

# Eye and Joint Exercises

## Eyes exercises (5 times each ways)

Up, down.

Left, right.

Top right, bottom left.

Top left, bottom right.

Rotation clockwise.

Rotation counterclockwise.

Rest the eyes between each exercise.

At the end rub the palms together and then cup the eyes feeling the warmth.

## Neck exercises



Right, left.



Side to side.



Up, down.



Circles

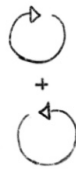
## Shoulder exercises



Up, down.



Circles.



## Full yogic breath



Full inhalation.



Full exhalation.

## Kapalabhati



60 pumpings and then take a breath in and out, then inhale and retain as long as it is comfortable repeating Om in your mind.

## Anuloma viloma



The ratio is 4-16-8.

One round= Inhale left 4, retain 16, exhale right 8, inhale right 4, retain 16, exhale left 8.

Practice up to 8 rounds per day.

Focus between the eyebrows during the retention to help stay present.

*AM*

# Warm Up Exercises

## Cat, cow



## Rag doll

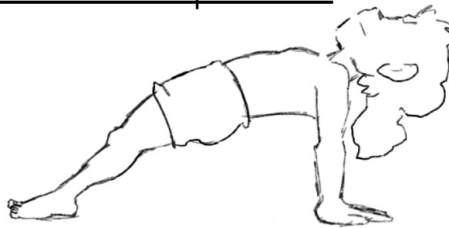


## Child's pose



To be done before and after headstand and after backbends

## Inclined plank



To be done after sitting forward bend

## Savasana



Practice relaxation between the poses and a longer one at the end

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As you practice remember to practice comfortably, be patient. Make sure you are breathing in the poses and over time try to relax into them. Always warm up before the postures and practice a relaxation at the end. If time is limited practice part of the sequence one day and another part the next so after a few practices all the poses are practiced and therefore all the muscles are fully exercised. Remember the poses that come easy are nice to relax into but the ones we resist give us something clear to work with. Breathe and Relax.

Om Om Om

Inhale  
-  
Exhale



Inhale



Exhale



Inhale



Hold the breath



Exhale



Inhale



Exhale



Inhale



Exhale



Inhale



Exhale





Addendum to yoga 101 handouts:

Full Yogic Breathe:

Inhale lower lungs, middle then upper. Exhale lower, middle upper.

Alternate nostril breathing hand position:

Fold the index and middle finger of right hand into the palm.

Use thumb to close right nostril and ring and pinky to close left nostril.

Cat cow: On Hands and knees, inhale arch the back, exhale round the back.

Rag Doll: Standing, lower the chin to chest, roll the shoulders forward, arms hanging in front, then roll slowly down towards the feet, soften the knees. Unroll slowly.

Inclined Plank: Sitting with legs out in front, place hands behind, palms down, fingers pointing back if possible, slowly lift the hips, let the head drop back, try to bring the toes down.

Sun Salutation:

1. (Inhale) *Exhale* palms together
2. *Inhale* reach up arch back
3. *Exhale* reach forward and down
4. *Inhale* right leg back, knee down chin up
5. *Retain* left leg back, plank
6. *Exhale* knees then chest then forehead (hips squished up)
7. *Inhale* slide forward and arch back
8. *Exhale* hips up heels down
9. *Inhale* right foot forward, knee down, chin up
10. *Exhale* left foot forward, head relaxed
11. *Inhale* reach forward, up and back
12. *Exhale* release the arms to your sides

Repeat leading with left leg to complete one round.

Posture sequence:

Headstand (in yoga 201)  
Shoulderstand  
Plough  
Fish  
Seated forward bend  
Inclined plane  
Cobra  
Locust  
Bow  
Half spinal twist  
Crow or tree  
Standing forward bend  
Triangle  
Relaxation