



YOGA

Poses

Candle

Kneel on shins and sit back onto heels. Take a deep breath in and elongate the torso. Maintain lift and length in the spine while breathing out. Shoulders should rest down and spread wide as chest opens. Lower chin slightly so that jaw, face, neck and eyes can relax. Press palms together gently in front of chest. Imagine you are a candle and your hands are a flame. Close eyes. Breathe for a minute or two and just silently BE.



Hero

Stand with feet wide apart. Turn the front foot out 90 degrees and the back foot in 45 degrees. Bend the front leg keeping the knee in line with the foot (aim the center of the knee toward the second toe-the one next to the big toe). Press the back leg straight keeping the heel on the floor. Raise both arms wide and perpendicular to the body. Hold arms parallel to floor. Turn head toward the front arm and look at the tips of the fingers. Be as strong and straight as an arrow flying through the sky aimed directly at a bull's-eye. Feel proud. Breathe and hold for as long as feels good. Do the other side.



Tree

Stand with feet parallel and together or just a few inches apart. Imagine being a tree. Grow long roots out of the bottom of your feet and let your body extend very tall. Check to feel if your feet, hips, shoulders and head are all lined up like the trunk of the tree. Press the palms of your hands together in front of your chest and find something at eye level to focus on. Without moving your gaze, shift your weight to one foot. Lift the other foot on top of the standing foot or to the knee or inner thigh of the standing leg. Press the sole of the foot into the standing leg while pressing down through the standing leg into the floor to help you balance. Feel as though you continue to grow. If your balance is steady, lift your hands above your head and open them like the branches of a tree. Breathe and hold as long as is comfortable. Do the other side.



Lion

Start by kneeling on shins and resting chest onto thighs. Place forearms on the floor with elbows touching knees and look straight ahead. Be a lion in hiding, silent and still, preparing to pounce. When ready, spring ferociously forward onto hands and roar with mouth and eyes wide open. Press hands down into floor, arms straight and push chest forward. Make sure shoulders are down away from ears and that legs are extended straight out behind you. If not quite strong enough, adapt pose by resting hips on floor and bending elbows.



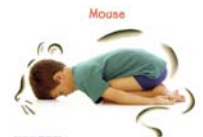
Dog

Start from hands and knees. Hands should be directly under shoulders, knees under hips. Spread fingers wide and point them straight ahead. Curl toes under. Press down through hands and feet into floor and push hips as high up as possible. Let head hang down so you can look at your legs. Lengthen your back and straighten arms and legs. Reach heels toward the floor as you pull back and yawn just like a dog! Hold pose for 3-6 breaths and then lower back to hands and knees.



Mouse

Kneel on shins and sit back onto heels. Fold torso onto thighs. Let forehead rest on floor in front of knees. Lay arms on floor along side body- palms face up. Relax face. Close eyes. This is a good pose for resting and going inside to recharge or just be quiet.



Do Nothing Doll

Lie on your back on the floor. Separate feet a little more than hip distance and let legs just fall open. Lay arms on the ground a comfortable distance from body, palms facing up. Close eyes and relax completely. Don't think, don't try- just do nothing. Pretend to be a lifeless doll, toy or stuffed animal. Let your body become heavy, limp and expressionless.

