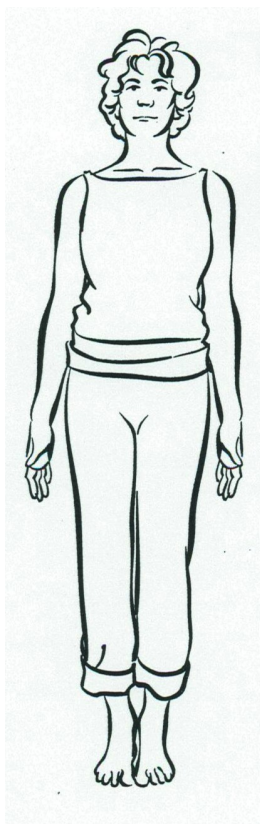


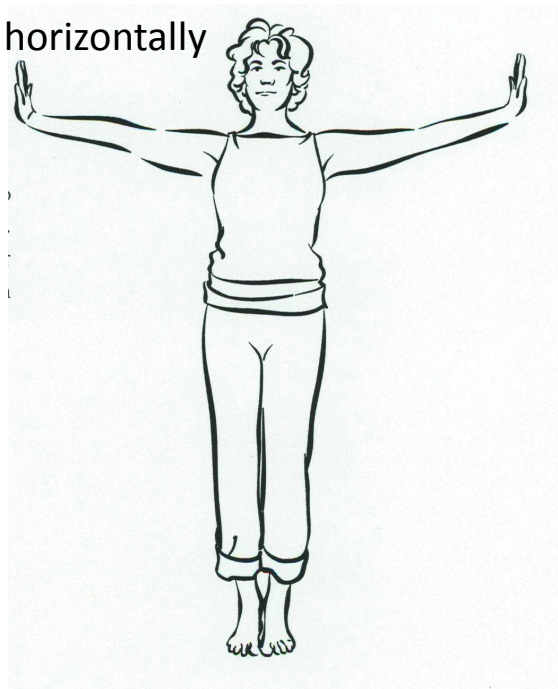
30 minute Mindful Yoga Sequence

1—Mountain Pose



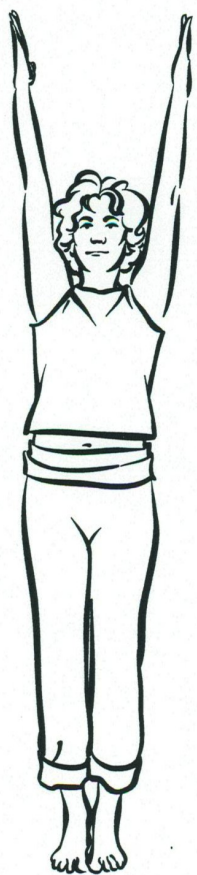
2—Arm to Side

arm slowly up to horizontally



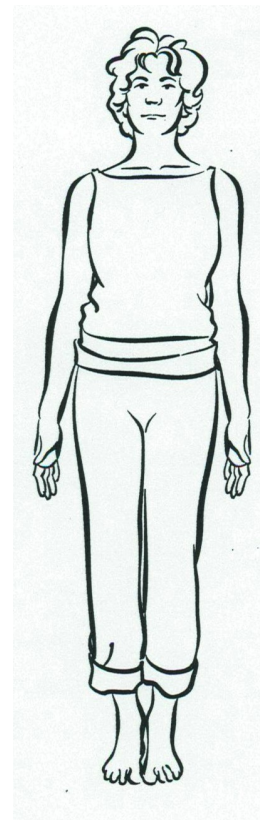
3—Full Body Extension

Arms all the way up, extend out sides of body, legs, arms. Hold for a while



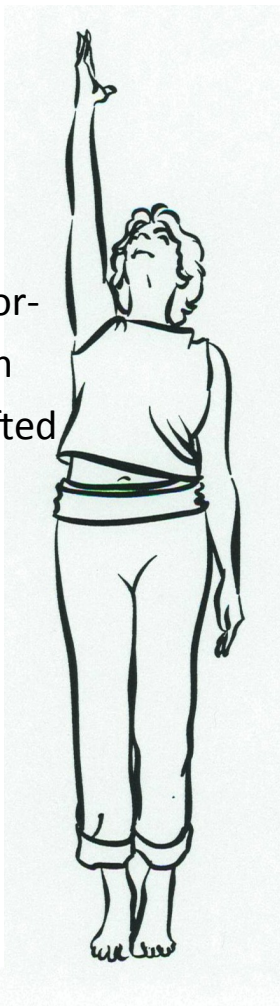
4—Mountain

Return to mountain, feel the effects



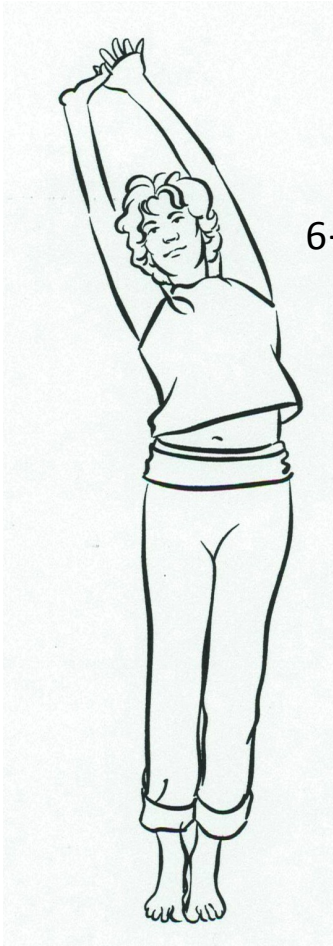
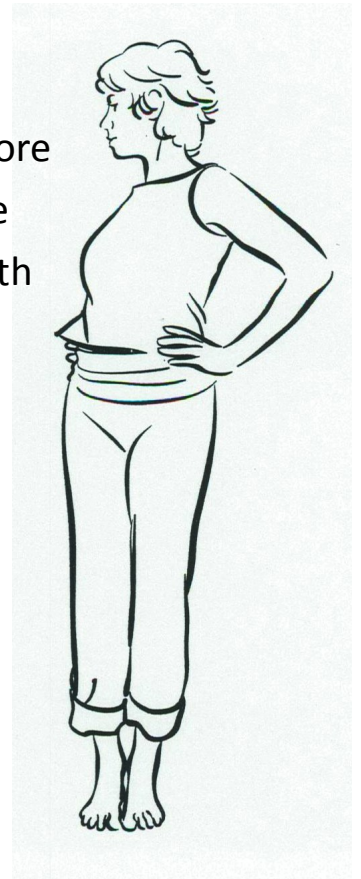
5—Picking Apples

also stepping forward slightly on same side as lifted arm



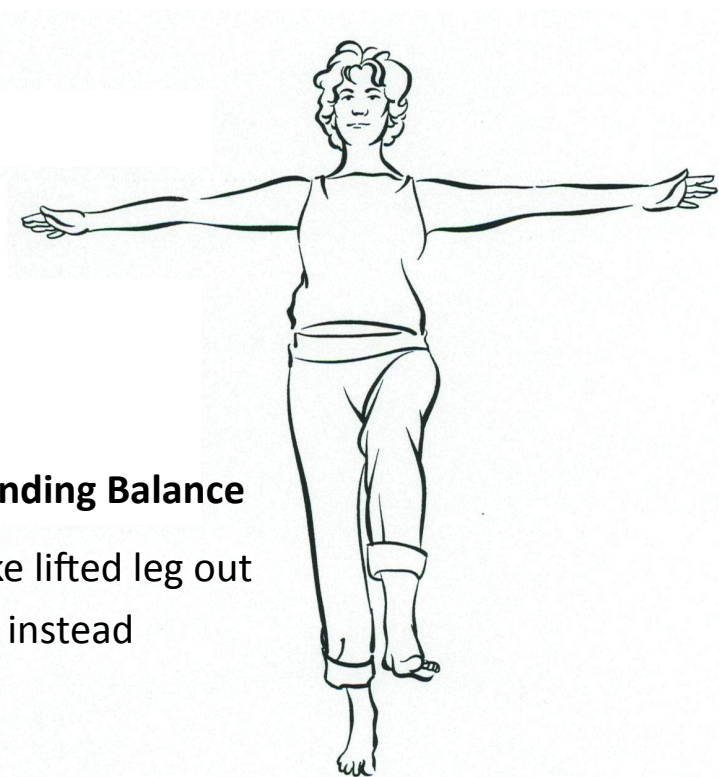
6—Hip rotations

(illustration is more of a twist, let the hips in circles with hands on hips)



6—Half Moon

or with palms facing each other and arms parallel



7—Standing Balance

But take lifted leg out to side instead

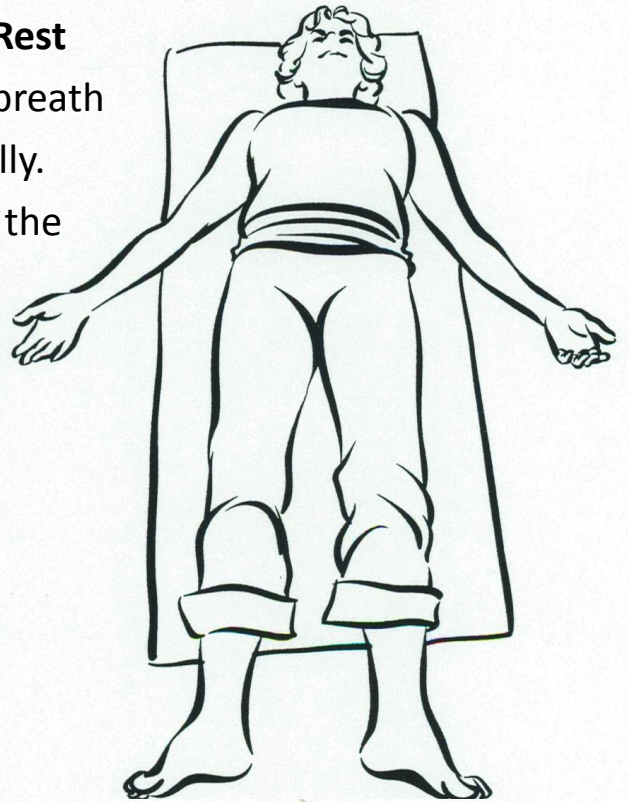
8—Forward Bend

go in gently and
hold



9—Lying at Rest

find the breath
in the belly.
Sink into the
mat.



10—Knee to Chest

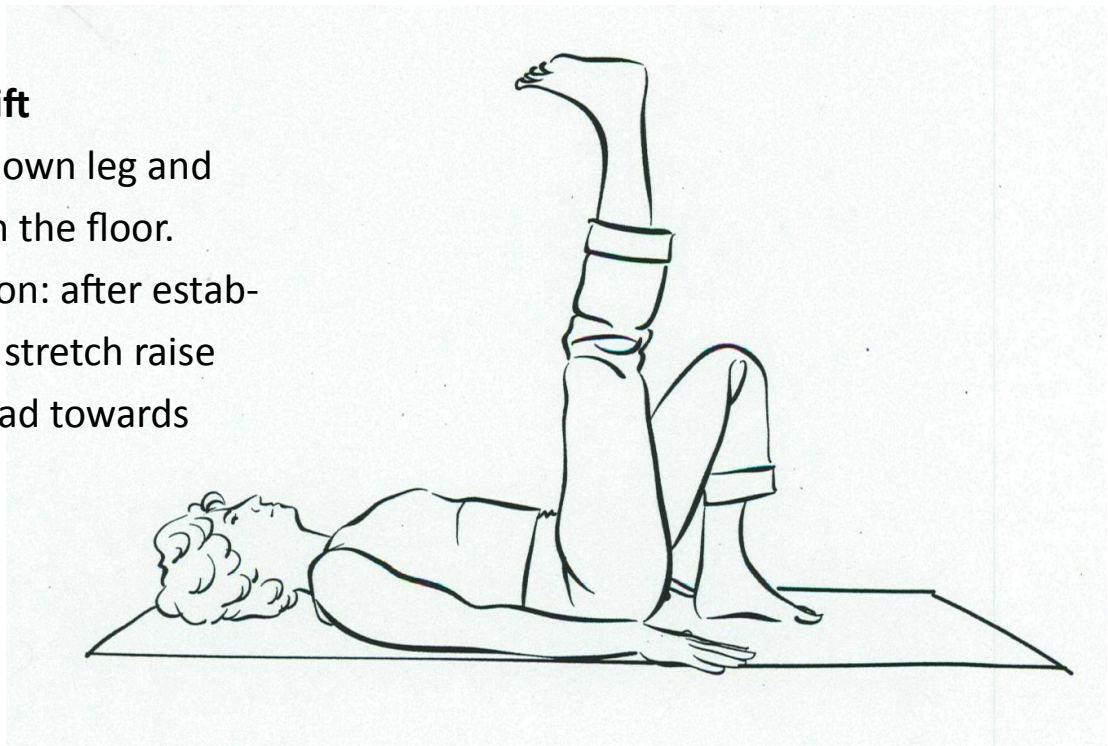
Variation: after estab-
lishing stretch raise
forehead towards
knee. Do both
sides.



11—Leg Lift

Keep down leg and hips on the floor.

Variation: after establishing stretch raise forehead towards



12—Lying at Rest

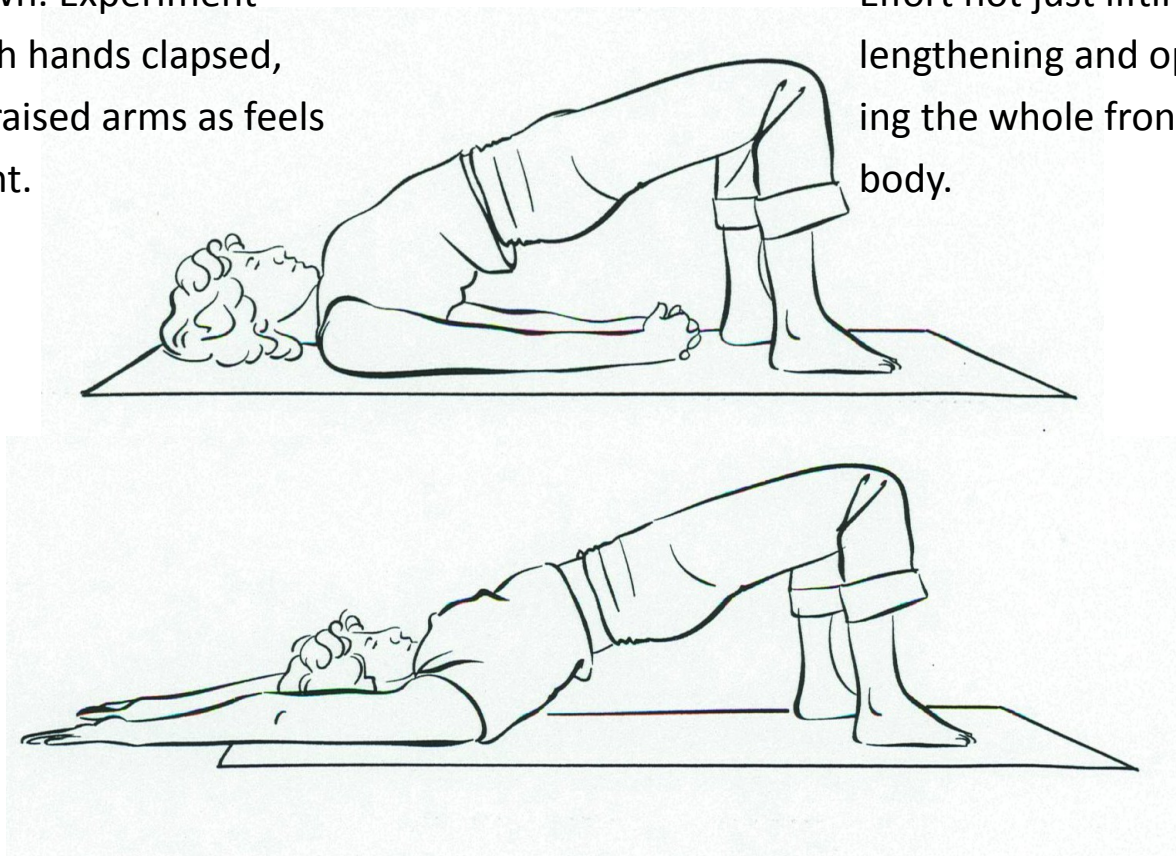
Relaxed breathing and feel the changes in the body. Really pause.



13—Bridge Pose

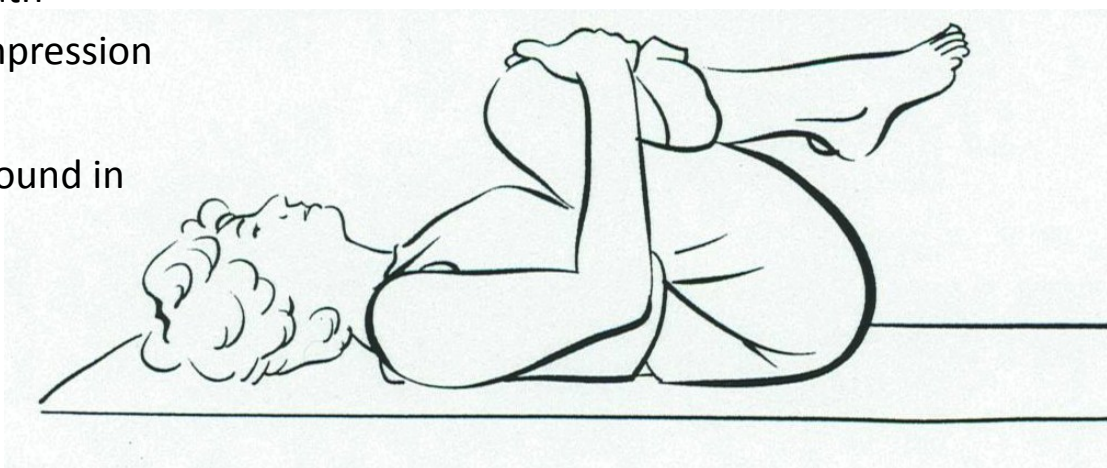
Start with hands at sides of body, palms down. Experiment with hands clasped, or raised arms as feels right.

Extending out with knees away for torso to create. Effort not just lifting but lengthening and opening the whole front body.



14—Both Knees to Chest

Work with breath—deepening compression on exhalation. Move knees around in small circles to massage back and hips.

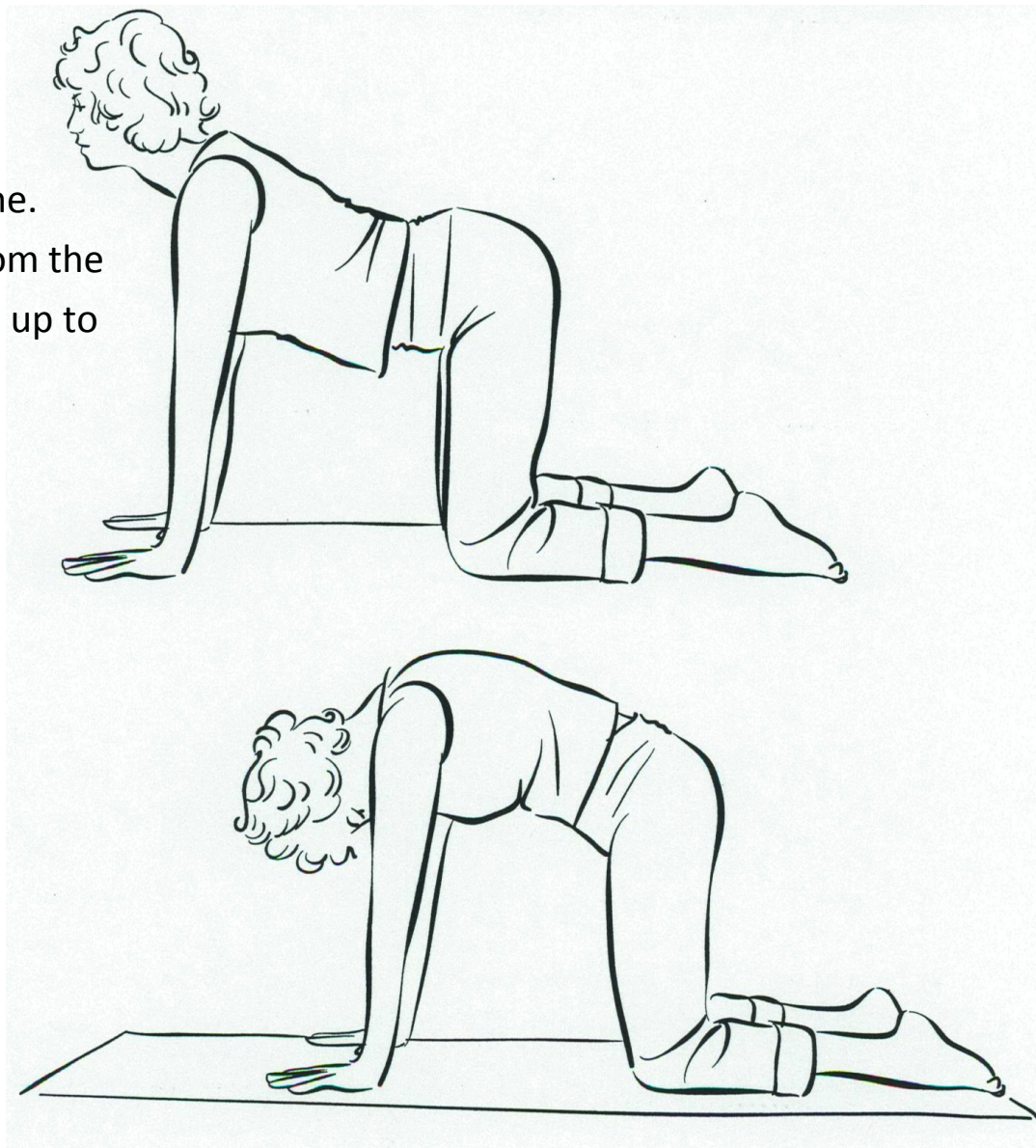


15—Cat and Cow

Focus on the spine.

Rolling always from the
base of the spine up to
the neck.

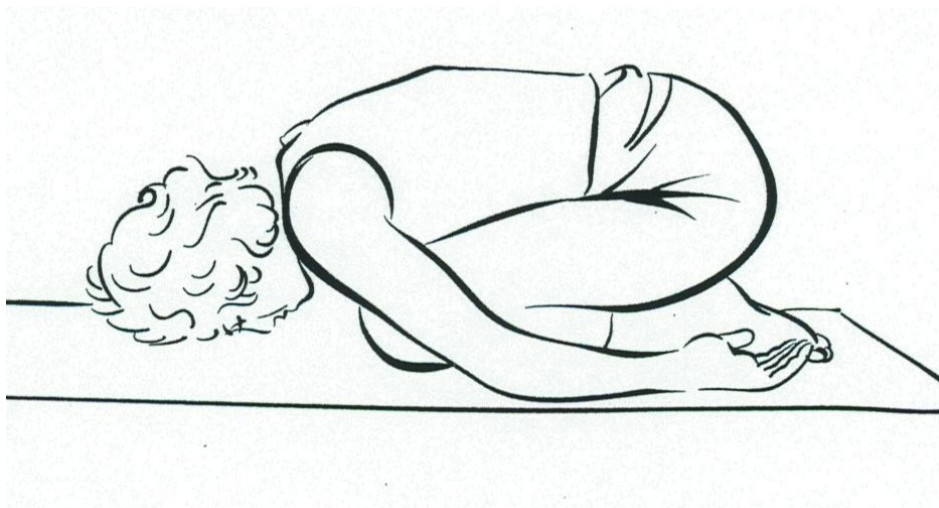
Head moves last.



16—Child's Pose

Keep hands plant in front
at first (dropping butt back
from hands and knees)
and extend the body.

If forehead doesn't go to
floor easily, put a pillow
under the head.

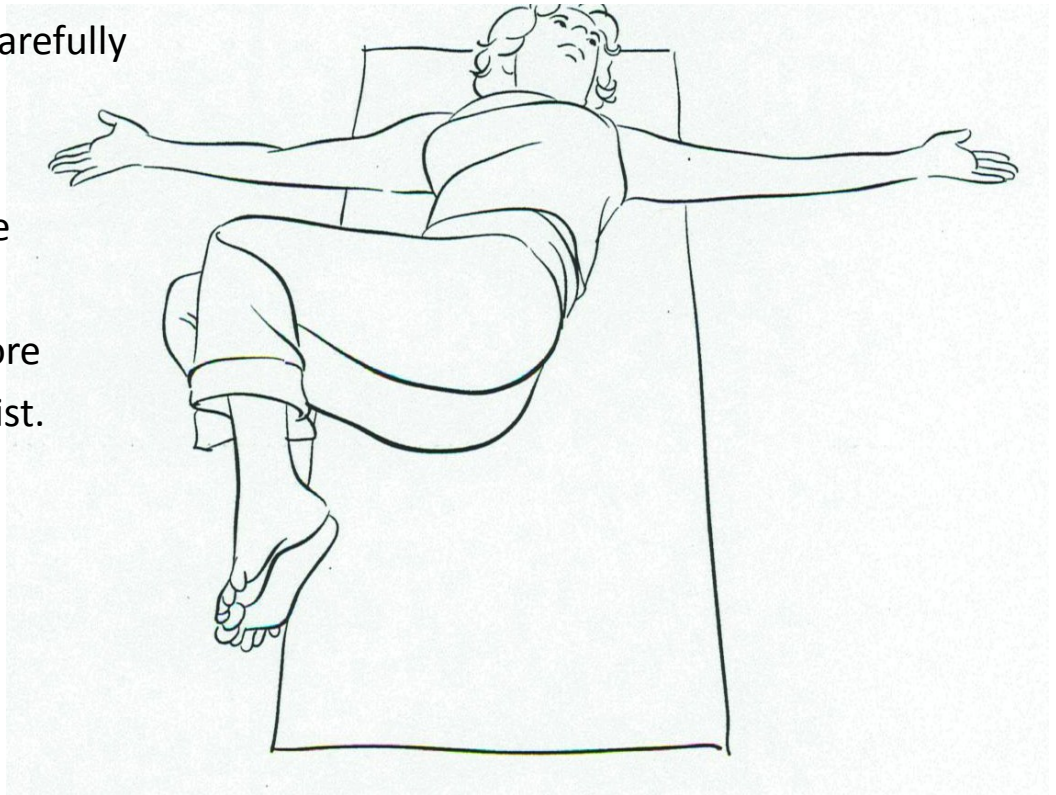


17—Lying Twist

Move slowly and carefully into twists.

Use the breath:

inhalation-energize
and extend,
exhalation-sink more
deeply into the twist.



18—Final Rest

As body scan, feeling the
breath fully in the body.

Relaxing the face.

Sinking deeply into the
mat. Give it several
minutes.

