shoulders.



Cueing

Stand in Mountain Pose with the feet closer together. Wrap your right elbow under your left elbow, hugging the forearms together and pressing the palms or backs of the hands together. Draw the elbows and hands forward and up, ease the shoulder blades down. Bend the knees to sit back in Chair pose, wrapping your right leg over your left leg, perhaps tucking your foot behind the left calf. Hug the legs and arms toward the midline.

Modifications

Wrapping foot can dangle or rest on mat. Palms press together or back of the hand rests on forearm or hands on shoulders. Sit in chair without wrapping leg.

Variations

Fold forward, resting elbows on thigh.

Props

Against a wall to support the body.

Adjustments

Move shoulders away from ears.

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Warrior III Pose

(VIRABHADRASANA III)

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- **Muscles Involved**
- **Common Misalignments**
- **Avoidances & Risks**
- **Prenatal Modifications**

Improves balance; strengthens muscles of standing leg and whole body.

Cueing

From Warrior I (right leg bent), come onto the ball of the left foot and bring the left knee forward. Hands to prayer at the heart, knee lifting towards chest. Keeping the hips level and the core strong, reach back with the left leg and tilt the torso parallel to the ground. Press back through the left heel, with toes pointing down. Reach forward with the arms, palms facing in; gaze down to the floor, back of head aligned to tail, chin gently tucked in. Feel for the wrap of the shoulders (gently hugging imaginary oranges in your armpits), and length in the neck.

To come out, bring the hands back to prayer and lower the left leg back into Warrior I.

Modifications

Practice at the wall. Hands can stay in prayer or out to the side like airplane wings. Hands on blocks.

Variations

Hands in yoga mudra behind back. Ealge arms.

PropsWall or block for hands.

Adjustments

Square off hips; bring head into alignment with spine. Unlock knee of standing leg, toes point forward; internal rotation of thigh of extended leg.



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Standing Splits Pose
(URDHVA PRASARITA EKA PADASANA)

Keep your journal close by so you can write out the following information while watching the tutorial or after watching & practicing the Asana:

- **Muscles Involved**
- **Common Misalignments**
- **Avoidances & Risks**
- **Prenatal Modifications**

Hamstring stretch;
improves balance and
strength.



Cueing

From standing (or W3, or Pyramid), fold forward placing the hands on the ground and lengthening the extended leg up toward the sky. Lengthen the front body as you fold over the right leg. Spiral the left leg in towards the midline, lengthen the neck and gaze towards the knee. Wrap your right hand around the ankle tucking the elbow in behind the knee.

To come out, lower the left foot next to the right foot, Uttanasana. Other side.

Modifications

Hands stay in front of foot.

Variations

Both hands wrap around ankle.

Props

Block to support hands.

Adjustments

Watch for locked knee in standing leg. Square the hips.

Warrior I Pose
(VIRABHADRASANA I)

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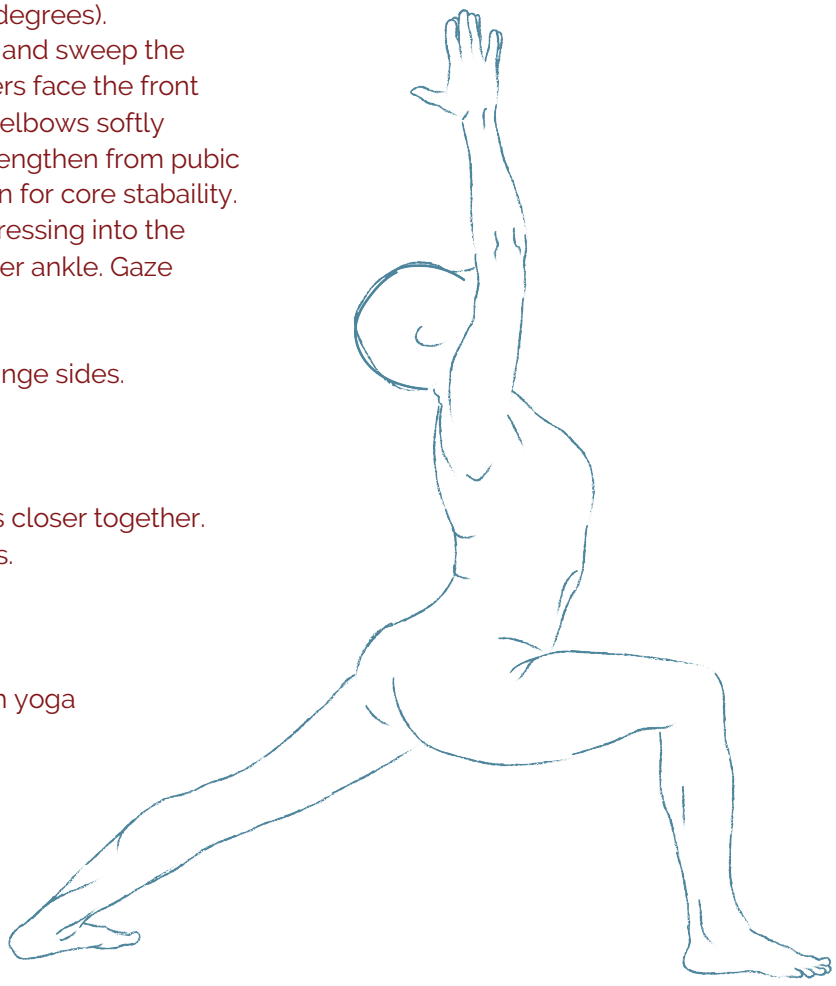
- **Muscles Involved**
- **Common Misalignments**
- **Avoidances & Risks**
- **Prenatal Modifications**

Standing Poses are energizing. W1 Stretches hip flexors and calves.

Cueing

Begin in Downward Dog. Bend your knees slightly and step forward with your right foot into lunge. Pivot your back foot slightly in (around 45 degrees).
Root into the four corners of the feet and sweep the torso up to vertical. Hips and shoulders face the front edge of the mat; arms lifted with the elbows softly turning in, shoulder blades neutral. Lengthen from pubic bone to belly and draw the rib cage in for core stabaility. Back leg stays straight with weight pressing into the outer edge of the foot. Front knee over ankle. Gaze slightly up.

Come back to Downward Dog to change sides.



Modifications

Lifting the heel of the back foot. Legs closer together. Hands in prayer with shoulder injuries.

Variations

Arms in eagle wrap, forward fold with yoga mudra.

Props

Block at wall with the front knee pressing into block. Foam brick to support back heel.

Adjustments

Touch knee to align, press on back leg to straighten, adjust tilt of pelvis, and soften shoulders.

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High Lunge Pose
(UTTHITA ASHWA SANCHALANASANA)

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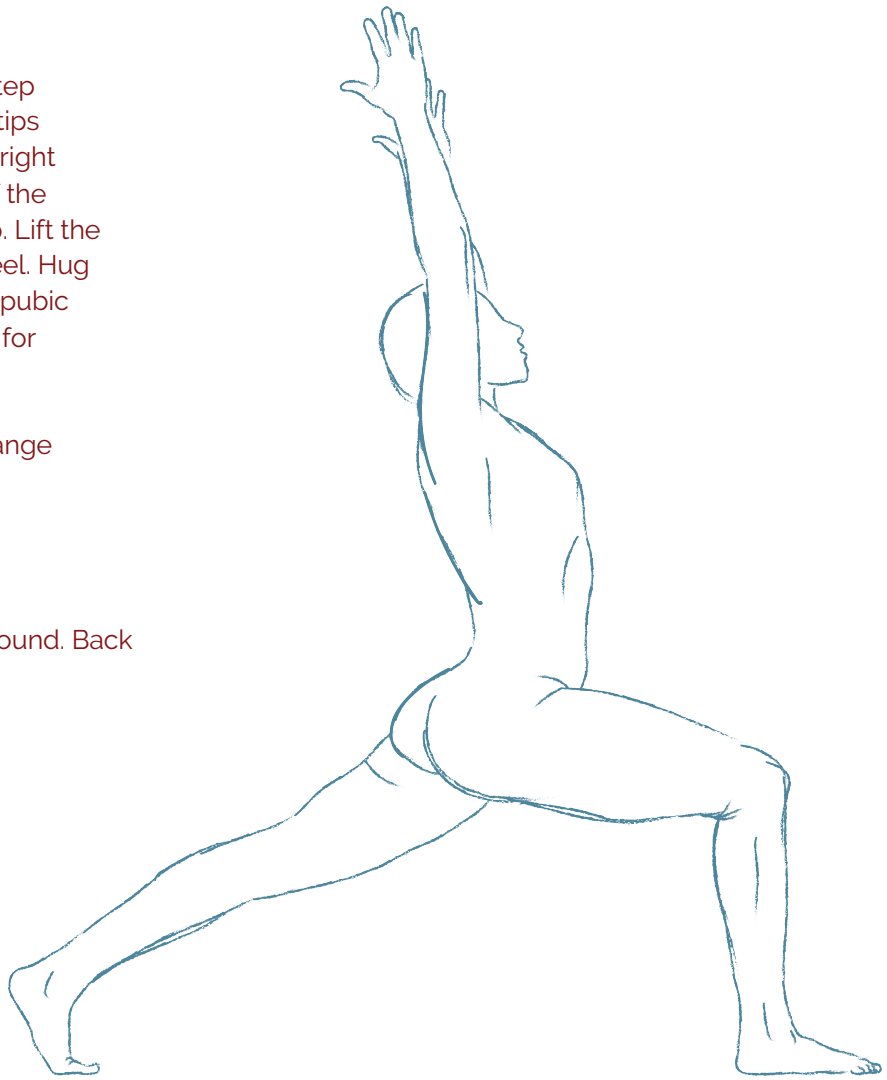
- **Muscles Involved**
- **Common Misalignments**
- **Avoidances & Risks**
- **Prenatal Modifications**

Stretches groin and hip flexors. Energizing pose.

Cueing

Starting from Downward Facing Dog, step the right foot forward into lunge, fingertips on other side of right foot. Stabilize the right knee by rooting into the four corners of the foot. Inhale; raise the torso and arms up. Lift the left thigh up, press back through the heel. Hug the legs into the midline. Lengthen the pubic bone to belly and draw the front ribs in for core stability.

Return to Downward Facing Dog to change sides.



Modifications

Back leg bent or lower back knee to ground. Back foot down or use block to support.

Variations

Side stretch, eagle arms, twist.

Props

Blocks to support hands (torso stays lower to ground).

Adjustments

Align knee, gather lower rib cage in.

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Dancer Pose
(NATARAJASANA)

Keep your journal close by so you can write out the following information while watching the tutorial or after watching & practicing the Asana:

- **Muscles Involved**
- **Common Misalignments**
- **Avoidances & Risks**
- **Prenatal Modifications**

Stretches shoulders, chest, hip flexors and abdomen. Improves balance and overall strength. Deep backbend.

Cueing
From Mountain, shift weight to the left leg. Use a Drishti to support balance. Bend your right knee, bringing the right to the buttock. Reach back with your right hand to hold the outise of the right foot.
Sweep the left arm up and begin to lift the right thigh up towards parallel to the floor. Keep the pubic bone to belly line long and the legs hugging into the midline. Tilt the torso slightly forward.



Modifications
Stand facing a wall to support balance. Lifted leg can stay lower to the floor.

Variations

Cross wrists to foot with both hands. Tilt the pelvis slightly forward, tipping the torso towards parallel to the floor.

Props

Strap around foot. One or both hands can hold strap. Wall to support front hand for balance.

Adjustments

Guide lifted knee/legs inward for core support.

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Pyramid Pose
(PARSVOTTANASANA)

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- **Muscles Involved**
- **Common Misalignments**
- **Avoidances & Risks**
- **Prenatal Modifications**

Strengthens and stretches spine; stretches shoulders and chest (with hands in reverse Namaste Mudra); calming to the mind.

Cueing

From Mountain Pose, step back with the right foot to align the hips to face the front edge of the mat. The legs stay straight and about hip width apart with the back foot toes turned in to rotate the hip forward. Sweep the hands around behind you into reverse prayer with fingers pointing up or hold opposite elbows. Inhale lift the chest, Exhale, spine long, hinging forward from the hips, align the center of the torso over the inner line of the front leg. Right hip forward, left hip back; keep the symmetry in the hips and shoulders and the lift in the chest. Tuck the chin in slightly; neck stays long.



Modifications

Hands stay on hips, less forward tilt.

Variations

Deepen the rotation of the torso, aligning midline of torso with center of thigh. Hands rest on ground, on other side of the front foot.

Props

Block

Adjustments

Hands to square hips and shoulders. Watch for back rounding.

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Revolved Side Angle Pose
(PARIVRTTA PARSVAKONASANA)

Keep your journal close by so you can write out the following information while watching the tutorial or after watching & practicing the Asana:

- **Muscles Involved**
- **Common Misalignments**
- **Avoidances & Risks**
- **Prenatal Modifications**

Deep twist massages the organs.

Cueing

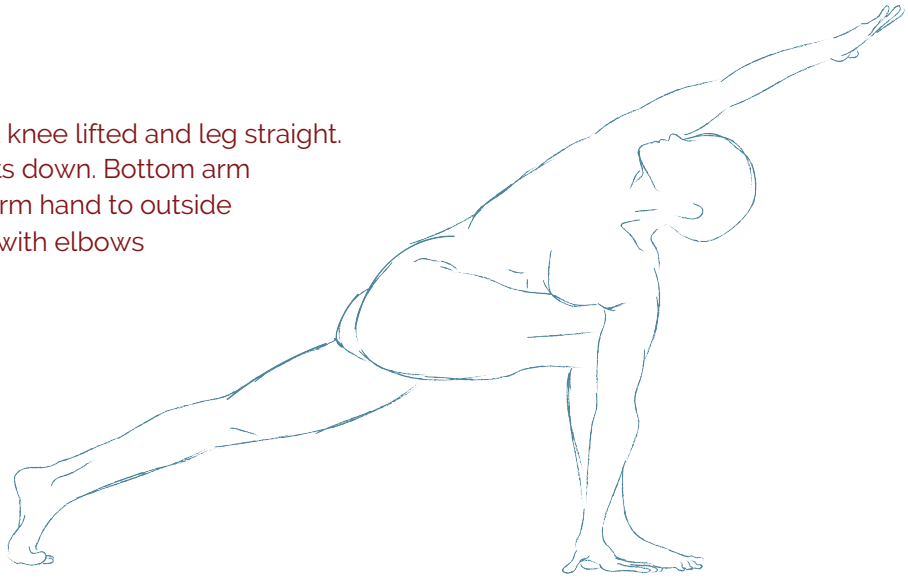
Begin in High Lunge with the right leg bent. Bring the palms to prayer position at the chest. Exhale and rotate the torso to the right. Lean the torso toward the front thigh and perhaps bring the left elbow to the outside of the right thigh. You may gaze to the side or, if it's available to you, look upwards. Feel the depth of the spiral coming from the spine, not from the hips. Keep the entire body hugging tightly to the mid line. Direct the right sitting bone toward the left heel. Try to keep the back heel, hips, spine and head in one straight line. Expand into the chest as you breath in and twist deeper as you exhale (belly towards spine).

Modifications

Pivot the back heel toward the midline and press it down into the ground. Lower down onto the back knee. Adjust hand position; prayer hands can float off the thigh or one hand rests on the bent leg, the other hand on the hip.

Variations

Back knee on the ground. Back knee lifted and leg straight. Back foot pivots to midline roots down. Bottom arm elbow on outer thigh. Bottom arm hand to outside of front ankle. Hands at prayer with elbows floating off of front thigh.



Props

Block

Adjustments

Knee over ankle; head in line with spine.

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Revolved Triangle Pose
(PARIVRTTA TRIKONASANA)

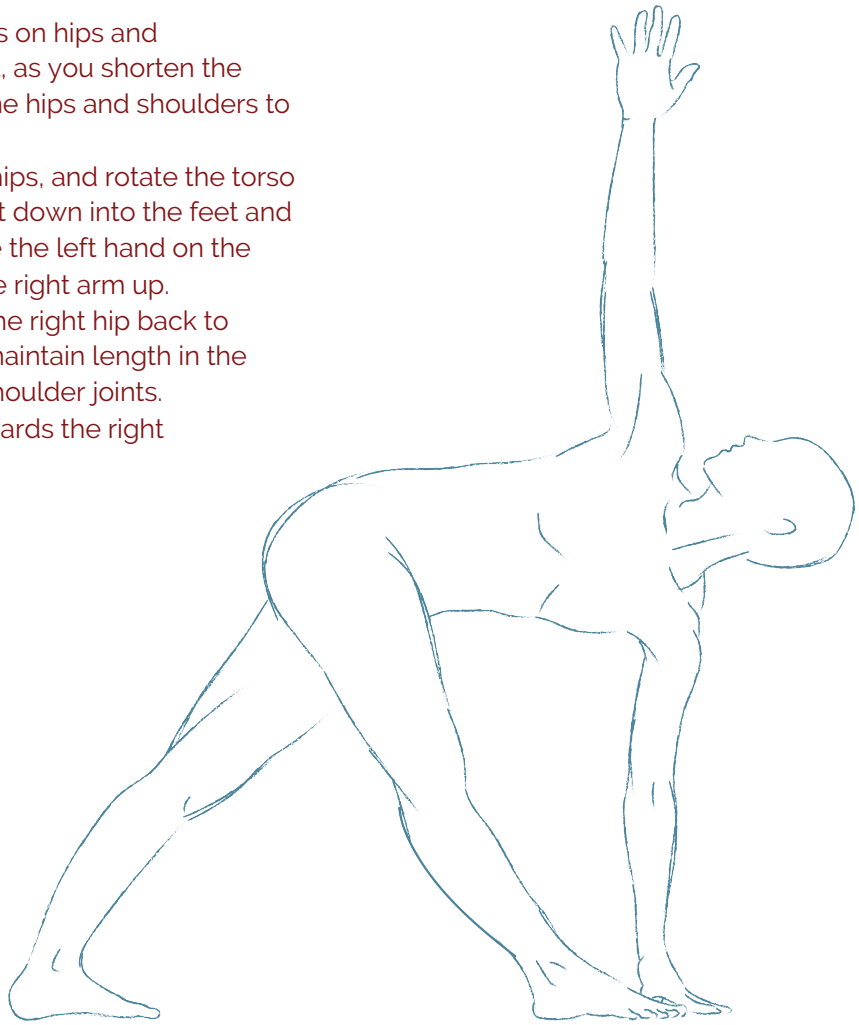
Keep your journal close by so you can write out the following information while watching the tutorial or after watching & practicing the Asana:

- **Muscles Involved**
- **Common Misalignments**
- **Avoidances & Risks**
- **Prenatal Modifications**

Stimulates abdominal organs, chest opener. Hamstring stretch; strengthens leg and foot muscles.

Cueing

Coming out from Triangle, place hands on hips and pivot up onto the ball of the backt foot, as you shorten the distance between the feet and align the hips and shoulders to face the short edge of the mat.
Tilt forward slightly, hinging from the hips, and rotate the torso to the right (if right leg is forward). Root down into the feet and hug the inner legs in for stability. Place the left hand on the outside of the right thigh and reach the right arm up.
Both palms facing out the right. Shift the right hip back to maintain neutral pelvis. As you twist, maintain length in the side body, and ease in the neck and shoulder joints.
Gaze to the ground, the side or up towards the right hand.



Modifications

Hands stay on hips. Back heel on block. Front hand on block.

Variations

Lower hand on mat.Top hand on hip or lower back.

Props

Block

Adjustments

Hands to square hips to short edge of mat.

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Dolphin Pose

(ARDHA PINCHA MAYURASANA)

Keep your journal close by so you can write out the following information while watching the tutorial or after watching & practicing the Asana:

- **Muscles Involved**
- **Common Misalignments**
- **Avoidances & Risks**
- **Prenatal Modifications**

Strengthens upper body; stretches hamstrings (backs of thighs).

Cueing

Start in tabletop pose. Come down onto forearms, placing elbows directly below shoulders and wrap your hands around your upper arm bones to set the elbows shoulder width apart. Fingertips extend to the short edge of the mat and wrists are the same distance apart as elbows. Root down through this forearm base. Strongly press shoulder blades towards your waist, outer edges of shoulder blades wrapping towards the armpits. Gaze between the elbows. Tuck your toes under and as you exhale, lift your knees and sitting bones up toward the sky. Straighten the legs if you can and reach your tailbone away from your head.

Modifications

Keep knees bent if back is rounding. Stay down on knees if too much for the shoulders.

Variations

Press palms together or interlace fingers with palms slightly apart and wrists upright. Walk feet closer to hands. Lift one leg up at a time.



Props

Block between forearms; press elbows and forearms into block to help stabilize shoulders.

Adjustments

Place palms on sacrum and gently press pelvis towards heels. Draw the shoulders away from the ears.

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Cat Pose
(MARJARYASANA)

Keep your journal close by so you can write out the following information while watching the tutorial or after watching & practicing the Asana:

- **Muscles Involved**
- **Common Misalignments**
- **Avoidances & Risks**
- **Prenatal Modifications**

Keeps the spine mobile. Massages and stimulates the belly, kidneys and adrenal glands.

Cueing

Start on all fours. Place your wrists directly under the shoulders. Spread your fingers wide apart and yield evenly through the hands. Place your knees directly below your hips. Tuck toes under. Center your head in neutral position, eyes looking at the floor. Exhale to round your back in Cat. Look towards your belly, lifting the vertebrae of the spine up towards the sky. Belly draws in, tail tucks under. Spine is in flexion.

Modifications

For weak wrists: roll up the top of your mat to support your hands and lift your wrists; alternately use fists or forearms. Folded blanket or soft block for under knees.

Variations

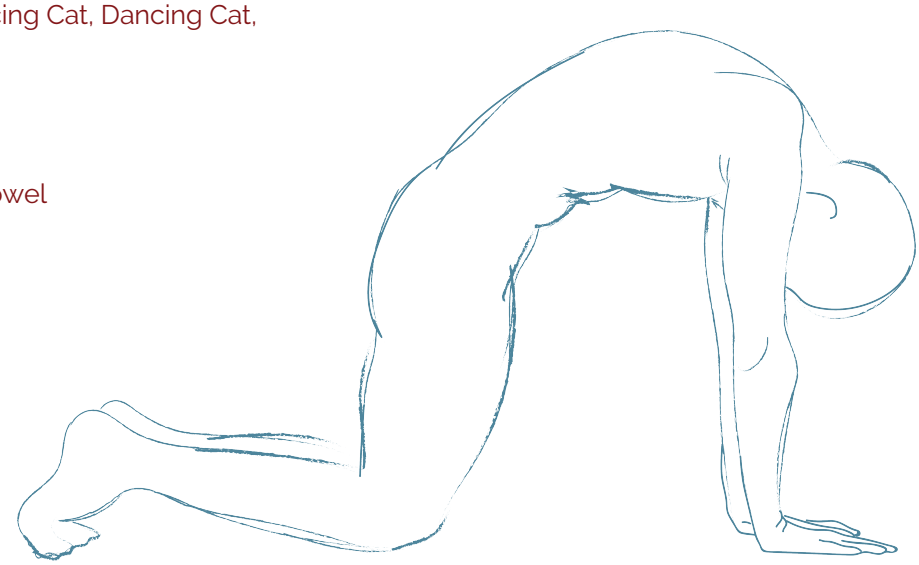
Tops of feet on the floor, balancing Cat, Dancing Cat, Circling Cat.

Props

Blanket, block, rolled up mat/towel

Adjustments

Touch upper spine to encourage lifting. Gently tuck head under.



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Cow Pose
(BITILASANA)

Keep your journal close by so you can write out the following information while watching the tutorial or after watching & practicing the Asana:

- **Muscles Involved**
- **Common Misalignments**
- **Avoidances & Risks**
- **Prenatal Modifications**

Keeps the spine mobile. Massages and stimulates the belly, kidneys and adrenal glands.

Cueing

Start on all fours. Fingers spread; wrists aligned under shoulders; knees aligned under hips. Toes can be tucked under or flat. Lift the tailbone, the chest and gaze up. Feel the back move into extension, as if the vertebrae could sink into the earth. Move back and forth between Cat and Cow. Exhale into Cat, Inhale into Cow. Initiating the movement from the tailbone, sequencing up into the head. Feel the wave of movement from tail to head.

Modifications

For weak wrists: roll up the top of your mat to support your hands and lift your wrists; alternately use fists or forearms. Folded blanket or soft block for under knees.

Variations

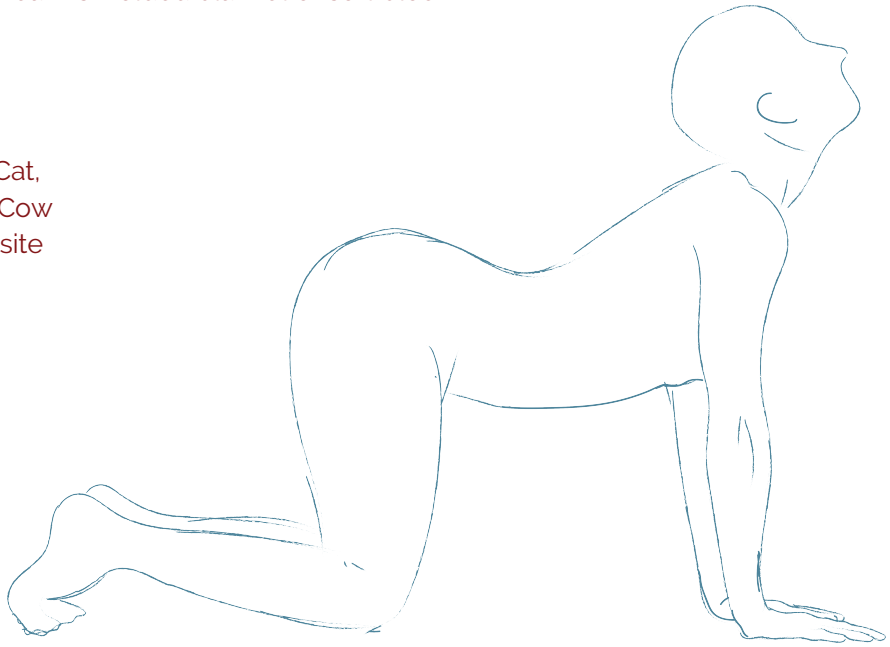
Tops of feet on the floor. Balancing Cat, Dancing Cat, Circling Cat, Extended Cow Pose with lifted knee bent and opposite hand holding foot.

Props

Blanket, block, rolled up mat/towel

Adjustments

Gently press upper back down towards the ground to encourage extension.



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Dolphin Plank Pose

(MAKARA ADHO MUKHA SVANASANA)

Keep your journal close by so you can write out the following information while watching the tutorial or after watching & practicing the Asana:

- **Muscles Involved**
- **Common Misalignments**
- **Avoidances & Risks**
- **Prenatal Modifications**

Strengthens shoulders and core.

Cueing

From Dolphin, walk the feet back to align shoulders over elbows. Strongly root down through the forearm base and slide tips of the shoulder blade toward waist. Belly, low ribs drawing up. Reach back through the heels and tailbone. Beam the crown of the head forward. Draw the chin slightly in towards the chest, maintaining neutral neck.

Modifications

Knees to floor for extra support.

Variations

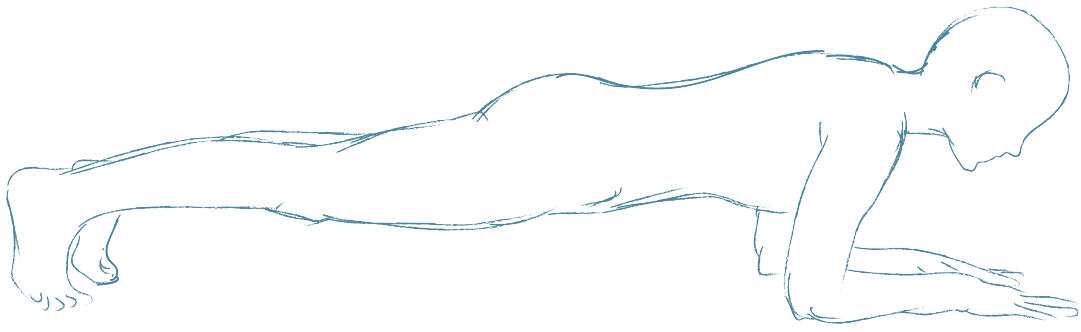
One leg lifts.

Props

Place a block between legs or use a strap around upper arms.

Adjustments

Use block or hands on back of head to bring into alignment with spine. Touch where you see the body collapsing to encourage lift.



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Cobra Pose
(BHUJANGASANA)

Keep your journal close by so you can write out the following information while watching the tutorial or after watching & practicing the Asana:

- **Muscles Involved**
- **Common Misalignments**
- **Avoidances & Risks**
- **Prenatal Modifications**

Strengthens back muscles. Opens chest/lungs.

Cueing

Lie on your belly with the forehead to the floor. Place your hands close to your side ribs with elbows pointing up. Reach back and anchor through the toes with feet parallel, kneecaps lifted and thighs rolling in. Draw the navel in as you inhale and lift the chest up away from the ground. Keep the pubic bone grounded, tailbone lengthening, and buttocks unclenched. Soften the shoulders away from the ears and lengthen the head away from the anchored tail.

Modifications

Less lift with Cactus arms, use arms more to push up higher into a deeper backbend.

Variations

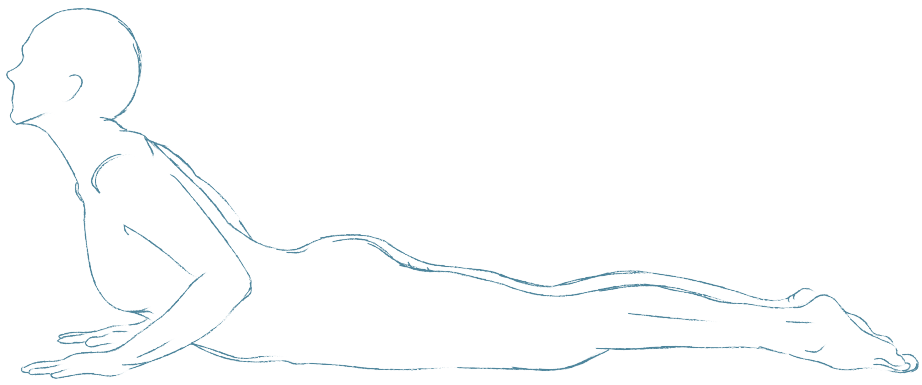
Lift hands away from ground to avoid going too deep into back bend. Sphinx.

Props

Blanket placed under belly or pelvis. Block between ankles or thighs.

Adjustments

Hands gently draw shoulders down. Touch sternum to encourage lift.



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Plank Pose
(PHALAKASANA)

Keep your journal close by so you can write out the following information while watching the tutorial or after watching & practicing the Asana:

- **Muscles Involved**
- **Common Misalignments**
- **Avoidances & Risks**
- **Prenatal Modifications**

Upper body strengthening.

Cueing

From Downward Facing Dog, shift your weight forward, aligning your shoulders directly over your wrists. Draw the front body up into the back body, base of the skull in one line with the tailbone. Knees stay slightly bent; core strongly engaged. Feel the space between the shoulder blades neutral, not collapsing, not rounding. Press back through the heels and forward through the crown of the head.

Modifications

Knees to floor for supported plank.

Variations

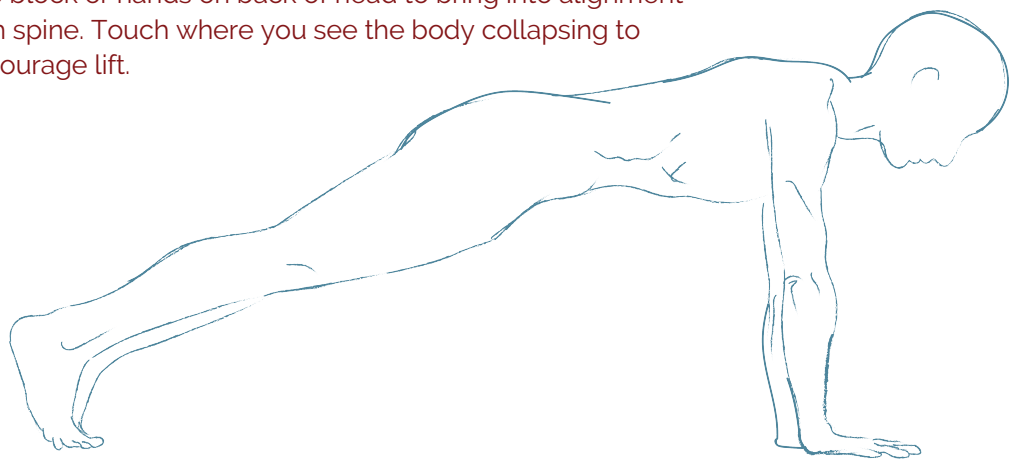
One leg lifts, knee to chest and across to triceps.

Props

Place a block between legs or use a strap around upper arms.

Adjustments

Use block or hands on back of head to bring into alignment with spine. Touch where you see the body collapsing to encourage lift.



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Four Limbed Staff Pose
(CHATURANGA DANDASANA)

Keep your journal close by so you can write out the following information while watching the tutorial or after watching & practicing the Asana:

- **Muscles Involved**
- **Common Misalignments**
- **Avoidances & Risks**
- **Prenatal Modifications**

Strengthens the whole body.

Cueing

From Plank, wrists directly under shoulders, connect to shoulder girdle stability, as if hugging imaginery organges in your arm pits. Draw the navel towards the spine. Push the heels towards the back of the room, resting on the balls of the feet. Bend your elbows to a 90-degree angle, elbows tucked into your ribcage, lower your entire body with the shoulders at the same height as the elbows. Hover your body above the floor, head staying in line with the spine. Gaze down, keeping the back of the neck long and throat soft. Avoid rounding the upper back or collapsing into the hips.

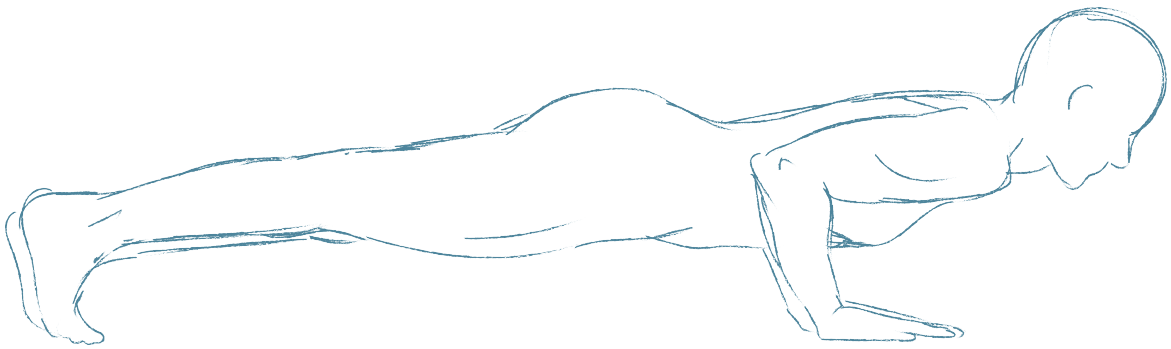
Modifications
Knees to floor before moving into pose.

Variations

Press back up into plank. Lower all the way down to the floor in preparation for upward facing dog.
Props

Use a bolster to support the torso. Squeeze a block between thighs. Strap around upper arms.
Adjustments

Use block or hands on back of head to bring into alignment with spine. Touch where you see the body collapsing to encourage lift.



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Upward Facing Dog Pose
(URDHVA MUKHA SVANASANA)

Keep your journal close by so you can write out the following information while watching the tutorial or after watching & practicing the Asana:

- **Muscles Involved**
- **Common Misalignments**
- **Avoidances & Risks**
- **Prenatal Modifications**

Strengthens the arms and stretches the whole front of the body.

Cueing
From Chaturanga, ease down to the floor, or lie on your belly with the forehead to the floor.
Place your hands close to your side ribs with elbows pointing up. Reach back and anchor the long toe bones, outer ankles hugging in. Draw the navel in. Inhale, push into the ground to straighten the arms and come up to balance on the tops of the feet. Collarbones wide and shoulders away from ears.

Modifications

Lower the knees to the floor. Cobra.

Variations

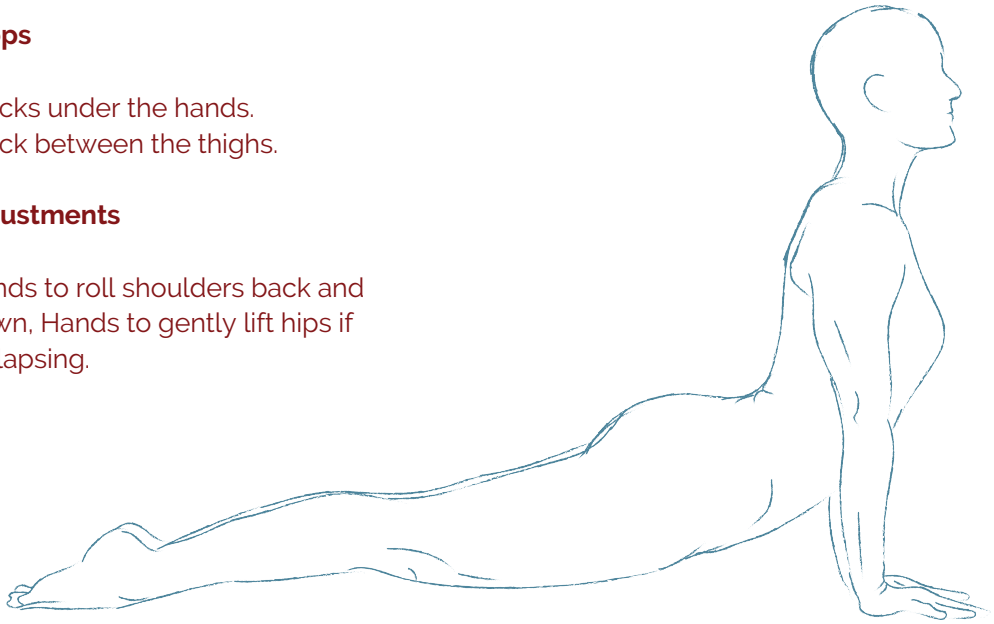
Move into Upward Facing Dog from Chaturanga Dandasana.

Props

Blocks under the hands.
Block between the thighs.

Adjustments

Hands to roll shoulders back and down, Hands to gently lift hips if collapsing.



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Downward Facing Dog Pose
(ADHO MUKHA SVANASANA)

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- **Muscles Involved**
- **Common Misalignments**
- **Avoidances & Risks**
- **Prenatal Modifications**

Stretches the back and hamstrings. Good weight bearing pose. Relieves fatigue.

Cueing

From Child's pose, come onto all fours. Place your hands slightly forward from your shoulders with knees hip width apart. Spread your fingers wide and imagine your hands are trying to open large jar lids. Tuck your toes under and sit back towards your heels. Yielding into your hands, engage your quads to lift knees and hips up and back creating an upside-down V shape. Knees stay slightly bent, tailbone reaching away from the head. Straighten the legs as much as you can without rounding your back. Press the upper thighbones back and lower the heels towards the ground. Feet stay parallel, toes forward, heels straight back. Move the shoulder blades away from the head, out from center, wrapping the outer edges towards the armpits. Relax the head between the upper arms, gather the low belly, low rib cage in. Spinal curves stay neutral, as if in Moutain pose.

Modifications

Knees stay bent if back is rounding. Use Dolphin Pose arm position if wrists or shoulders weak or injured. Roll up the top of mat for extra wrist support.

Variations

One leg lifts. Three-legged dog. Dancing Dog.



Props

Place a block between legs. Strap around hips or legs for Partner work. Strap around upper arms.

Adjustments

Use hands or strap to pull thighs and/or groins back. Hands encourage neck to lengthen and head to relax. Facing pelvis, place palms on lower back/sacral area and lean weight into body to encourage widening and lengthening.

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Garland Pose
(MALASANA)

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- **Muscles Involved**
- **Common Misalignments**
- **Avoidances & Risks**
- **Prenatal Modifications**

Stretches the ankles and groins. Deep hip opener.

Cueing

Feet about mat-width apart, keep heels on mat and pivot toes outward, off mat. Lower the seat down into a squat position. Press the elbows into the inner knees or thighs. Lift the chest and release the weight of the tailbone.



Modifications

Practice against a wall. Heels on blocks. Sit on a bolster. Feet wider and more turned out.

Variations

Arms wrap around the front of the shinbones, clasp your back heels, gaze at the belly.

Props

Wall, blocks

Adjustments

Watch for clenched toes, leaning into knee or hip.

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Pigeon Pose

(EKA PADA RAJAKAPOTASANA)

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- **Muscles Involved**
- **Common Misalignments**
- **Avoidances & Risks**
- **Prenatal Modifications**

Hip, Psoas stretch.

Cueing

From Downward Facing Dog, lift your left leg up. Bend and lift your knee up towards the sky to open the hip. Bring your left knee, shin and foot forward towards the short edge of your mat. Reach back through your right leg, pressing down through your foot and shin. Try to even out the hips to balance evenly over the pelvis. Lengthen pubic bone to belly and draw lower rib cage in. Lift the sternum and soften the shoulders. Return to Downward Facing Dog to change to other side.

Modifications

Adjust angle of knee for comfort and safety. Thread the needle on the back.

Variations

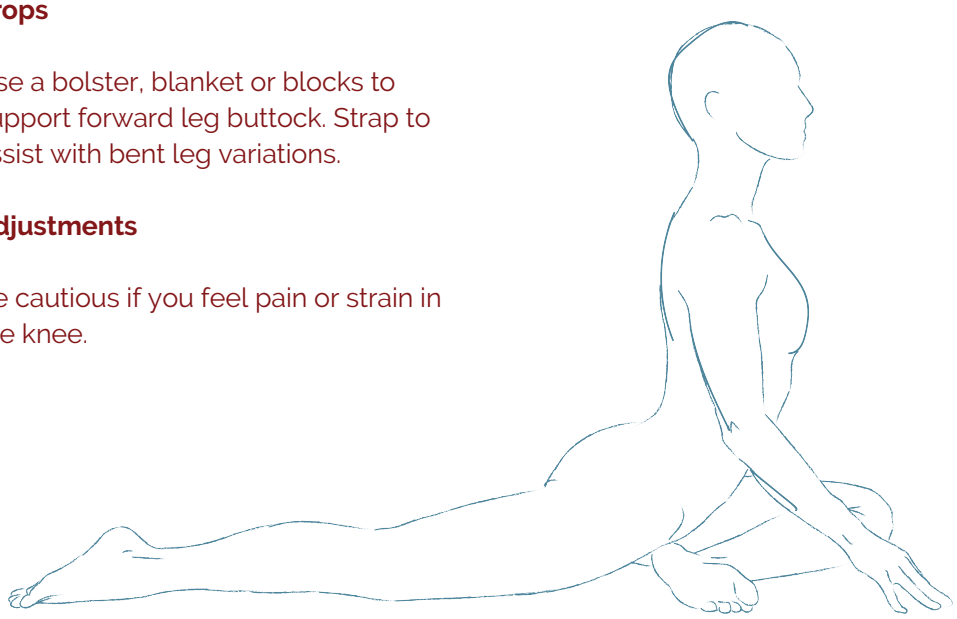
Reclined Pigeon, twist, one leg king pigeon, back foot toes tuck under, knee lifts, reach back through heal (deep stretch for the psoas). Hands placed closer to hips or behind in yoga mudra.

Props

Use a bolster, blanket or blocks to support forward leg buttock. Strap to assist with bent leg variations.

Adjustments

Be cautious if you feel pain or strain in the knee.



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Boat Pose

(PARIPURNA NAVASANA)

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- **Muscles Involved**
- **Common Misalignments**
- **Avoidances & Risks**
- **Prenatal Modifications**

Strengthening for the whole body.

Cueing

Sit with knees bent, hands at the back of thighs. Engage your core by drawing the navel back and towards the spine. Tilt back over the sitting bones and lift the legs up. Roll the knees in and reach out through the heels. Keep the hands at the back of the thighs, or when you are ready, bring the arms out to your side, palms up, fingertips reaching towards toes. Gaze up. Maintaining the curve of the lumbar spine, draw the kidneys in and up.

Modifications

Knees bent, hands back of thighs. Feet stay on mat.

Variations

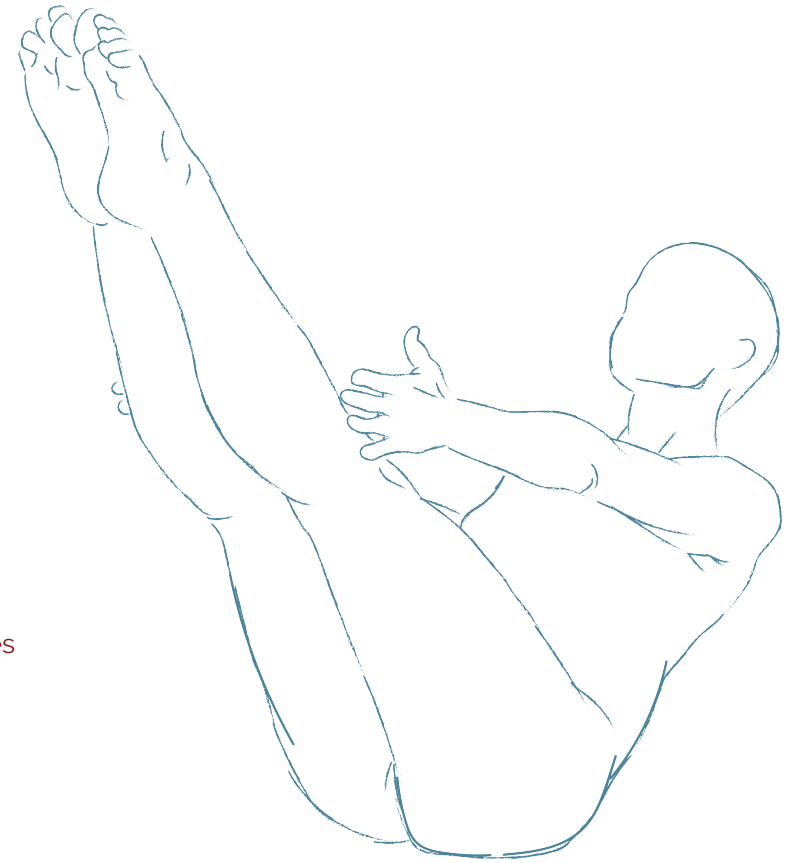
Hold onto outside edges of feet, legs open to a V shape.

Props

Strap around feet & back.

Adjustments

Press between the shoulder blades to encourage chest lifting.



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Side Plank Pose
(VASISTHASANA)

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- **Muscles Involved**
- **Common Misalignments**
- **Avoidances & Risks**
- **Prenatal Modifications**

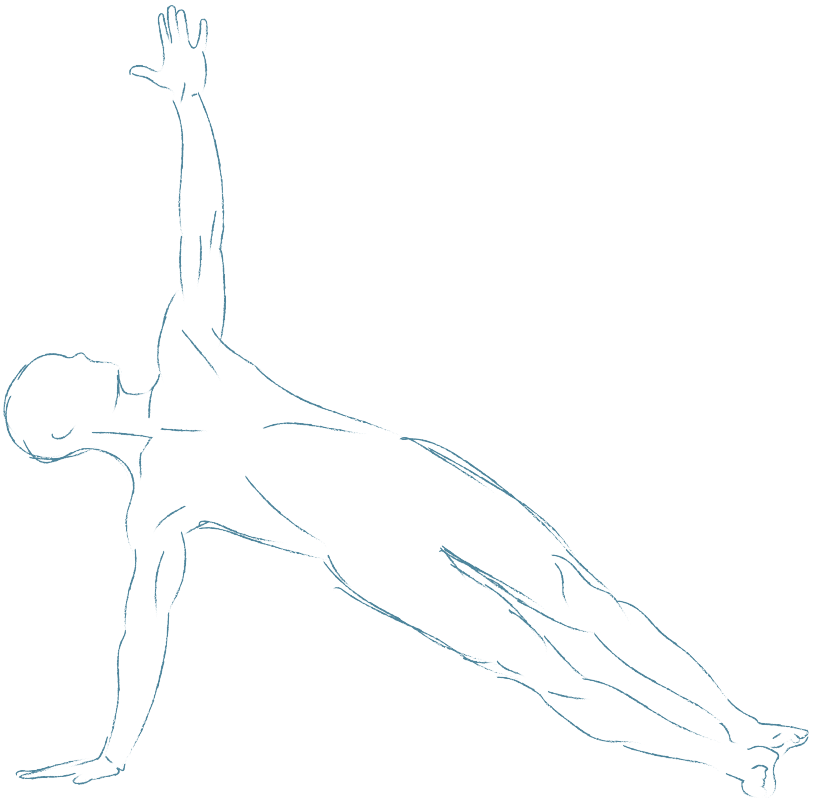
Strengthens the arms, shoulders and core. Improves balance.

Cueing

Starting in Downward Facing Dog with the feet hip-width apart, move right foot to touch the left and bring right hand to centre of the mat and slightly forward. Roll onto the outside edge of the right foot as the left hand comes off the earth and extends towards the sky. Feet stacked, the whole body strong and long, align base of the skull to the tailbone and engage the whole body to maintain the shape.

Modifications

Bring top leg in front or behind, so two legs are separate and both feet are on the ground. Bend top leg and place the sole of the foot on the floor in front of you, near hips. Begin on side with forearm down, elbow rooted and both knees bent, lower legs lifted off the floor.



Variations

Tree, holding big toe, raise the top leg up towards the sky.

Props

Practice with soles of the feet pressing against a wall.

Adjustments

Use block or hands on back of head to bring into alignment with spine. Touch where you see the body collapsing to encourage lift.

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Sphinx Pose

(SALAMBA BHUJANGASANA)

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- **Muscles Involved**
- **Common Misalignments**
- **Avoidances & Risks**
- **Prenatal Modifications**

Backbend, chest opener, stimulates abdominal organs.

Cueing

Lie face down. Root down through the pubic bone and draw the tailbone towards the feet. Reach back through the toes. Draw your navel in and press up onto elbows with forearms parallel to each other. Soften the shoulders away from the ears, keeping your neck long and throat soft.

Modifications

Move arms further forward. Lower the chest closer to the floor.

Variations

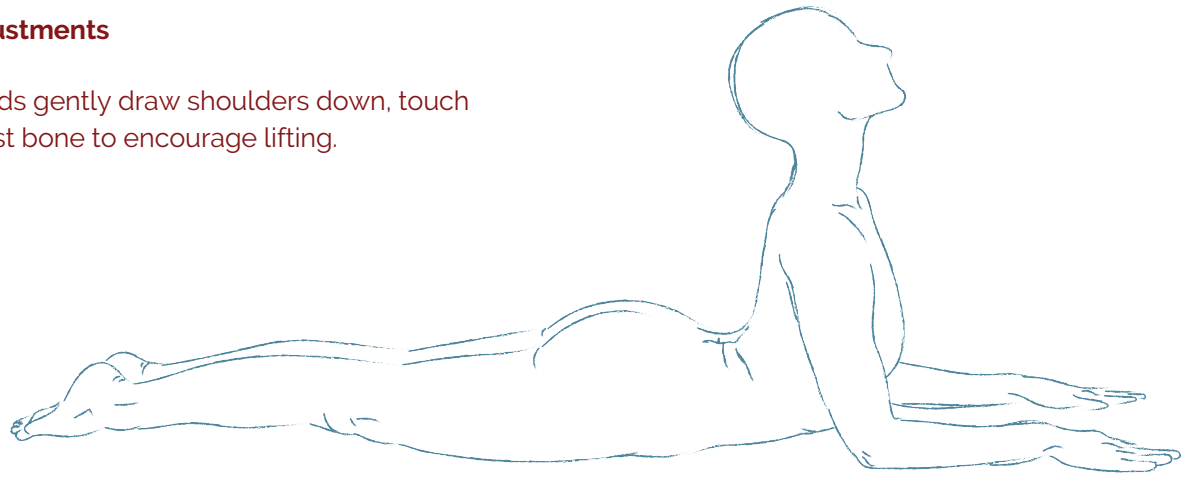
Clasp the elbows. Seal pose: arms straight.

Props

Blanket under belly or pelvis. Bolster under belly. Bolster under armpits. Rest head on block.

Adjustments

Hands gently draw shoulders down, touch chest bone to encourage lifting.



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Locust Pose
(SALABHASANA)

Keep your journal close by so you can write out the following information while watching the tutorial or after watching & practicing the Asana:

- **Muscles Involved**
- **Common Misalignments**
- **Avoidances & Risks**
- **Prenatal Modifications**

Strengthens back muscles. Opens chest and lungs.

Cueing

Lie prone with forehead down. Reach back through tail, root down into pubic bone., draw the navel towards the spine. On either breath (inhale or exhale), lift your legs, arms, and torso up. Beam the crown of the head forward, reach back through fingers and toes. Gaze slightly down; throat soft, neck long.

Modifications

Keep legs down.

Variations

Interlace the fingers together in yoga mudra. Arms reach overhead.

Props

Rolled blanket under chest. Blanket under pelvis. Strap around upper thighs.

Adjustments

Lengthen neck, roll arm bones back, hold hands and pull back and up.



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Bow Pose
(DHANURASANA)

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- **Muscles Involved**
- **Common Misalignments**
- **Avoidances & Risks**
- **Prenatal Modifications**

Strengthens the back and abdominal muscles. Good for stress and fatigue.

Cueing

Lie on your belly. Bend your knees and reach back to hold the front of your ankles. Keep your knees hugging inward, as if squeezing a block between the thighs. Root the pubic bone down. Draw the navel towards the spine. Using your breath (either an inhale or exhale). Press the feet into hands to lift feet up and away from your buttocks. Thighs, chest and head lift up. Gaze up with soft throat, shoulders away from ears.

Modifications

Knees bent or legs stay straight, arms at side as you lift up.

Variations

Rock back and forth, Rock over onto one side.

Props

Strap around ankles or thighs. Blanket under pelvis.

Adjustments

Hands draw shoulder blades down; guide knees together (not wider than hip-width).



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Camel Pose
(USTRASANA)

Keep your journal close by so you can write out the following information while watching the tutorial or after watching & practicing the Asana:

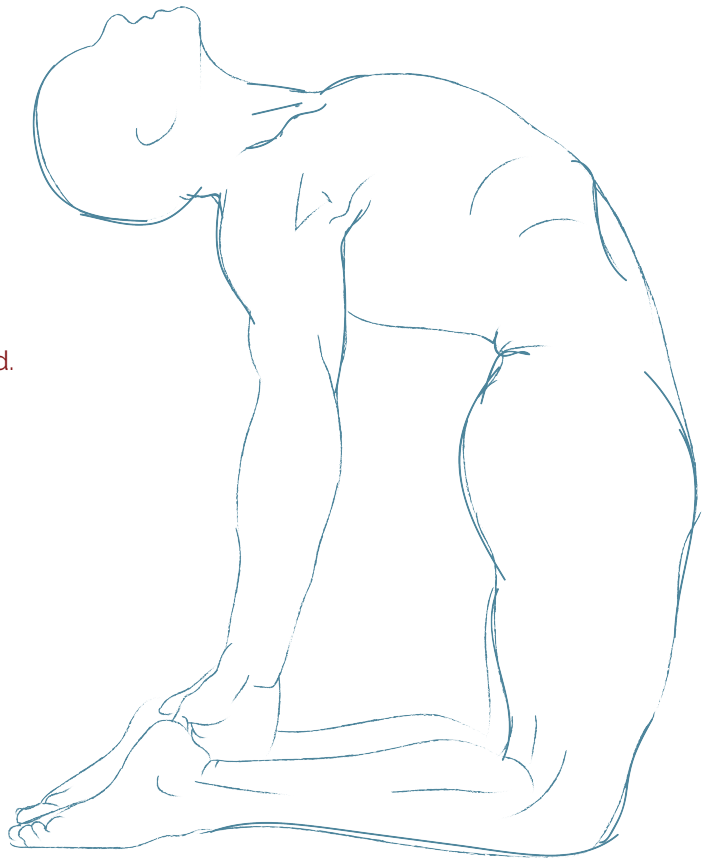
- **Muscles Involved**
- **Common Misalignments**
- **Avoidances & Risks**
- **Prenatal Modifications**

Backbends are energizing, good for fatigue, depression.

Cueing

From sitting, Kneel with hips directly above knees. Place your hands at the base of the spine, fingers pointing towards the tailbone, elbows tucked in. Draw the tailbone towards the pubic bone, actively press down through your shins and lift the chest into a gentle back bend. Gaze up without compressing your neck or tightening your throat.

To release out from Camel, shift the hips and tailbone back before bringing the spine forward, head moving last. Rest in Child's pose.



Modifications

Keep the head forward & lessen the backbend.

Variations

Toes flat or tucked under with hands to heels.

Props

Block between thighs or calves. Blocks for hands.

Adjustments

One hand to chest bone, one on upper spine to encourage lift and extension.

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Bridge Pose

(SETU BANDHA SARVANGASANA)

Keep your journal close by so you can write out the following information while watching the tutorial or after watching & practicing the Asana:

- **Muscles Involved**
- **Common Misalignments**
- **Avoidances & Risks**
- **Prenatal Modifications**

Stimulates thyroid, calming to the brain, strengthens back, buttocks and hamstrings.

Cueing

Lie on back with your feet hip width apart, ankles under knees. Strongly press the upper arm bones into the ground as you reach the fingertips towards the heels. Exhale as you strongly press parallel feet into the ground, lifting your pelvis and spine up from the ground. Shift your knees forward, aligning them directly over your heels. Lengthen the tailbone towards the back of the knees. Root firmly through feet, arms, shoulders and back of head. Keep the throat soft and open. Release down slowly, vertebra by vertebra.

Modifications

Rest sacrum on block.

Variations

Fingers interlaced in yoga mudra, lift one leg, hold heels, lift heels.

Props

Block pressed between knees or thighs, use strap around thighs or shins.

Adjustments

Lift hips with strap or hands, correct knees/thighs if opening out.



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Fish Pose
(MATSYASANA)

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- **Muscles Involved**
- **Common Misalignments**
- **Avoidances & Risks**
- **Prenatal Modifications**

Stretches front of body, stimulates throat and thyroid gland. May be therapeutic for asthma and other respiratory issues.

Cueing

Lie down with knees bent. Lift buttocks to slide hands under, palms face down, elbows tucked under. Straighten the legs with knees and big toes touching. Inhale, root the elbows and strongly draw the shoulder blades down the back as elbows bend to help lift the chest. Place top of the head on the earth and stay strong through legs and buttocks. To release, draw chin to chest, remove hands from under body and release slowly to the floor. Hug knees to chest and roll head side to side.

Modifications

Keep legs bent. Don't lift onto head. Lay back over bolster.

Variations

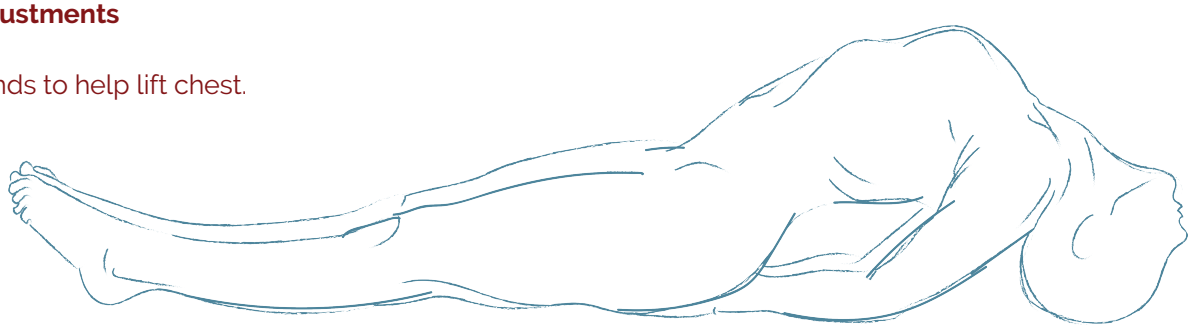
Hands slide out, bent elbows tucked into side ribs with palms pointing up and facing each other.

Props

Strap around upper back to lift chest higher. Bricks support head and upper back.

Adjustments

Hands to help lift chest.



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Staff Pose
(DANDASANA)

Keep your journal close by so you can write out the following information while watching the tutorial or after watching & practicing the Asana:

- **Muscles Involved**
- **Common Misalignments**
- **Avoidances & Risks**
- **Prenatal Modifications**

Strengthens core and spine.

Cueing

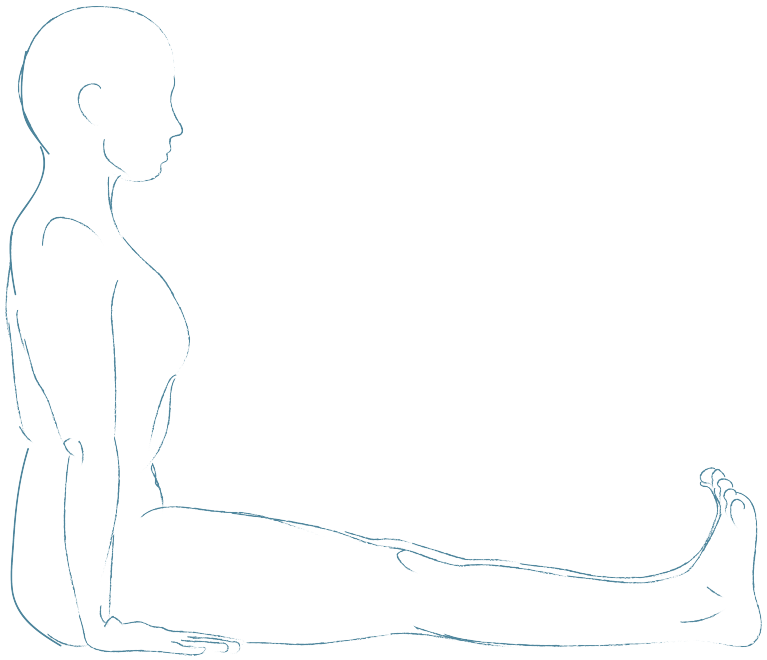
Sit tall with legs extended, arms close to your side with palms pressing down. Press down through thighs, out through heels and fan the toes. Align the back of the head to tailbone. Press back through upper arm bones and glide the shoulder blades down the back.

Modifications

Sit on the edge of a foam block or folded blanket, bend knees, or practice against a wall.

Variations

Keep legs as they are, opposite hand to opposite thigh and twist from the spine to look back.



Props

Block, blanket, bolster for under knees.

Adjustments

Hands gently draw shoulders down, press between shoulder blades.

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Head to Knee Forward Fold Pose

(JANU SIRSASANA)

Keep your journal close by so you can write out the following information while watching the tutorial or after watching & practicing the Asana:

- **Muscles Involved**
- **Common Misalignments**
- **Avoidances & Risks**
- **Prenatal Modifications**

Forward bends are calming to the mind and the nervous system, Stimulates liver and kidneys.

Cueing

From Staff Pose, bend the right knee, placing the sole of the foot against the inner left thigh. Sit tall and rotate the torso slightly to the left to center the navel over the thigh. Breathing in, lift the chest, breathing out, fold over the extended left leg. Clasp hold of the foot, ankle, or shin with both hands. Reach out through the heel, press down with the thigh. Gently tuck the chin to keep space at the base of the skull.

Modifications

Support bent knee with blanket or block. Place sole of foot on lower thigh or calf.

Variations

Hands clasped around foot, ankle, or shin.

Props

Block or bolster to support knee, strap around foot.

Adjustments

Head aligned with spine.



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Marichi I Pose
(MARICHYASANA I)

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- **Muscles Involved**
- **Common Misalignments**
- **Avoidances & Risks**
- **Prenatal Modifications**

Massages abdominal organs, stimulation of liver and kidneys.

Cueing

From Staff Pose, bend the left knee and place the foot on the mat, with the heel as close to the left sitting bone as possible while keeping both sitting bones rooted on the ground. Keep the straight right leg actively pressing down and rotated slightly inward.

Reach the left arm forward and internally rotate so that the thumb points to the floor and the palm faces out to the left. Lengthen the torso forward and draw the left shin in towards the armpit. Sweep the forearm around to the outside of the leg. The left hand will press against the outside of the left thigh or buttock.

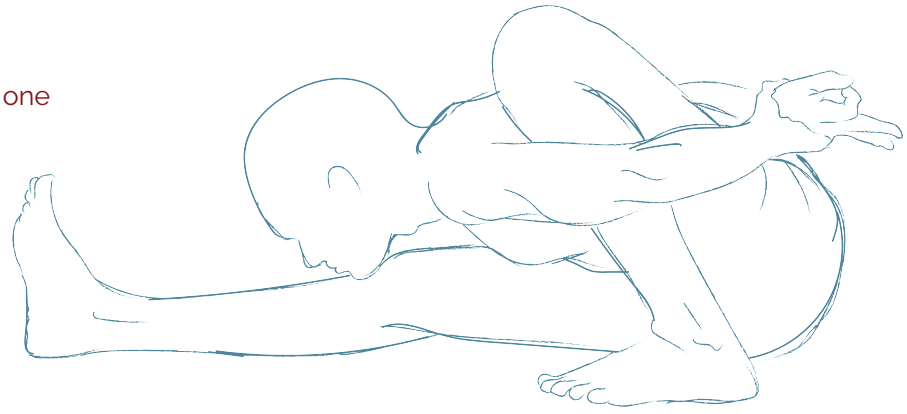
Sweep the right arm around behind the back and try to clasp hold of fingers or wrists (or use a strap). With an exhalation, extend the torso forward from the groins, lowering the torso toward the right leg. Draw the shoulder blade tips down your back.

Modifications

Instead of clasping hands, Keep arms open like wings with fingertips tented on floor.

Variations

instead of clasping hands, hold one wrist with one hand.



Props

Block under the back hand. Strap to bind.

Adjustments

Square shoulders with hips. Position head over spine.

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Seated Forward Fold Pose
(PASCHIMOTTANASANA)

Keep your journal close by so you can write out the following information while watching the tutorial or after watching & practicing the Asana:

- **Muscles Involved**
- **Common Misalignments**
- **Avoidances & Risks**
- **Prenatal Modifications**

Calming to mind and nervous system. Good for digestion.

Cueing

Sit in Staff Pose. Inhale to lengthen the spine, arms sweep up over head. As you breathe out, hinge forward from the hips, folding over the thighs. Legs stay active; thighs pressing down, knees roll in, toes point up. Stay long through the front of the torso. Hands rest alongside the legs or wrapped around the outer edges of the feet.

Modifications

Knees bend; sit on block or folded blanket. Place blanket, blocks or bolster under back of knees.

Variations

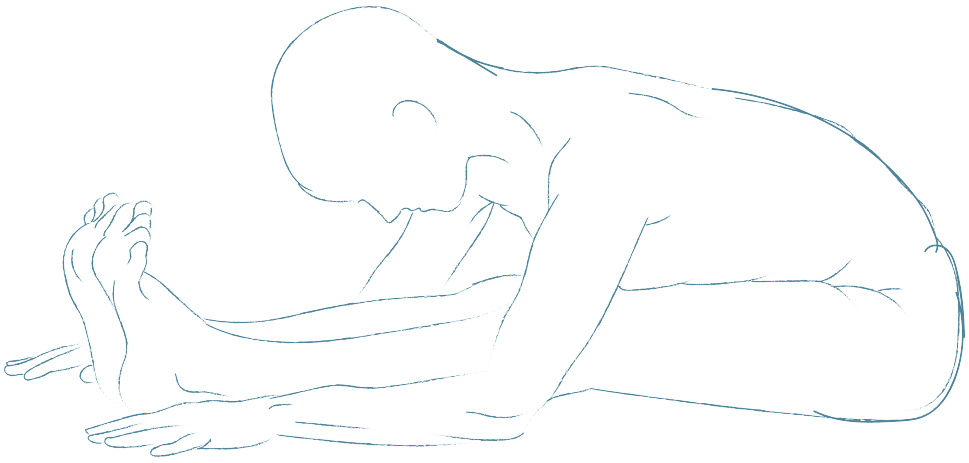
Lifting chest as you inhale, fold deeper as you exhale. Sit facing wall with feet pushing into baseboard. Clasp big toes with forefinger and thumbs.

Props

Blanket, block, strap

Adjustments

Align head to tail, press into upper spine.



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Yoga Mudra Pose
(YOGA MUDRASANA)

Keep your journal close by so you can write out the following information while watching the tutorial or after watching & practicing the Asana:

- **Muscles Involved**
- **Common Misalignments**
- **Avoidances & Risks**
- **Prenatal Modifications**

Shoulder and chest stretch.

Cueing

Sit in Easy Pose with hands behind, fingers interlaced in yoga mudra. Gently squeeze the shoulder blades together and away from the head, roll the arm bones back. Inhale as you lift your chest. Exhale as you fold forward. Keep the shoulders rolling back as you lift the hands up off the tailbone and toward the sky. Inhale to come up and release mudra.

Modifications

Legs straight, hands behind with fingertips to floor. Do the same arm position from Child's Pose.

Variations

Holding opposite albows across lower back.

Props

Strap

Adjustments

Gently move hands away from spine, roll shoulders back.



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Butterfly Pose
(BADDHA KONASANA)

Keep your journal close by so you can write out the following information while watching the tutorial or after watching & practicing the Asana:

- **Muscles Involved**
- **Common Misalignments**
- **Avoidances & Risks**
- **Prenatal Modifications**

Hip opener.

Cueing

Sit with the feet close to the body; soles of the feet pressing together, hands wrapped around feet, ankles or shins. Actively draw the thighs away from the pubic bone and release the knees toward the ground. Sit tall, extending up through the crown of the head, draw the collarbones wide apart, and slide the shoulder blade tips down the spine. Maintain the natural curvature of the spine.

Modifications

Feet further away from pelvis.

Variations

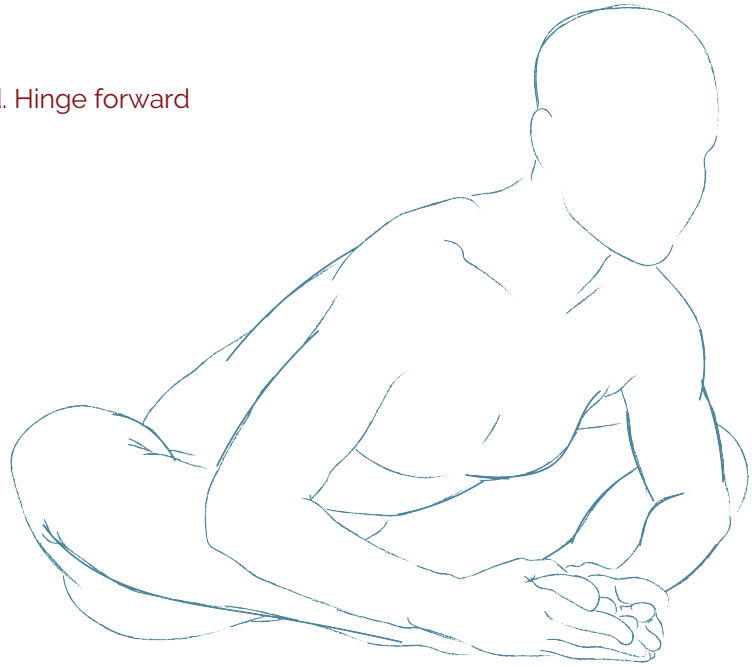
Bounce the knees up and down. Side bend. Hinge forward from the hips. Lie back over a bolster.

Props

Block, strap, bolster.

Adjustments

Reach forward from the tailbone.



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Simple Twist Pose
(PARIVRTTA SUKHASANA)

Keep your journal close by so you can write out the following information while watching the tutorial or after watching & practicing the Asana:

- **Muscles Involved**
- **Common Misalignments**
- **Avoidances & Risks**
- **Prenatal Modifications**

Massages and stimulates abdominal organs.

Cueing

Sit in Easy Pose. Place your left hand on your right thigh and your right hand behind you close to your tailbone. Twist to the right with lots of space between your belly and your chest. Keep lifting up through the crown of the head as you gaze to the right. Relax the jaw, soften the throat and move the shoulder blades towards the waist.

Modifications

One or both legs extended if straining knee.

Variations

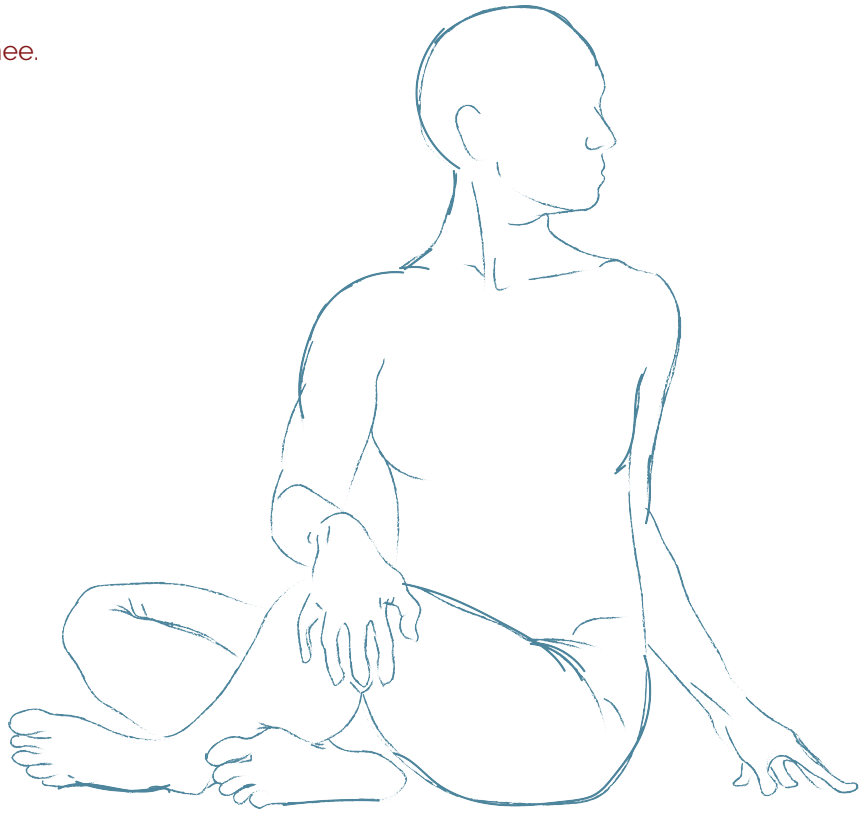
Wrap the right hand around the left hip.

Props

Block to sit on or to support the right hand.
Sit on a chair.

Adjustments

Hands gently draw shoulders down. Move head over spine if forward or dropped.



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Half Lord of the Fishes Pose
(ARDHA MATSYENDRASANA)

Keep your journal close by so you can write out the following information while watching the tutorial or after watching & practicing the Asana:

- **Muscles Involved**
- **Common Misalignments**
- **Avoidances & Risks**
- **Prenatal Modifications**

Chest opener; massages abdominal organs.

Cueing

Sitting with the right leg extended, bend the left leg, placing the foot on the outside of the straight right leg. If available, bend the right knee and and sit evenly over the sitting bones. Place the rig.ht hand (or elbow) on the outside of the left leg, and the left hand on the floor, close to the body. Inhale to find length and space in the torso, exhale to twist to the left. Maintain the curve in the lower back, avoid leaning back. Feel the spirtal from the pelvis up to the throught the spine to the head. Maintain the neutral curves of the spine. Gaze to the left, chin stays parallel to the ground.

Modifications

Sit with the bottom leg straight. Sit on block. Use hand instead of elbow to draw knee toward body.

Variations

Reach the hand around towards outer hip and the opposite arm around the front shin to bind the hands or fingertips together.

Props

Block; strap if binding hands.

Adjustments

Hands on shoulders to release down the back.



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Cow Face Pose
(GOMUKHASANA)

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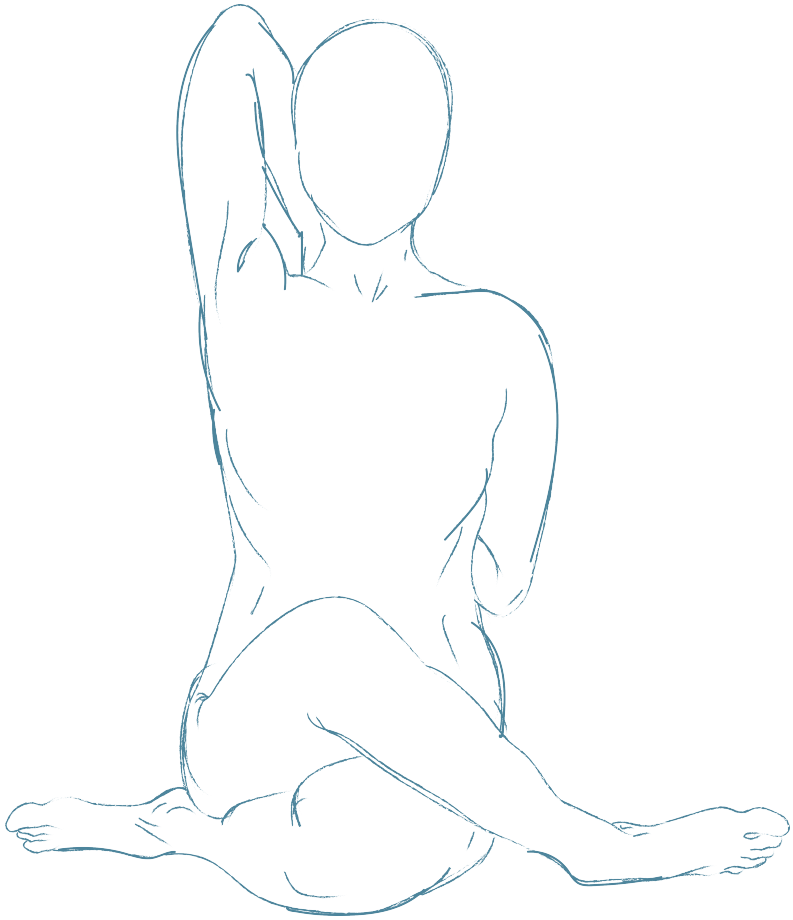
- **Muscles Involved**
- **Common Misalignments**
- **Avoidances & Risks**
- **Prenatal Modifications**

Chest opener; shoulder stretch; hip opener with forward fold.

Cueing

From seated, cross your right knee over your left bent knee, thighs stacked and feet in towards the hips. Sit evenly over the sitting bones. Reach up and back with your right hand, placing fingertips on the shoulder. Hug the bent elbow in close to your head with the elbow pointing back. Sit tall with your chest lifted and shoulders relaxed. Bring your left arm out to your side with the palm face back, bend the elbow and walk your hand up your back towards your upper hand. Possibly hook the fingers together but do not force.



Modifications

Sit on block; use strap between hands.

Variations

If fingers clasp, fold torso forward over thighs.

Props

Block, Strap

Adjustments

Hand on crown. Move top elbow back.

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Shoulder Stand Pose

(SALAMBA SARVANGASANA)

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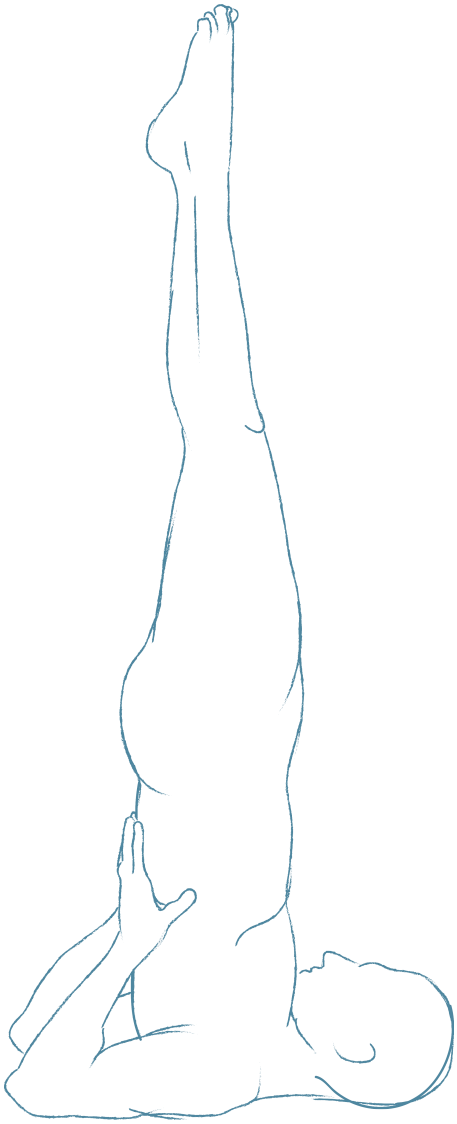
- **Muscles Involved**
- **Common Misalignments**
- **Avoidances & Risks**
- **Prenatal Modifications**

Soothing to the nervous system and decreases varicose veins.



Cueing

From Plow Pose, support the back with the hands, elbows no wider than shoulder-width apart. Engage core and extend legs, toes toward the ceiling, bring torso, legs and feet into one long, vertical line. Root the back of the head to keep neck in neutral and walk hands toward shoulder blades to lift more of spine off the floor. Keep throat open. Hug legs in toward each other and lift up through pubic bone and feet, toward sky.

To come out, return to Plow Pose.

Modifications

Use stacked blankets under upper back to reduce flexion in neck/cervical spine.
Flex at hips so that legs are in a shallow v-shape (toes over forehead), rather than vertical from torso through legs and feet. Strap around upper arms to hold elbows at shoulder-width.

Variations

One leg lowers overhead toward the ground. Soles of the feet together, knees bent. Legs in wide 'V'.

Props

Wall, blankets, strap

Adjustments

Tuck elbows under. Help lift legs up.

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Plow Pose
(HALASANA)

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- **Muscles Involved**
- **Common Misalignments**
- **Avoidances & Risks**
- **Prenatal Modifications**

Calming to the nervous system and stimulates thyroid gland.

Cueing

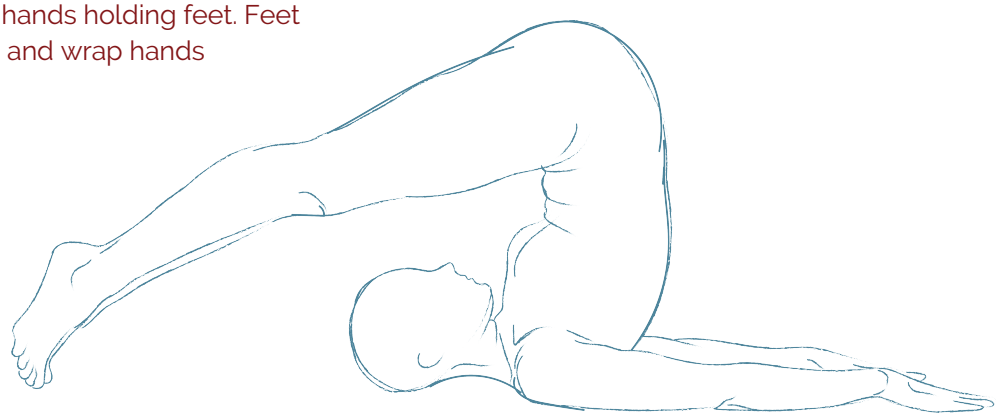
Lie down on your back with your knees bent and arms at your side. Draw the navel in, exhale and lift your legs up and over your head. Walk the hands up the back and tuck elbows under. Settle the weight of the pelvis over the shoulders and root the back of the head to keep the neck in neutral. Draw the chin away from the chest and soften the throat. With your toes on the ground, lift the tailbone and thighs up towards the sky; try not to round your back. Your hands can stay on the back or press arms into mat, fingers extending toward the foot of the mat or hands in yoga mudra. To release, bend the knees towards the shoulders, and roll down slowly, with control, vertebra by vertebra.

Modifications

Feet against a wall. Use stacked blankets under upper back to reduce flexion in neck/cervical spine. Strap around upper arms to hold elbows at shoulder-width.

Variations

Yoga Mudra. Arms overhead, hands holding feet. Feet mat-width apart. Bend knees and wrap hands over calves.



Props

Blankets or foam blocks placed under upper back and shoulders.
Use a Bolster, blocks or chair to support feet. Strap around upper arms.

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Reclining Hand to Big Toe Pose
(SUPTA PADANGUSTHASANA)

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- **Muscles Involved**
- **Common Misalignments**
- **Avoidances & Risks**
- **Prenatal Modifications**

Stretches the hamstrings, inner thighs and low back.

Cueing

Lie on your back holding your right knee towards your chest with your left leg extended long, back of thigh pressing into mat. Reach out through the heels of both feet. Wrap your peace fingers around the right big toe and stretch the leg up and over to the right. Keep both hips level and grounded, ribs and low belly anchored. Actively reach out through the heels and roll the thighs inward.

Modifications

Use a strap around the foot or ankle. Anchoring leg bent.

Variations

Bring the leg up and over to the other side to stretch the IT band.

Props

Wall, strap, and sandbag weight on thigh or hips.

Adjustments

Hand on hip of leg on the floor to keep hips rooted and level.



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1 Knee Twist Pose

(SUPTA MATSYENDRASANA)

Keep your journal close by so you can write out the following information while watching the tutorial or after watching & practicing the Asana:

- **Muscles Involved**
- **Common Misalignments**
- **Avoidances & Risks**
- **Prenatal Modifications**

Deep spinal twist nourishes the organs.

Cueing

Lie on your back and hug your right knee into your chest, left leg long. Place your right foot on your left leg. Use the left hand to draw the knee across as you roll onto the outer left hip. Right arm extends out in line with the shoulder, head turned, looking to the right. Let the right foot rest on the thigh or mat, wherever it is comfortable.

Modifications

Bend both knees. block or bolster to support the bent knee (between knee and floor).

Variations

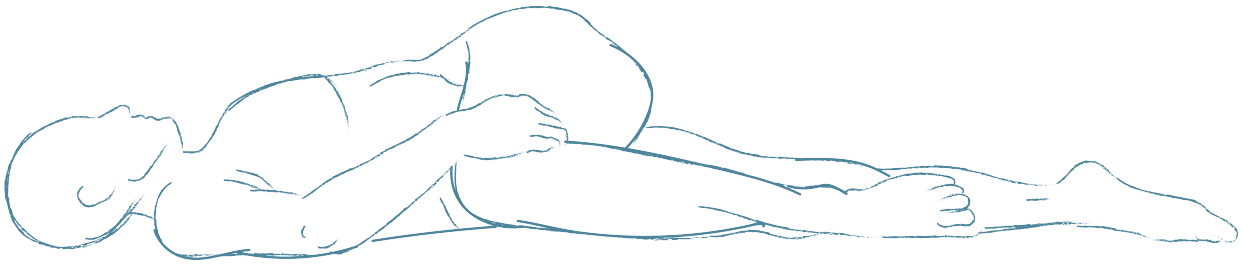
Bound twist: Wrap your peace fingers around the big toe and straighten the leg out to the side. Bend the bottom leg and reach for the foot with the hand.

Props

Bolster, block or folded blanket.

Adjustments

Gently anchor the extended arm/shoulder and rotate top hip away from shoulder.



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2 Knee Twist Pose

(JATHARA PARIVARTANASANA)

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- **Muscles Involved**
- **Common Misalignments**
- **Avoidances & Risks**
- **Prenatal Modifications**

Stretches the hips and spine.

Cueing

Lie on your back with your knees into your chest. Place the arms in line with the shoulders, palms face down. Roll to the outer right hip and release the knees to the right. Roll the head left, gaze at the left hand.

Modifications

Block under or between knees. Place same side hand on bent knees.

Variations

Top leg crosses over bottom leg. Legs straight instead of bent.

Props

Block, bolster

Adjustments

Gently press arms down, lengthen side body, rotate hip.



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Happy Baby Pose
(ANANDA BALASANA)

Keep your journal close by so you can write out the following information while watching the tutorial or after watching & practicing the Asana:

- **Muscles Involved**
- **Common Misalignments**
- **Avoidances & Risks**
- **Prenatal Modifications**

Stretches low back, groin and hips.

Cueing

Lying on your back, hug your knees into your chest, bringing knees as wide as the outer ribs, or wider apart. Reaching hands between the knees, catch inner or outer edges of the feet. Soles of the feet face the sky. Knees draw down towards the armpits. Tailbone stays on the ground; neck curve stays neutral.

Modifications

Strap around feet. One leg at a time. Block or blanket under the head if unable to maintain neutral neck curves. Block or blanket to support pelvis if tailbone is lifting from the ground.

Variations

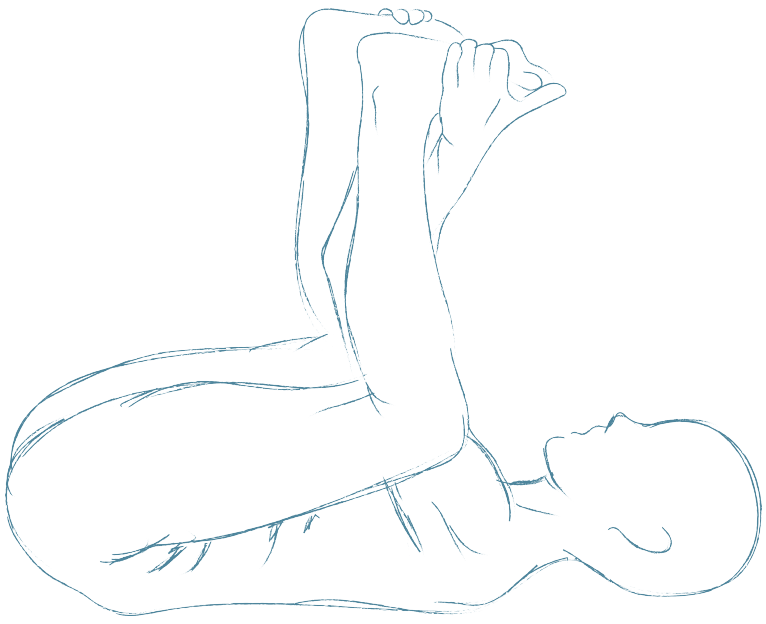
Rock side to side, Shift to one side, straighten opposite leg.

Props

Strap, blocks, blanket.

Adjustments

Ensure head is properly supported.



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