

## YOGA SERIES

The key to yoga is to focus on the breathing and not jamming yourself into a position where you hurt yourself – make sure all motions are gradual and not ballistic.

### 1. Child's pose:

Hands reaching in front- gently pressing hips back to heels (focus on breathing)



### 2. Downward dog:

From child's pose- tuck your toes under and press your hips up- continue pushing through your hands while pressing your heels to the floor – as best as possible try to straighten your knees (but don't hurt yourself in the process)



### 3. Kneeling lunge (w/ arm up):

Lunge forward w/ one leg and lower opposite knee to the floor (move hip in direction of front foot), reach arm up (slightly side bend and rotate arm so palm is facing away)

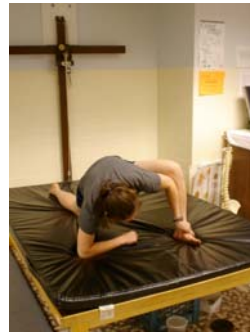
**Hold for 6 long breaths**



### 4. Deep Lunge:

From Kneeling Lunge position- both hands placed on the inside of front foot- either roll front knee out to side (looking under foot) or keep knee on top of ankle, slowly come down to opp elbow (to go further in the stretch – move back leg back further)

**Hold for 6 long breaths**



5. **Hamstring:**

From Deep Lunge position- sit back with leg out in front

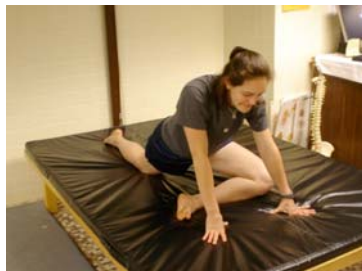
**Hold for 6 long breaths**



6. **Gluts:**

From Hamstring position bend front knee and gently place knee in figure four position - slowly come down to both elbows (to go further in the stretch – move back leg back further)

**Hold for 6 long breaths**



**Repeat sequence 1-6 for opposite leg!**