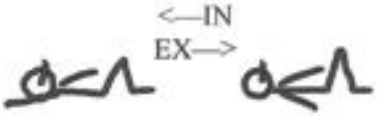
Home Practice *June 2011*

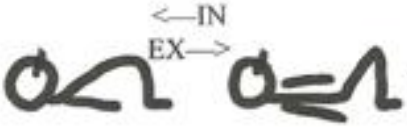
This yoga practice will bring movement to the spine and promote relaxation. It was designed to be safe for most people but may not be appropriate for everyone. Use this practice at your own risk. Always make safety a priority by honoring your own limits.

1– Observe your body and breath. Keep your attention on the flow of your breath. Let your inhale be a comfortable count of 4, and your exhale a comfortable count of 6 for 6 breaths. Allow your breath to be smooth and relaxed. Continue to keep your attention on the flow of your breath throughout the practice.

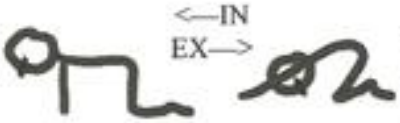


2– Inhale raise your left arm up towards the ceiling to the floor behind your head. Exhale return your arm back to your side. Repeat with the right arm. 6 times alternating sides.

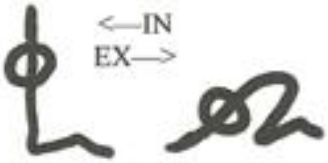
3– Bring your knees towards your chest. Place your right hand on your right knee and your left hand on your left knee arms strait. Inhale in position, exhale bend your elbows and gently bring your knees towards your chest. Inhale and straiten your elbows and return to starting position. 6 times.



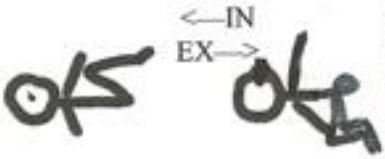
4– Inhale roll up your spine pushing your pelvis up towards the ceiling making a bridge. Exhale roll down your spine returning to previous position. 6 times.



5– Hands under your shoulders knees under your hips. Inhale in position. Exhale bring your hips towards your heels and your forehead towards the floor. Inhale return to previous position. 6 times.



6– Standing on your knees, Inhale sweep the arms out to the sides and up. Exhale sweep the arms to your low back as you bend forward brining your forehead towards the floor. Inhale sweep your arms out and up as you return to standing on your knees. 6 times.



7- Knees towards your chest arms to the sides in a low 'T'. Inhale in position, exhale twist the knees to the left. Inhale bring the knees back to the center. Exhale twist the knees to the right side. 4 times alternating sides. Then stay 3 to 6 breaths on each side depending on your comfort in the pose. When in the stay allow your knees and feet rest on the floor. ***NOTE; those with low back problems should be cautious about twisting. If in question skip this pose.***

8– 6 times as directed in #3.

9– Observe your body and breath. Keep your attention on the flow of your breath.
Inhale count of 4, Exhale count of 6, 6 breaths.
Then lengthen your exhale
Inhale count of 4, exhale count of 6, 6 breaths.

Rest 5-10 minutes. (For your comfort you may choose to breathe and rest in position #1)

Trish Elting CYT, RYT-500, IAYT
Sage Stone Yoga, trish@sagestoneyoga.com