

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

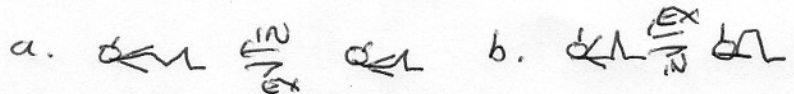
### Self Massage – Feeling your feet

- **Between toes:** sit on chair or cross-legged on floor. Cradle your right lower leg. Put fingers of left hand between toes of right foot. Bend toes forward and back and then in circles in both directions – 4-5 times each. Then squeeze toes with fingers and with resistance pull fingers away from toes.
- **Big toe mound:** Trace your index finger down to mound between big toe and 2<sup>nd</sup> toe. Massage this spot with your thumb in both directions as deeply as you can stand, at least 8 times in each direction.
- **Lower calf:** Grab the back of your right Achilles tendon with thumb and index finger of left hand. Move up your calf, pressing until you find the most tender spot with your thumb at the bottom of the calf. Massage this spot with your thumb in both directions as deeply as you can stand, at least 8 times in each direction.
- **Shin:** Place your right heel on top of your left knee. Put first two fingers of both hands on top of the right shin. Flick your fingers down the shin forcefully 3-4 times.
- **Repeat whole sequence on other side**

**Breath awareness/warm-up – lung quadrants:** Continue sitting on chair. Breathe into right lung only on inhale and exhale 4 times. Then take 4 breaths each into front of right lung, back, outer edge and inner edge, noticing how different parts of right lung feel. Repeat on left lung. Then breathe into both lungs for 8 breaths, noticing how that feels.

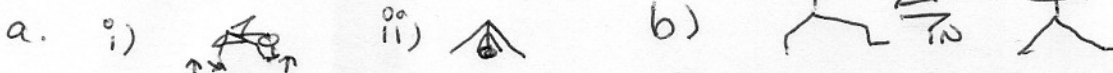
#### 1) Warm-ups:

- a. **Pelvic tilts:** Lying on back, knees bent, feet parallel in line with hips. Inhale push tailbone into mat, exhale, push lower back into mat. Hips stay on floor. Repeat 8 times noticing opening of hips on inhale and strengthening of core on exhale.
- b. **Bridge:** Start in same position. Lift toes and push into mounds under big toes and outside heel on both feet. 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.
- c. **Bring knees into chest and relax.**



#### 2) Asanas (postures):

- a. **Wide-legged forward bend with toes lifted:**
  - i. Standing with feet hips distance apart, feet turned out at 45 degree angle, lift toes, pushing into mounds under big toes and outer back of heels. On exhale, come 1/2 way down with chest lifted, forehead parallel to floor and knees soft. Stay and breath, noticing connection of sole of feet to floor.
  - ii. Lay toes down and come into full forward bend, relaxing head, neck and shoulders, feeling connection of soles of feet and toes to floor. Keep knees soft or bent.
- b. **Warrior II:** With legs wider than hips and feet pointing straight forward, turn right foot out to 90 degrees, body stays facing forward. Make sure that when bending right knee, you can see your big right toe. On inhale, bring arms to T at side (lower than shoulders), on exhale bend right knee, opening hips. Repeat 4 times. Stay on 4<sup>th</sup> time and lift toes, pushing into soles of feet as above. Repeat other side.
- c. **Repeat a, ii.**



3) Repeat warm ups in reverse (1: c, b, & a); then rest in savasana

Note: practices are designed for M. Olmsted students. You are responsible for your own safety and well being. Marcia Olmsted: x6185; <http://moyogastudio.com>; [yogameko@gmail.com](mailto:yogameko@gmail.com)

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