


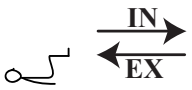
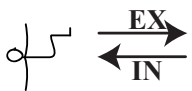



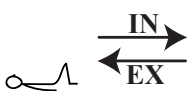






Gratitude practice

STUDENTS: Anybody with some experience with yoga

INTENTION: To express gratitude for things we have in our lives through sound, movement and meditation. TOOLS: Emphasis on back bends and increasing breathing capacity; includes simple chant(English), mudras and meditation.

<p>1</p>	<p>4 cycles</p>	<p>Warm-up. To warm up the lower back, hips and shoulders (Chant mentally) IN: For ... and ... EX: I am grateful</p>
<p>2</p>	<p>4 cycles</p>	<p>Warm-up. To warm up the lower back, hips and shoulders. (Chant mentally) IN: For ... and ... EX: I am grateful</p>
<p>3</p>	<p>6-12 breaths</p>	<p>Starting position. To check in and recognize the things that are important</p>
<p>4</p>	<p>A. Repeat 4x B. Repeat 4x C. Stay 4 br</p>	<p>Virabhadrasana Variations. To stretch anterior structures of the body (chest, hip flexors, thighs) and prepare the back and shoulders for Dhanurasana. Support your lower back by contracting your abdomen on EX.</p>
<p>5</p>	<p>Repeat 4x, stay 6 br</p>	<p>Compensation for #5. To stretch the back and hips and to relax the shoulders after Virabhadrasana.</p>
<p>6</p>	<p>A. Repeat 4x B. Repeat 4x C. Stay 6 br</p>	<p>Utthita Trikonasana/ Utthita Parsva Konasana. To stretch the lateral structures of the body and prepare the neck and shoulders for Dhanurasana. B. (Chant mentally) IN: For ... and ... EX: I am grateful</p>
<p>7</p>	<p>4 breaths</p>	<p>Compensation for #7 and transition. To stretch the back and mobilize the shoulders and neck</p>
<p>8</p>	<p>4 breaths</p>	<p>Compensation for #7. To stretch the back and to relax the shoulders after Utthita Trikonasana. (Chant mentally) IN: For ... and ... EX: I am grateful</p>
<p>9</p>	<p>Repeat 4x, stay 6 br.</p>	<p>Dhanurasana. To strengthen the musculature of the back and to stretch anterior structures of the body – chest, solar plexus, hip flexors and thighs.</p>

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10	<p>A. </p> <p>B. </p>	<p>A. Repeat 4x B. Repeat 4x</p>	<p>Compensation for #11. To stretch the lower back and mobilize the shoulders after Dhanurasana. B. (Chant mentally) IN: For ... and ... EX: I am grateful</p>
11	<p> Stay </p>	<p>Repeat 3x, alternating sides. Stay 6 br on each side.</p>	<p>Compensation for #11. To realign the relationship between the pelvis and the spine after Dhanurasana.</p>
12	<p> Stay </p>	<p>Repeat 4x, stay 6 br.</p>	<p>Compensation for #11 and #13. To stretch the lower back. (Chant mentally) IN: For ... and ... EX: I am grateful</p>
13	<p> Stay </p>	<p>Repeat 4x</p>	<p>Compensation for #14 and transition. To mobilize the spine and stretch the neck and shoulders, to prepare for rest.</p>
14		<p>Stay 3-5 min</p>	<p>Rest.</p>
15			
16	<p>A. </p> <p>B. </p>	<p>A. 4br B. 4br</p>	<p>Warm-up. To stretch the back and mobilize the shoulders. B. (Chant mentally) IN: For ... and ... EX: I am grateful</p>
17		<p>4 breaths</p>	<p>Compensation for #5 and #7 and preparation for #11. To stabilize the sacrum after asymmetrical movement</p>

ksepana mudra (fingers interlaced with index fingers pointing down). Every time you exhale, imagine all the tensions, worries and negativity pouring out of your body through your index fingers and down into the earth. On the inhale imagine gathering all this unwanted stuff together and on the exhale imagine pouring it out. Continue for the next 10 breaths, cleansing yourself of everything that doesn't serve you. Then make the motion of washing your hands and place them on your knees palms up. With every inhalation imagine drawing new positive energy in, on the exhale distribute it throughout the body. Take 10 breaths like that. on the next inhale sweep the arms out and up, chanting mentally "For ... and ...", on the exhale bring the palms together in front of the chest, chanting "I am grateful" Repeat 3x and then sit quietly for few moments moment, paying attention to how you feel.