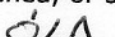


## MO Yoga Home Practice 9/10 – do 3-4 times/week

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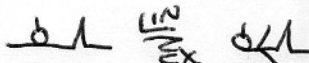
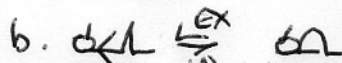
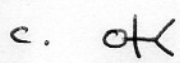
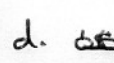
**Tennis Ball for Feet:** Roll tennis ball under one foot from back to front and front to back with your supporting leg bent. Open your toes as the ball moves to the front of your foot. Only press as hard as is comfortable to you. If it hurts, stop and massage your feet instead. Back and forth from front to back with toes spread; Press on heel for 3 breaths; on instep for 3 breaths; on ball of foot for 3 breaths; on toes with ball of foot on floor for 3 breaths. Repeat other foot.

**Body awareness** – lie on mat with legs bent or straightened, or sit in chair. Tense/release each part of body in turn and notice how each part feels. 

**Breath awareness/warm-up:** -- lie on mat or sit on chair and observe your breath for a few minutes. Notice location and quality of breath. Do 3-part breath: Place hands on belly; Breath into belly on inhale, pull belly in on exhale for 6 breaths. Move hands to lower ribs. Breathe into solar plexus for 6 breaths. Place hands under collar bones. Breath into top of chest. (If have blood pressure issues, go back to belly instead.) Repeat for 6 breaths. Then do 3-part breathing with hands at side: inhale into belly, ribs, chest; exhale release from chest, ribs belly.

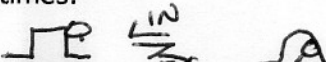
### 1) Warm-ups:

- Arms sweeps:** Lying on back, knees bent, feet parallel in line with hips. Inhale raise arms over head with palms facing each other. Exhale, reach strong arms up to ceiling to sides. Repeat 8 times at pace of breath.
- Bridge:** Start in same position. On inhale, push through feet, lift hips to ceiling, tuck chin. Exhale, pull belly in and lower hips to floor. Repeat 8 times. Stay up for 4-6 breaths, last time.
- Lying Starfish:** Lie with arms at T to side, palms up and legs straight and spread wide. Inhale, stretch limbs away from body. Exhale, keep length and pull belly in. Repeat 4-6 breaths.
- Bring knees into chest and relax.**

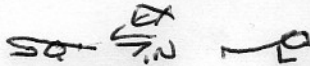
a.  b.  c.  d. 

### 2) Asanas (postures):

- Cat-cow:** On hands and knees, on inhale, move search light under breast bone to shine between hands. On exhale, pull belly in and round back, looking through legs. Repeat 8 times.



- Child's pose to Updog:** Start with hips to heels, forehead to floor. On inhale, stretch forward to straight arms, letting hips sink to ground and keeping knees and shins on floor. Look straight ahead or down. Exhale, pull belly in and return to child's pose. Repeat 8 times.



- Downdog:** Move onto hands and feet with knees bent, head relaxing between shoulders. Take 4-6 breaths. Come back down to child's pose.



### 3) Repeat warm ups in reverse (1: d, c, b, & a)

### 4) Rest in savasana

