



Thank you for purchasing Yoga Redefined's Yoga Classes!

Each class is intended to be a blend of Hatha, Kripalu and ropana yoga and not to be rushed through. Having said that, if you teach more of an Ashtanga style, you can move more swiftly through the poses and repeat the sequences but note that the time allotted for my style class is 60 minutes. Each section has a timer at the end of the sequence to show you how long it should take you to move through that sequence.

Cueing is to instruct your student to get into a pose safely. In my opinion, the easiest way to do that is to describe what their skeleton should do with key points in the body. For example lift through the crown of the head gets them to elongate the spine. Hinge at the hips, bends at the hips without rounding the lower back. And so on. There are more creative phrasing and types of cueing to add to these. For more cueing knowledge and information, you can purchase my Learn How to Cue effectively online video! See more information on the my Shop Page linked [HERE](#)

If you have any questions about your class you downloaded, send me an email at dena@yoga-redefined.com.

Class 2

Pose

Cueing

Easy Pose

Sukhasana Come to seated sitting forward on the sitting bones and legs crossed. Lift up through the crown of the head, long straight spine.

Neck Rolls

Sit forward on the sitting bones. Relax the shoulders down and lift up through the crown of the head. Hands relax on knees. As you exhale, let your head drop down to center with chin toward chest. Inhale, roll the head up to ear over shoulder. Exhale slowly roll the head down toward center. Inhale up to the other side. Exhale to center. Repeat. *(I prefer to say go at your own pace and quiet down for the remaining neck rolls with gentle reminders to sit tall watch your clients bodies and remind if they begin to settle or slump. 3mins)*

Head to Knee Pose

Janu Sirsasana *(lateral 3x)* your inhale sweeps that left leg out to the side laterally and reaches that right arm up. As you exhale leading with the left side of your body, allow your side to come over that left leg. Hold for a breath. Inhale sweeps both arms and the body back up the exhale releases the right arm down next to the right hip and reaches the left arm to the right side overhead stretching that left side of the body. Inhale brings both arms in the body back up, exhale, coming down, laterally over that left leg, reaching that right arm away. Inhale lift the arms and the body back up exhale that right hand down to the floor reach with that left hand. Inhale and come back up to center. Exhale release the arms down to center. Exhale and walk them away leaving them relaxed or reaching elbows lifted letting the head fall down to center if the back feels safe. Inhale walk the upper body back up to center exhale walk the hands around that left side and twist the upper body to the left. Let the gaze fall to the floor. Feel free to reach that left arm around the lower back to hold inside the right thigh. Hold for a few rounds of breath.

Firelog Pose

Agnistambhasana Inhale brings you back to center and bends that left knee and aligns the left ankle over the right knee. *(If knee limitation set the left foot on the floor in front of the right knee or on*

a block.) Making sure to be forward on the sitting bones, with your next exhalation, lead with the belly and bend forward. You can release the hands to the floor and slowly walk the upper body down toward the floor to center. Hold for a few rounds of breath. Your inhale walks you back up to center and sweeps open that right leg.

Seated Straddle Pose

Upavistha Konasana (also known as Wide Angle Seated Forward Bend) Open the legs wide and roll forward on the sitting bones. As you inhale with hands at the floor in front of you, lead with the belly, walk the hands away from you toward center. Let the upper body relax into the forward bend as you exhale. Rest here. Notice the difference in the legs having only stretched one side.

Head to Knee Pose

Janu Sirsasana (*lateral 3x*) your inhale sweeps that left leg in to the middle laterally and reaches that left arm up. As you exhale leading with the right side of your body, allow your side to come over that right leg. Hold for a breath. Inhale sweeps both arms and the body back up the exhale releases the left arm down next to the left hip and reaches the right arm to the left side overhead stretching that right side of the body. Inhale brings both arms in the body back up, exhale, coming down, laterally over that right leg, reaching that left arm away. Inhale lift the arms and the body back up exhale that left hand down to the floor reach with that right hand. Inhale and come back up to center. Exhale release the arms down to center. Exhale and walk them away leaving them relaxed or reaching elbows lifted letting the head fall down to center if the back feels safe. Inhale walk the upper body back up to center exhale walk the hands around that right side and twist the upper body to the right. Let the gaze fall to the floor. Feel free to reach that right arm around the lower back to hold inside the left thigh. Hold for a few rounds of breath.

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toward the floor to center. Hold for a few rounds of breath. Your inhale walks you back up to center and sweeps open that left leg.

Seated Straddle Pose

Upavistha Konasana (also known as Wide Angle Seated Forward Bend) Open the legs wide and roll forward on the sitting bones. As you inhale with hands at the floor in front of you, lead with the belly, walk the hands away from you toward center. Let the upper body relax into the forward bend as you exhale. Rest here. Inhale walk the hands toward the left coming to rest just inside the left leg. Exhale rest here. Inhale lift the upper body just a little and bring the belly on or over the thigh. Exhale and rest here. Continue to breathe. When you are ready, inhale walk the hands up the leg roll the spine up one vertebra at a time. Bring the hands just inside the right leg, exhale and lower down here. Rest and breathe. Inhale lift the upper body just a little and bring the belly on or over the right thigh. Exhale and rest here. Continue to breathe. When you are ready, inhale walk the hands up the leg roll the spine up one vertebra at a time. Turning the body back to center, exhale and lower back down to center noticing if the depth of the stretch has changed.

Next inhale sweep the arms back up to center with the upper body. Turn the upper body over that left leg and with a long straight spine, on your exhale, hinge at the hips. Keeps the arms strong, straight and lifted as your upper body hovers over the left leg. Hold for a breath. As you inhale, lift the arms and body back up to center. Turn the belly to face that right leg and exhale down there. Strong arms, straight spine. Hold for a breath. Inhale come up to center. Turn to face center and on your exhale with a strong straight spine come to center and hover. Hold for a breath. Inhale returns you to center and exhale releases the arms.

Bound Angle

Buddha Konasana Inhale sweep the feet together with bottoms of the feet facing each other and touching. Knees relax down toward the floor. Forward on the sitting bones. Lift through the crown of the head and exhale bend the body forward. Your hands can be at the floor for support or can hold the feet or ankles. Hold for a few rounds of breath.

Inhale lifts the body back up to center. With a straight spine press up through the crown of the head take a toe hold with both hands on each big toe. Lean backward on the sitting bones with a straight spine, broad and strong chest and lift both feet off the ground still maintaining your bound angle position. Hold and balance.

To add onto your pose, maintain the left leg as is inhale straighten the right leg press up through the crown of the head, keeping the spine straight. Maintain that balance for a few breaths. If you wish to add on further, bring that left leg into a half lotus position. Feel free to reach around behind the back and bind that left foot.

Inhale returns that left leg to center and now extends out that right leg. Continue to balance and hold for a few rounds of breath. If you wish to add on, bring that right leg to a half lotus position. Feel free to reach around behind the back and bind that right foot.

Exhale when you're ready release both feet down to the floor, extend the legs straight to Paschimottanasana.

Seated Forward Bend

Paschimottanasana. With the legs out straight and toes pointed to the ceiling, exhale come forward on the sitting bones, lead with the belly and come down over the legs. Hold for a couple of rounds of breath. Inhale walks you back up to seated.

Flowering lotus

Vikasita Kamalasana As we are sitting strongly forward on the sitting bones we're going to lift both feet back up again, coming into flowering lotus position. Bringing the heels together in front of you flexing the feet toes pointed out to each side. With both knees are bent the right arm position is elbow under just below the right knee left arm elbow under just below the left knee. Bring the hands to Jnana Mudra with the thumb and first finger together, making an O and open the last three fingers, palms facing out. Hold and balance for a few breaths. Exhale releases the legs to the floor.

Half lord of the Fishes

Ardha Matsyendrasana

Inhale brings that right leg over the left leg with the left leg bent underneath or straight if need be. The right foot is on the floor. As

you inhale press up through the crown of the head, roll forward on the sitting bones. Exhale hugging that right knee into the chest with that left arm, twisting to the right side, right hand comes down behind the back. Hand position can be holding the outside of the knee, bringing the elbow to the outside of the leg, palm facing out arm straight up. Or Feel free to reach around behind to grab the inner thigh on the left or bind to the left hand through that right leg. Hold for a couple of rounds of breath. Inhale and return to center.

Your next inhale brings that left leg over the right leg with the right leg bent underneath or straight if need be. The left foot is on the floor. As you inhale press up through the crown of the head, roll forward on the sitting bones. Exhale hugging that left knee into the chest with that right arm, twisting to the left side, left hand comes down behind the back. Hand position can be holding the outside of the knee, bringing the elbow to the outside of the leg, palm facing out arm straight up. Or Feel free to reach around behind to grab the inner thigh on the right or bind to the right hand through that left leg. Hold for a couple of rounds of breath.

Seated Forward Bend

Paschimottanasana Inhale extend the legs out in front leg straight. Lift up through the crown of the head exhale hinge from the hips bend forward, release that lower back. Inhale and return back to center.

16 min

Downward Dog **Adho Much Svanasana** Rotating the feet around to come into table, hands under the shoulders knees under the hips, turning the back toes under press up and back into Downward Dog, alternate the heels pressing them down to the floor press the mat away with the hands when you feel ready, settling into your downward dog again press into the mat let the head drop down in between both elbows are straight heels press down into the mat. As we inhale will take up that right leg behind us as we exhale sweep that leg to the forward with the right knee to right elbow, inhale reaches it back behind, exhale right knee to left elbow, inhale reaches it back behind again, exhale right knee into the chest and hold to center. Exhale. Inhale lift the foot up to the top of the mat coming into a Low Lunge.

Low Lunge

Anjaneyasana Holding here for a round of breath, letting the legs open right ankle should be directly under the right knee, relaxing into that open left hip flexor bringing the hands to the inside of the right foot, as we exhale will come down to the forearms. Staying here or coming into Lizard Pose....

Lizard Pose

Utahan Pristhasana By bringing the left-hand to the top of the right foot right arm comes around the outside of the right knee. Take a twist to the right here looking over that right shoulder. Hold and breathe.

Staying here or releasing that right hand up and reaching it up overhead with a straight elbow gaze comes to the right side. When you're ready, your exhale brings that right hand back down to the floor inhale brings both hands to the inside of the right foot. Your next inhalation presses into the hands and into the left foot sweeping back up and behind that right leg exhale settles it down to Downward Dog.

Downward Dog

Adho Much Svanasana As we inhale will take up that left leg behind us as we exhale sweep that leg to the forward with the left knee to left elbow, inhale reaches it back behind, exhale left knee to right elbow, inhale reaches it back behind again, exhale left knee into the chest and hold to center. Exhale. Inhale lift the foot up to the top of the mat coming into a Low Lunge.

Low Lunge

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Lizard Pose

Utahan Pristhasana By bringing the right hand to the top of the left foot left arm comes around the outside of the left knee. Take a twist to the left here looking over that left shoulder. Hold and breathe.

Staying here or releasing that left hand up and reaching it up overhead with a straight elbow gaze comes to the left side. When you're ready, your exhale brings that left hand back down to the

floor inhale brings both hands to the inside of the left foot. Your next inhalation presses into the hands and into the right foot sweeping back up and behind that left leg exhale settles it down to Downward Dog.

Downward Dog Twist

Adho Much Svanasana Pressing the mat away with the hands on the exhale when you're ready reach that left arm to the right ankle for a Downward Dog twist. Your gaze comes underneath that right arm and gaze off to the right side. Maintain the heels evenly. Hold for two rounds of breaths. Inhale when you're ready releases that left arm and returns it back to Downward Dog.

Your inhale when you're ready reaches back right hand to left ankle press the mat away with that left hand looking underneath that left arm, twisting in your Downward Dog. Hold for a couple of breaths. Inhale returns, releasing that right arm back to the mat and back into your Downward Dog.

Plank Pose

Phalakasana Inhale come up onto the toes, roll the body forward, coming into your Plank Pose straight spine, straight hips. Straight line from the crown of the head all the way down to the heel. Hold for a few rounds of breath. When you're ready will exhale and lower down slowly with control to the mat, keeping the elbows in close to the body.

Cobra Pose

Bhujangasana Inhale when you're ready, bring your hands under your shoulders, elbows in close to the body. pressing into your hands and lift into your Cobra. Hips stay grounded, shoulders are back and down, spine is long, lift through the chest.

Plank Pose

Phalakasana Inhale when you're ready, pressing out of your Cobra back up to your plank hold for a breath

Downward Dog

Adho Much Svanasana Inhale and press back to your Downward Dog heels once again come down to the mat.

10 min

Standing

Forward Bend **Uttanasana** Inhale jumps or steps the feet toward the front of the mat your exhale releases you down into your Forward Bend inhale
Extended Forward Bend nice strong spine press through the crown of the head back is flat.

Mountain Pose **Tadasana** Sweep the arms up overhead coming up into your Mountain as you exhale twist to the left side, arms come to a T position. Gaze comes over that left hand inhale coming back up the center exhale twist that right side, gaze over that right hand. Inhale back up to center two more times each side. Inhale returns you to center.

Chair Pose **Utkatasana** On your exhale, sit back into your Chair Pose. Knees directly over the ankles. Arms reach forward with thumbs toward the sky and palms facing each other. Back is straight, pressing up through the crown of the head, shoulders down away from the ears.

Warrior III **Virabhadrasana III** Shifting the weight to the left, tapping that right foot find your balance on the left side. Slowly inhale and lift that right leg out behind straight into **Warrior III**. The hands can be out straight, in Anjali Mudra, or reaching behind down along your sides. Hold for a breath.

Half Moon Pose **Ardha Chandrasana** From your **Warrior III**, inhale the arms out to a T position, as you exhale take a rotation with the arms reaching that left hand down to the floor or a block, right hand to the sky. Left knee is soft. Right arm, which is up to 12 o'clock coming into your **Half Moon Pose**. Hold for few breaths. Find your balance in your pose.

Warrior III **Virabhadrasana** To transition back to **Warrior III** from **Half Moon Pose** press into that left foot, lift the upper body up to **Floating Half Moon** then rotate the hips to face the floor. Bring the hands back to Anjali Mudra, press through that right foot and press through the crown of the head. Exhale release that back foot slowly with control, down to the floor behind you.

Warrior I **Virabhadrasana** As you come into your Warrior I, your inhale sweeps the arms up overhead palms face each other shoulders are

back and down. Left knee is directly over the left ankle, pressing through that back heel to straighten that back leg. Gaze is forward.

Warrior II **Virabhadrasana** Your next exhalation lowers the arms to a T position and rotates the hips. Keep that left knee bent directly over the ankle, slight turn in that back right foot in your **Warrior II** gaze is over that left hand.

Triangle Pose **Trikonasana** Inhale press into that left knee, straighten the left leg. Hips are still facing to that right side. Lift up through the crown on the head. As we exhale reach with that left arm and upper body, release it down to the left leg or in front or behind that left foot, or use a block. Right arm reaches up to the sky.. Gaze can be down, forward or up. Hold and breathe.

Exhaled Warrior **Viparita Virabhadrasana** Inhale press into the feet sweep the arms up with a cart wheel, so now the left arm is above the head, right hand holds the inner right thigh. Gaze comes up to the sky for **Exalted Warrior**. Next inhale sweep that right arm up, the left arm down and brings you back into your **Triangle Pose** - with control. Repeat two more times.

Warrior I **Virabhadrasana** Your inhale brings the right arm up overhead turn the hips forward. Exhale bends the left knee coming back into **Warrior I** hold for a breath. Sink down into your pose engage the quadriceps on the left side draw that left knee over the left ankle to realign.

Warrior III **Virabhadrasana** As you exhale. Press into the left foot. Slowly with control draw that right leg up behind you coming back into **Warrior III**. You can keep the hands up overhead, out to a T position or draw them into Angeli Mudra or down along your sides. As you hinge at that left hip, bringing the body into a straight line horizontally, parallel to the floor. Gaze can be forward or at the floor if you need assistance with balance. Continuing to breathe. Hips are facing the floor toes are nice and wide.

Standing Splits Pose **Urdhva Prasrita Eka Padasana** On your next exhalation, when you feel balanced hinging further at the hips, this time, releasing the

hands down and either holding the ankle, the back of the leg or the floor on either side of the foot. As you're bending forward, lift that right leg up toward the sky. Hold and breathe. Pressing through the toes of that right foot and pressing into the floor grounding with that left foot.

Warrior III **Virabhadrasana** Inhaling when you're ready, lifting the upper body back up, very controlled hips still face the floor. Sweeping back into your **Warrior III** reach with those right toes, pressing into the left foot.

Tree Pose **Vrkasana** Bringing the hands into Angeli Mudra. Your next inhalation returns the body to an upright position, sweeping that right foot into your **Tree** position with a heel on the inside of the left thigh above or below the knee. Right knee is open to the right side. Pressing into the left foot and up and out through the crown of the head. Relaxing the shoulders back and down. You can stay right here for your **Tree** or you can inhale the arms up above the head and add some movement to your branches. Let your tree sway in the breeze and challenge your balance. Hold for a few rounds of breath on your next exhalation, release the leg down to the floor.

Standing
Forward Bend **Uttanasana** Inhale reach up the arms overhead. Exhale and slowly lower down into your forward bend. Very relaxed stretching through the back of the body.

REPEAT OTHER SIDE

Standing
Forward Bend **Uttanasana** Inhale jumps or steps the feet toward the front of the mat your exhale releases you down into your Forward Bend inhale **Extended Forward Bend** nice strong spine press through the crown of the head back is flat.

Mountain Pose **Tadasana** Sweep the arms up overhead coming up into your Mountain as you exhale twist to the left side, arms come to a T position. Gaze comes over that left hand inhale coming back up the center exhale twist that right side, gaze over that right hand. Inhale back up to center two more times each side. Inhale returns you to center.

- Chair Pose** **Utkatasana** On your exhale, sit back into your Chair Pose. Knees directly over the ankles. Arms reach forward with thumbs toward the sky and palms facing each other. Back is straight, pressing up through the crown of the head, shoulders down away from the ears.
- Warrior III** **Virabhadrasana III** Shifting the weight to the right, tapping that left foot find your balance on the right side. Slowly inhale and lift that left leg out behind straight into **Warrior III**. The hands can be out straight, in Anjali Mudra, or reaching behind down along your sides. Hold for a breath.
- Half Moon Pose** **Ardha Chandrasana** From your **Warrior III**, inhale the arms out to a T position, as you exhale take a rotation with the arms reaching that right hand down to the floor or a block, left hand to the sky. Right knee is soft. Left arm, which is up to 12 o'clock coming into your **Half Moon Pose**. Hold for few breaths. Find your balance in your pose.
- Warrior III** **Virabhadrasana** To transition back to **Warrior III** from **Half Moon Pose** press into that right foot, lift the upper body up to **Floating Half Moon** then rotate the hips to face the floor. Bring the hands back to Anjali Mudra, press through that left foot and press through the crown of the head. Exhale release that back foot slowly with control, down to the floor behind you.
- Warrior I** **Virabhadrasana** As you come into your Warrior I, your inhale sweeps the arms up overhead palms face each other shoulders are back and down. Right knee is directly over the right ankle, pressing through that back heel to straighten that back leg. Gaze is forward.
- Warrior II** **Virabhadrasana** Your next exhalation lowers the arms to a T position and rotates the hips. Keep that right knee bent directly over the ankle, slight turn in that back right foot in your **Warrior II** gaze is over that right hand.
- Triangle Pose** **Trikonasana** Inhale press into that right knee, straighten the right leg. Hips are still facing to that left side. Lift up through the crown on the head. As we exhale reach with that right arm and upper body, release it down to the right leg or in front or behind that right foot, or

use a block. Left arm reaches up to the sky. Gaze can be down, forward or up. Hold and breathe.

Exhaled Warrior Viparita Virabhadrasana Inhale press into the feet sweep the arms up with a cart wheel, so now the right arm is above the head, left hand holds the inner left thigh. Gaze comes up to the sky for **Exalted Warrior**. Next inhale sweep that left arm up, the right arm down and brings you back into your **Triangle Pose** - with control. Repeat two more times.

Warrior I Virabhadrasana Your inhale brings the left arm up overhead turn the hips forward. Exhale bends the right knee coming back into **Warrior I** hold for a breath. Sink down into your pose engage the quadriceps on the right side draw that right knee over the right ankle to realign.

Warrior III Virabhadrasana As you exhale. Press into the right foot. Slowly with control draw that left leg up behind you coming back into **Warrior III**. You can keep the hands up overhead, out to a T position or draw them into Angeli Mudra or down along your sides. As you hinge at that right hip, bringing the body into a straight line horizontally, parallel to the floor. Gaze can be forward or at the floor if you need assistance with balance. Continuing to breathe. Hips are facing the floor toes are nice and wide.

Standing Splits Pose

Urdhva Prasrita Eka Padasana On your next exhalation, when you feel balanced hinging further at the hips, this time, releasing the hands down and either holding the ankle, the back of the leg or the floor on either side of the foot. As you're bending forward, lift that left leg up toward the sky. Hold and breathe. Pressing through the toes of that left foot and pressing into the floor grounding with that right foot.

Warrior III Virabhadrasana Inhaling when you're ready, lifting the upper body back up, very controlled hips still face the floor. Sweeping back into your **Warrior III** reach with those left toes, pressing into the right foot.

14 min

Tree Pose

Vrkasana Bringing the hands into Angeli Mudra. Your next inhalation returns the body to an upright position, sweeping that left foot into your **Tree** position with a heel on the inside of the right thigh above or below the knee. Left knee is open to the left side. Pressing into the right foot and up and out through the crown of the head. Relaxing the shoulders back and down. You can stay right here for your **Tree** or you can inhale the arms up above the head and add some movement to your branches. Let your tree sway in the breeze and challenge your balance. Hold for a few rounds of breath on your next exhalation, release the leg down to the floor.

Standing Forward Bend

Uttanasana Inhale reach up the arms overhead. Exhale and slowly lower down into your forward bend. Very relaxed stretching through the back of the body. Hold and breathe.

Chair Pose

Utkatasana Inhale press into the feet, sweep the arms back up, palms face each other. Exhale sit back into your **Chair Pose**. Knees directly over the ankles. Shoulders are backing down chest lifted up arms reach up. Strong spine. Sitting back toward the heels of the feet. Hold for a few rounds of breath.

Revolved Chair Pose

Parivrtta Utkatasana

On your next inhalation, bring the hands into Anjalee Mudra. Exhale take a twist to the right. Left elbow comes to the outside of the right knee. Make sure your feet are placed evenly on the floor and the knees are even. Bringing your gaze over that right shoulder hold for two rounds of breath.

Inhale when you're ready returning back to center. Exhale brings you around to the left side, again, checking the alignment of the feet, the ankles and the knees. Right elbow comes to the outside of the left knee. Gaze is over that left shoulder.

Inhale returns you back to center keeping the hands in Anjali Mudra your exhale when you're ready, brings you slowly all the way down to seated.

Boat Pose

Navasana Inhale lift the feet up off the floor coming into **Boat Pose**. Straighten the knees if you can, legs are up toward the sky and upper body is straight so it appears the whole body is in a V position. If you need to, you can bend the knees or hold behind the legs to assist. If you're comfortable, the arms reach forward, pressing up through the crown of the head and into the sitting bones into the floor helps to elongate the spine and maintain balance. Hold for a few rounds of breath.

When you feel ready on your next exhale hands come to Anjali Mura take a twist off to your left. Bring your gaze off to your left hold for a breath.

Inhale brings you back to center exhale right around to the right side gaze off to the right. Inhale drives you back to center again.

Balancing Bound

Angle Pose

Dandayamana Buddha Konasana As you exhale next, bend the knees, bring the soles of the feet together. Holding onto the ankles or the feet and come into Balancing Bound Angle. Balance and breathe.

Easy Pose

Sukhasana Exhale when you're ready allow the feet to come down to the mat. Coming into Easy Pose. Come to seated sitting forward on the sitting bones and legs crossed. Lift up through the crown of the head, long straight spine.

Eagle Pose

Arm Variation

Garudasana Inhale draws the arms out to a T position your exhale sweeps the right elbow under left elbow, bend the elbows crosses the forearms back again, and brings the palms together or the right hand holds the thumb of the left hand while the left hand is pointed to the sky. Shoulders are back and down. Press the elbows away from the body, sitting up nice and tall as you exhale. Next press the elbows down toward the floor as you inhale lift the elbows up big stretch to the upper back. Continue to maintain the hand and arm position. Your exhale brings the elbows back down inhale draws the back up again. exhale them back down, inhale them back up.

Your next exhalation release is the arms draws the arms open on your inhale out to a T position. Your next exhale brings the left under

right elbows, bend the elbows, cross again at the forearms and bring the palms together. This time left hand holds the right thumb. Your exhale draws the elbows down inhale lifts the elbows up repeat two more times.

Exhale when you're ready and release the arms.

Fish Pose

Matsyasana Inhale and straighten the legs in front of you. Bring the hands underneath your sitting bones. Keeping your weight on the sitting bones, lean back onto your elbows and align them with your hands. Inhale and lift the chest up toward the sky as you allow your head to drop down behind you. As your head settles to the floor, look up so the front of the head is what is in contact with the floor. Hold for a couple of breaths. Inhale and lift the upper body back and exhale to release the hands from underneath.

Knees to Chest Pose

Apanasana After releasing your **Fish Pose**, draw the knees into the chest and slowly lower yourself down onto your back with control.

Bridge Pose

Setu Bandha Sarvangasana Your exhale releases your feet down to the floor. Reach the hands down and lightly touch the heels to ensure alignment of the heels directly out from the hips. Feet are flat. Knees are directly over the ankles, palms face down on the floor along your sides. Shoulders are down away from the ears. Inhale presses into the feet, lifting the bottom up off the floor. Lifting as high as is comfortable. If you'd like to lift higher, you can bring the feet a step toward the head and press up further. Hands can remain down by your sides on the floor, or you can interlace the fingers beneath your palms facing together and elbows straight.

Your exhale when you're ready, releases your back down to the floor and inhale, draws the knees back into the chest.

Knees to Chest Pose

Apanasana Inhale brings both knees into the chest. Give them a hug if you wish. Allow the knees to roll around massaging your lower back into the floor while you begin to deepen and slow your breaths in preparation for Savasana. Continue to lengthen your breaths (*Quiet time for them.*) Bring this to stillness and release your feet to the floor.

Extend out the left leg straight along the floor and inhale the right knee into the chest. Holding underneath or on top of that bent right knee, as you exhale draw that right knee into the chest while simultaneously pressing through the heel of the left foot. Hold and breathe a few rounds of breath. Wrap your right hand around the outside of the right knee. Exhale and allow that right knee to fall toward the floor on your right side changing the stretch to the inner thigh.

When you are ready your exhale releases the right foot down to the floor. Your inhale brings up the left leg while extending the right leg out straight. Holding underneath or on top of that bent left knee, as you exhale draw that left knee into the chest while simultaneously pressing through the heel of the right foot. Hold and breathe a few rounds of breath. Wrap your left hand around the outside of the left knee. Exhale and allow that left knee to fall toward the floor on your left side changing the stretch to the inner thigh. When you are ready your exhale releases the left foot down to the floor. Inhale draw the right leg up into a bent position with the foot on the floor to join the left.

Full Body Stretch

Reach the arms away from your, reach your feet away in the opposite direction, feel that stretch all the way through your abdomen.

Free pose

If you wish, allow yourselves to go into any pose your body feels it needs right now before Savasana

12 min

Savasana

8 min

A Walk on the Beach

As you begin to slow and deepen your breaths, picture yourself on your favorite beach. Slowly begin walking.

As you come from behind the tall grasses walking toward the water, notice the temperature of the sand as you step. Notice the soft sand as it envelops your feet as you walk. Notice the temperature of the air. Is there a breeze? Listen as the wind blows to its sound as it sweeps past you and around you. Listen to the sounds of the water, as the waves gently crash into shore. Are you alone on your beach? Are there any other beachgoers? Listen to the sound of the birds. Can you hear the sound of their wings as they gracefully fly by?

Pause your walking. Close your eyes and feel the warmth of the sun. Can you feel its rays? Notice its position in the sky. Is it sunrise? Sunset? Middle of the day?

Continue to walk. Take a look over to your right side. Follow the shoreline as far as your eye can see. Are there houses? Rocks? A pier?

Notice the color of the sky. Notice the color of the water. As you gaze far from shore, can you see the point at which the sun and sky meet? Are there any clouds in your sky? If so, what shapes do you see? Are they floating by slowly or is the wind carrying them swiftly?

Looking straight out in front of you. Can you see any fish jumping? Can you see the point at which the wave begins to break? How clear is your water in that wave?

Look off to your left. Do you see any tall grasses swaying in the breeze? Are there any beautiful beach flowers flowing?

Look down to the sand at your feet. Can you feel the change in the temperature as you get closer to the water? Is it firmer? Cooler? Are there any rocks or shells on your beach? Or is there smooth sand only?

As you reach the water, feel the temperature as you step in. How does it feel in contrast with the air? Walk into the water as far as is comfortable for you. Feel the water as it

changes your body temperature. Pause in the water. Feel the waves as they gently crash into the shore. Feel the pull of the sand as the water swiftly moves back out to sea. Notice the ebb and flow of the ocean. How clear is your water? Can you see clearly down to your feet?

Stay where you are on your beach or feel free to walk back to the edge of the water. Allow your body to relax down to the sand. Lying back or remaining seated, gently close your eyes. Feel the water, the breeze, listen to the sound of the ocean, of the wind, of the birds.

I'll be quiet for a few minutes while you rest in your Savasana.

(After a few minutes of quiet.)

Beginning to bring some awareness back to your body and your breath. Bringing some movement back as you slowly wiggle your fingers and your toes, your arms then the legs. Remaining as you are or when you are ready, transition yourselves to a comfortable seated position. Bring your arms into Anjali Mudra into your heart center. Let the peace and grounding of this meditation and your practice today carry you through your day today and everyday. Peace. Namaste.