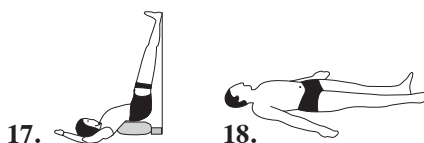
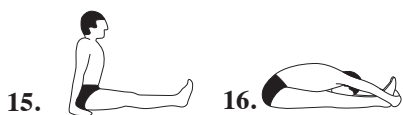
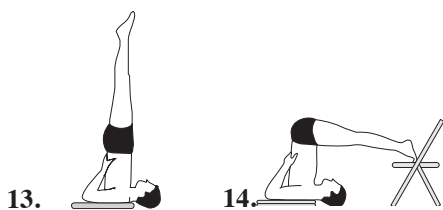
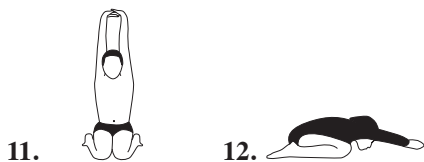
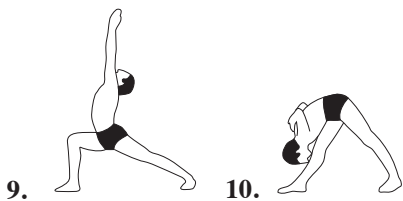
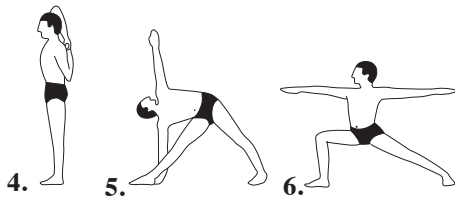
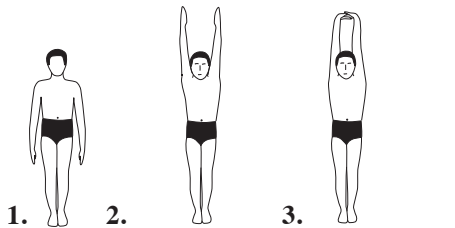


Introductory Yoga



Standing Poses & Sarvangasana Weeks 1-4



The sage Patanjali wrote, “Long, uninterrupted and alert practice is the firm foundation for stilling the mind.” Dedicate a time in your day, such as after arising, and a quiet space in which to practice for fifteen or thirty minutes.

Class instruction addresses what is not covered in *Light On Yoga* or the *Preliminary Course*. Practice the modified variations introduced in class so that the intermediate stages may be mastered before the final pose in the illustration.

Thirty Minute Sequence

- | | |
|---------------------------------|--|
| 1. Tadasana / Samasthiti | 30 - 60 sec. |
| 2. Urdhva Hastasana | 30 - 60 sec. |
| 3. Urdhva Baddhanguliyasana | 30 - 60 sec. / side |
| 4. Gomukhasana Arms in Tadasana | 30 - 60 sec. / side |
| 5. Utthita Trikonasana | 30 - 60 sec. / side |
| 6. Virabhadrasana II | 30 - 60 sec. / side |
| 7. Utthita Parsvakonasana | 30 - 60 sec. / side |
| 8. Prasarita Padottanasana I | 30 - 60 sec. |
| 9. Virabhadrasana I | 30 - 60 sec. / side |
| 10. Parsvottanasana | 30 - 60 sec. hands on wall or chair
Baddha Hasta elbows |
| 11. Virasana | 1 - 2 min. Sit on brick |
| 12. Adho Mukha Virasana | 1 min. |
| 13. Salamba Sarvangasana I | 1-5 min. |
| 14. Chair Halasana | 30 - 60 sec. |
| 15. Dandasana | 1 min. |
| 16. Paschimottanasana | 1 min. Concave back. |
| 17. Viparita Karani | 5 min. |
| 18. Savasana | |

Guidelines for Yoga St. Louis.us Practice

- Breathe. Don't hold your breath.
 - Surrender (*vairagya*) your breath: Soften, release and lengthen with the exhalation.
 - Conserve your energy (*brahmacharya*): Fear increases pain and hinders movement.
 - Breathe through your nose.
- Practice (*abhyasa*) requires steadfast effort, energy (*virya*) and enthusiasm to still the mind.
 - “Do, redo, adjust, readjust, learn, unlearn and relearn to ‘touch’ perfection (*vidya*).”
- Yoga awareness builds strength but a disturbance to the nerves creates weakness in the body.
 - Be non-violent (*ahimsa*): Stretching muscle pain subsides with continued practice.
 - Overstretching causes immediate sharp and shooting pains that worsen if you continue.
 - Cultivate contentment (*santosha*); then joy comes. Anger, greed & delusion invite suffering.
- The spine receives the action of the limbs:
 - Learn the “direction” of the pose.
 - Stretch the arms and legs evenly on both sides to maintain alignment.