

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

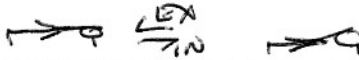
Body Awareness: Sit on chair. Close your eyes and start noticing how your body feels from the inside out.



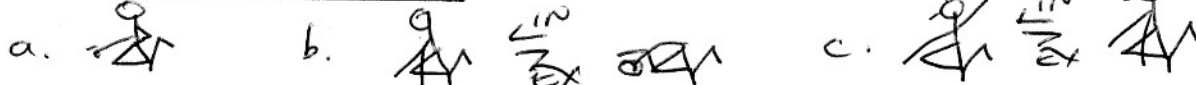
Breath awareness/warm-up: Sit with your eyes closed and notice the location, speed, and entry/exit points of your breath. Then start warming up the breath: breathe in and out through nose, make gentle whispering sound with your breath – like a baby's breathing; feel lengthening of spine on inhale, pull belly in and feel strengthening of lower spine on exhale. Allow yourself to get lost in your breath for 12-24 cycles.



- 1) **Warm-ups (sitting on edge of chair with feet firmly on floor):**
 - a. **Self massage:** Massage feet and then hands.
 - b. **Ear to shoulder:** Inhale in place, exhale, gently bring ear to shoulder. Alternate sides 4 times.
 - c. **Shoulder blade (scapula) release:** Inhale, lift search light (breast bone), exhale round upper back, spreading shoulder blades and tuck chin. Repeat 4 times.
 - d. **1/2 Circles with head:** Starting with chin tucked, inhale move chin to one shoulder, exhale back to centre. Repeat other side. Alternate 4 times, keeping chin tucked entire time.
 - e. **Shoulder shrugs with AH breath:** Inhale, lift both shoulders to ears, exhale, lower shoulder and reach down through stretched finger tips at side of chair, saying "Ah...". Repeat 4 times.
 - f. **Flowing 1/2 moon:** on inhale, lift right arm overhead, on exhale, reach fingers tips over to left side. Inhale back to centre. Alternate sides 4 times.
- 2) **Cobra:** Lie on mat, forehead on floor, arms at side, palms up, hips glued to mat, feet together. On inhale, lift chest, squeeze lower shoulder blades together, exhale, gently lower down. Repeat 8 times focusing on length of spine on inhale.



- 3) **Dolphin postures:** Sit in Z pose (Bend right knee out to right with big toe in front of left knee. Bend left foot back to left hip.
 - a. **Hip opener:** Put left hand in crease between left leg and hip. On inhale, lift left hip up and forward. Exhale, squeeze belly in as bring left hip back. Repeat 4 times.
 - b. **Dolphin flow:** Put hands on either side of right knee. Inhale, reach through top of head, lengthening spine. Exhale, "dive down" to right knee. Repeat four times. Then rest chest down on right thigh, resting on forearms
 - c. **Dolphin twist:** With right hand beside right hip. On inhale, lift left arm behind and up, opening left shoulder. On exhale, bring arm back. Repeat 4 times.
 - d. **Repeat a-c on other side.**



- 4) **Cat-cow (table version):** Coming to hands and knees with blanket under knees. Inhale, lift search light. Exhale, pull belly in, middle back to ceiling, tuck chin. Repeat 8 times



- 5) **Repeat 2.**

- 6) **Apanasana (knee rocking):** Lying on back with knees into chest, feet and knees together, elbows into body, chin tucked. On inhale, straighten arms. On exhale, bend arms. Repeat 8 times.



- 7) **Savasana:** Rest on back with knees bent, arms at side, eyes closed. Notice how you feel.

