

## SOME NOTES ON THE YOGA POSES I.

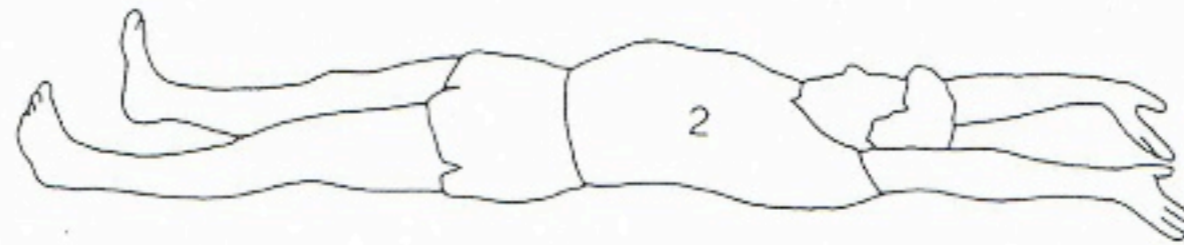
LISTEN TO YOUR BODY IN THIS MOMENT.  
RESPOND, DON'T REACT.  
YOGA IS NOT STATIC. USE YOUR BREATH.

On the tape, many of the poses are held for a very long time. You should come out of a pose and rest (or try it again after a few moments) when you are tired. It is not necessary or better to hold them for longer.



Consider using props, if needed. You might consider a bolster under your knees or a roll under your neck. If this is uncomfortable, you can also put your feet flat on the floor, with the knees up.

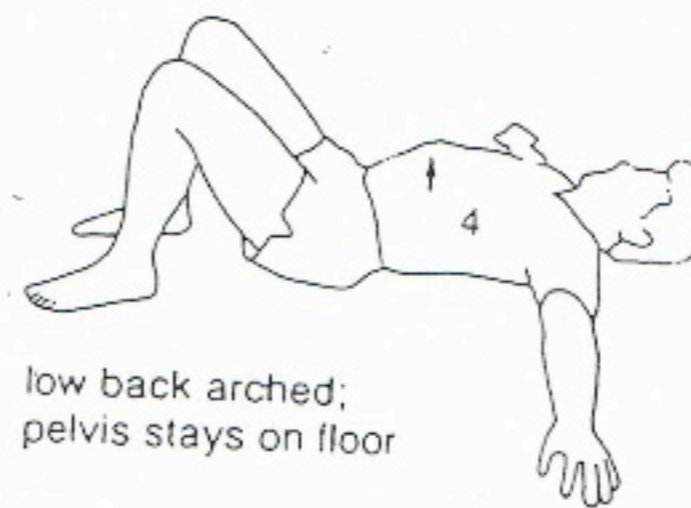
Lengthen the back of neck by tucking the chin slightly.



This is different from Pose 1 because here you are not at rest. Your feet should be flexed upwards. Move your arms with the breath—to the up position with the inbreath; to the down position with the outbreath.



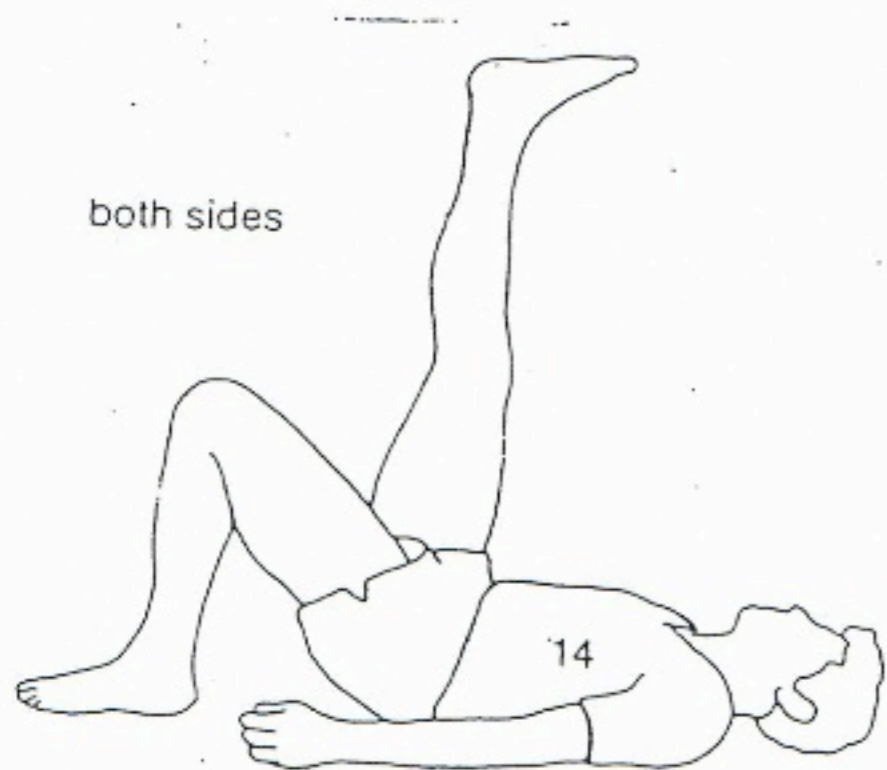
low back pressed against floor



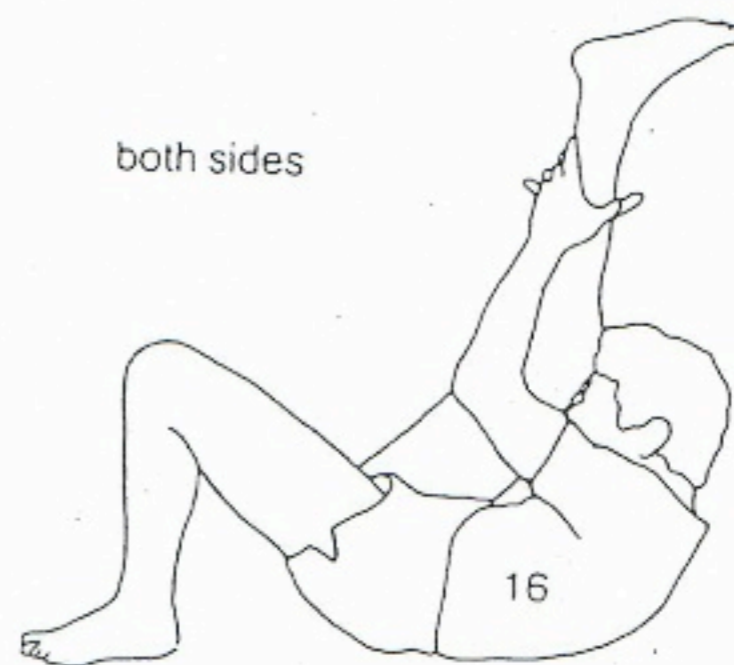
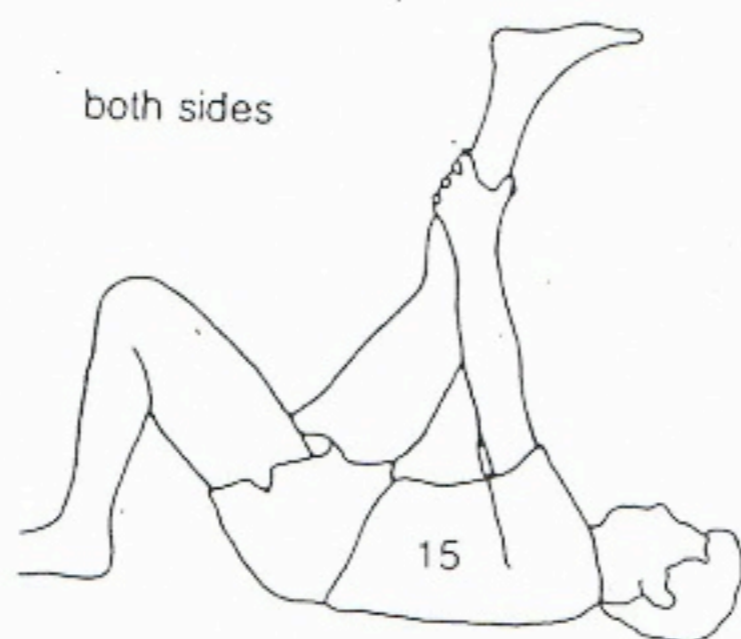
low back arched;  
pelvis stays on floor

Tucking your pelvis slightly will help push your lower back to the floor.

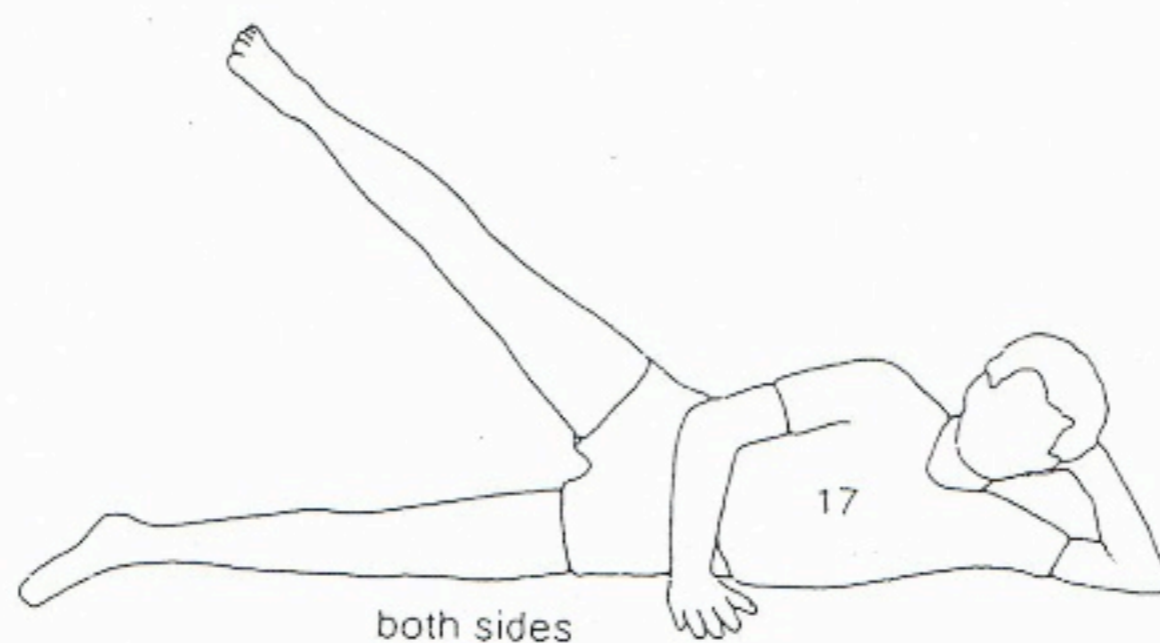




Don't lock your knee. Again, lengthen the leg rather than trying to force it to be straight. Try to keep your foot flexed.



Do not put your hands on your knee—only on the calf or the thigh. If the hamstrings are just too tight, bend your knee slightly. You may find a physical therapy band, a soft belt or something similar to be a useful prop. You may lengthen your other leg if you want—keep it strong and active.



Keep your alignment as straight as possible. Keep pelvis pointing to the wall, not the floor or ceiling. It is fine to bend the knee on the floor to give yourself more stability.

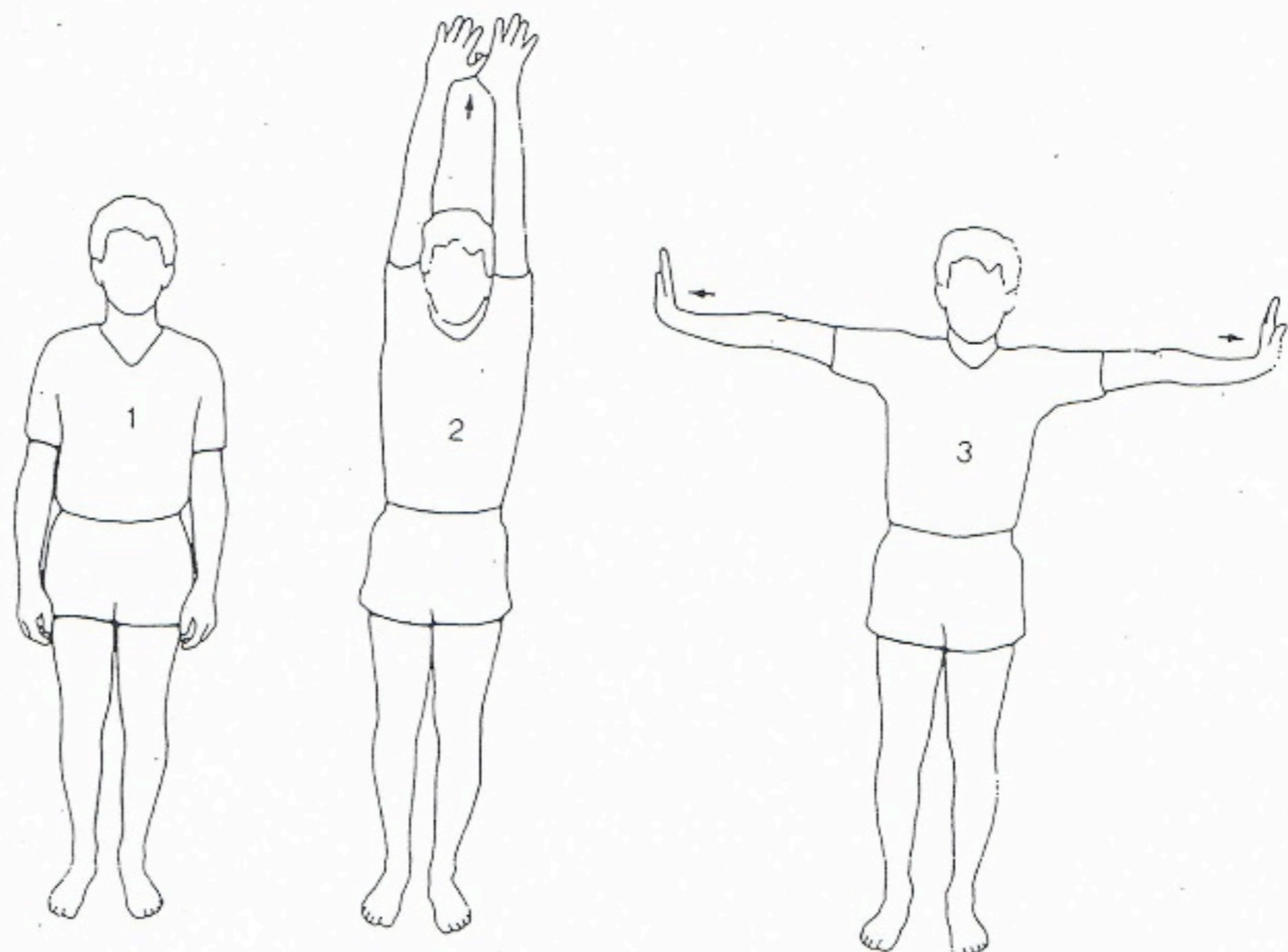


Make a pillow with your hands if this is more comfortable.



## Yoga Poses II: Standing Poses

- Yoga increases flexibility by increasing strength. If you exercise a lot, your muscles may be very tight and you may feel less flexible.
- If you are working so hard that you are holding your breath, you are working too hard. Back off and always breathe.
- Your lower back should not hurt on any yoga pose (in either lesson). If it does, listen to your body and back off.
- On the tape, many of the poses are held for a very long time. It is always correct and appropriate to come out of a pose, rest, and try it again

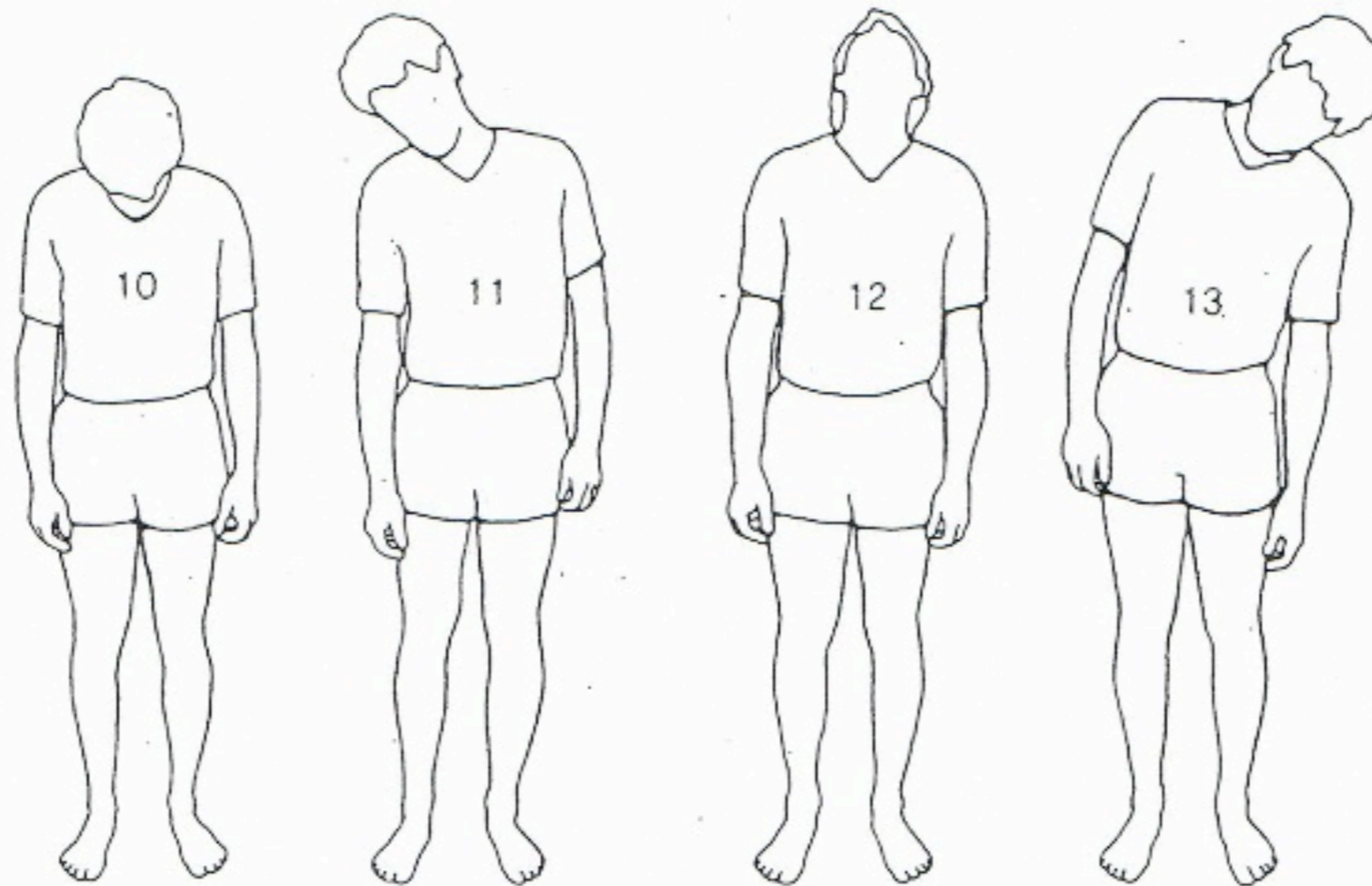


Each of the poses above may be done seated in a chair—preferable one with no arms so that the arms can dangle freely. If you are seated, make sure your feet can be flat on the floor—put a blanket or pillow under them if you need to.

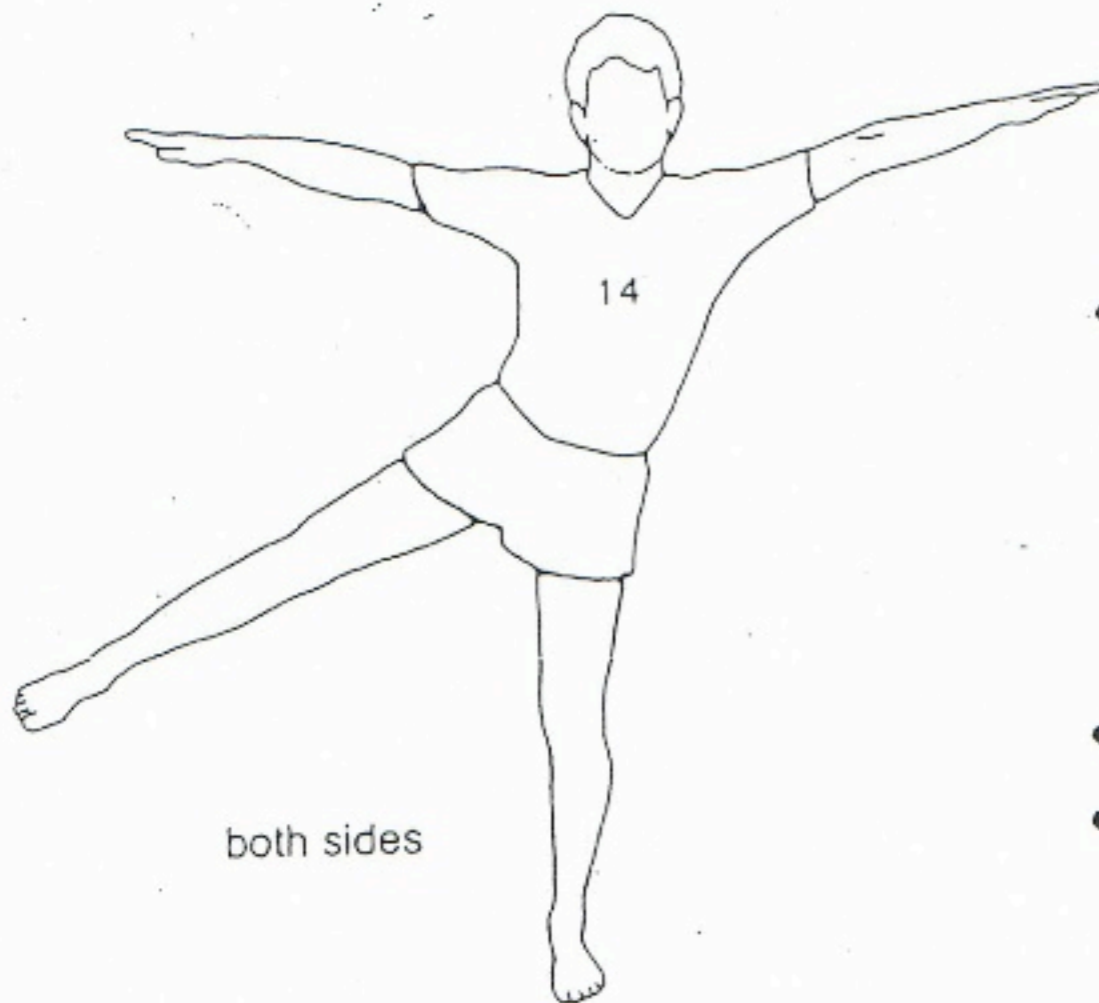
Keep your feet grounded, your knees soft (but not bent) and your shoulders down.



neck rolls: do in one direction, then the other



Roll only around your neck. Do not twist your body. These may also be done while seated.



both sides

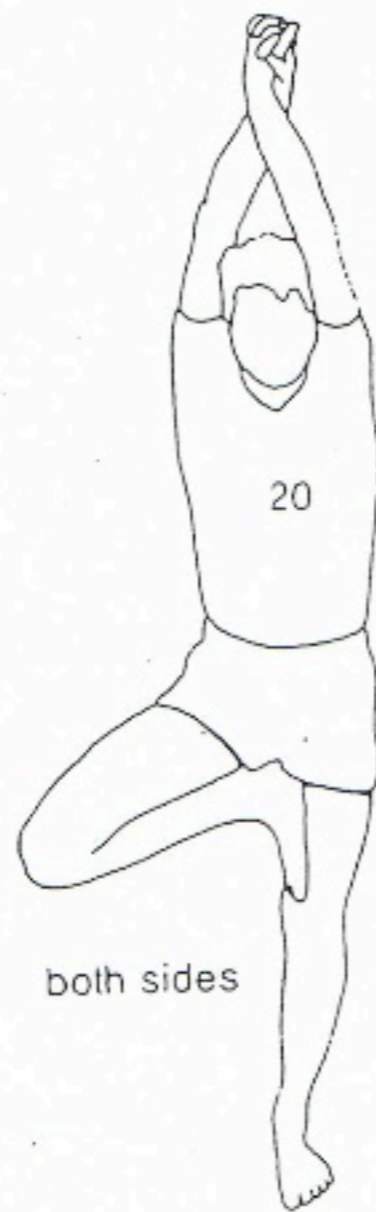
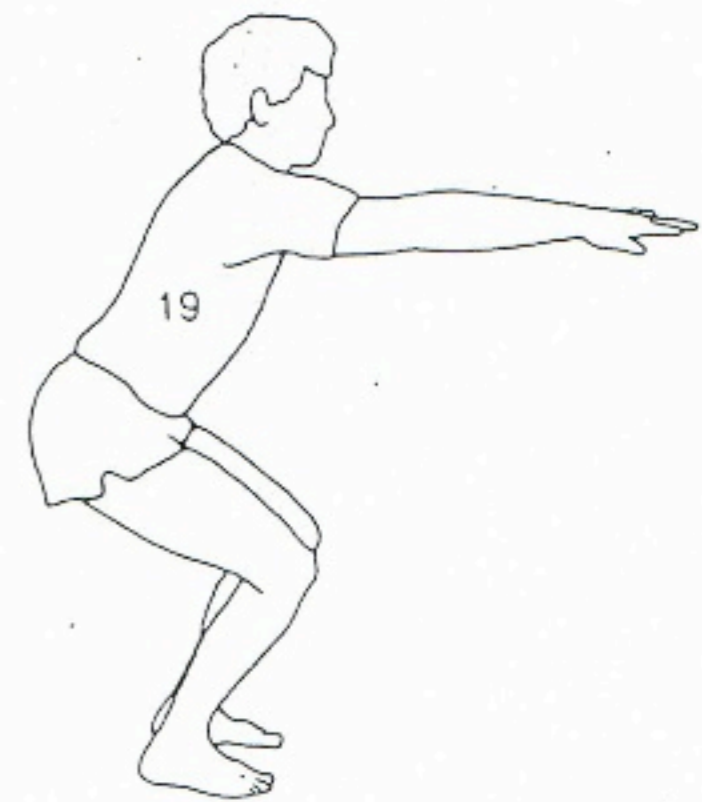
- Always ground the standing foot on 3 points — big toe, little toe, center of heel. These are very active poses: squeeze your muscles to the bones, keep thighs contracted and pulled up.
- Do not lock your knee.
- If you have difficulty standing, stand behind a chair and hold onto it. You could also stand near a wall and reach out for it when necessary.
- If you have difficulty balancing, start by using a chair to hold onto. Lift one foot slightly and over time (meaning days, weeks, months, whatever it takes) lift your foot higher. Let go of the chair with one hand, then the other.



### Chair Pose:

This pose is illustrated incorrectly in the book. Do not ever let your knees come in front of your toes. You should always be able to look down and see your feet. You may not go down very far at all and that is ok—the point is to work your quads.

- Options: Use a chair and almost sit in it.
- Do a “wall sit” with or without a ball.



Tree Pose: All comments from drawing 14 apply here. In addition, make sure your foot is not on your knee. It may be above or below the knee.

Cobbler Pose: You should have your feet with the soles together. The farther away the feet are from your body, the easier (in general). Do not push the knees to the floor—pull them away from each other and they may go down some.

