

YOGA ASANAS

Asanas should be done slowly without any forcing or sudden movements. Each position can be held from 5 to 15 seconds. Asanas should not be attempted without personal instruction. This sheet is only a reminder showing the correct sequence.

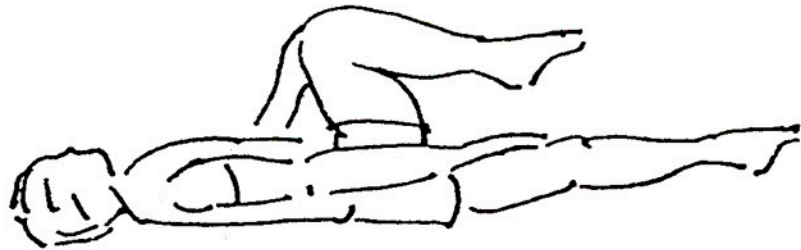
1. TONING UP

A. Press and release using both hands towards the heart from:

- front of head
- back of head
- hands
- abdomen
- lower back
- feet



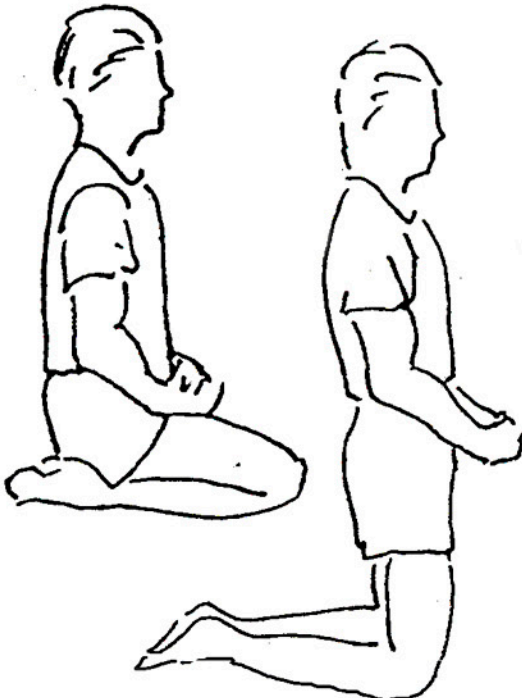
B. Roll to each side and back 3 times, leading with the head



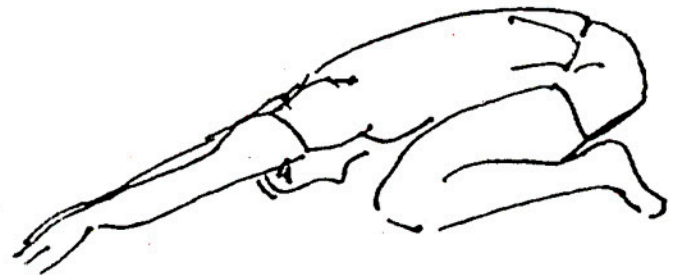
C. Extend legs keeping close to floor 3 times each side

2. KNEELING

Rise up using legs, 1 to 3 times

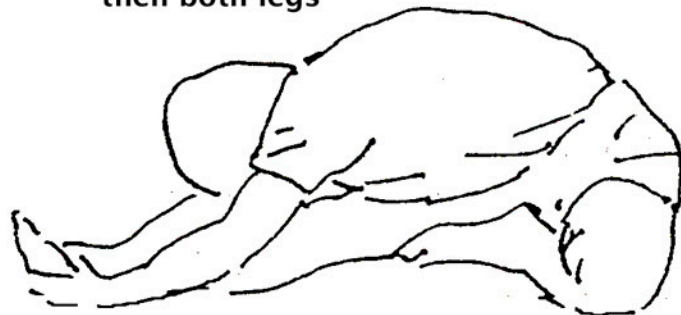


3. ARM STRETCH



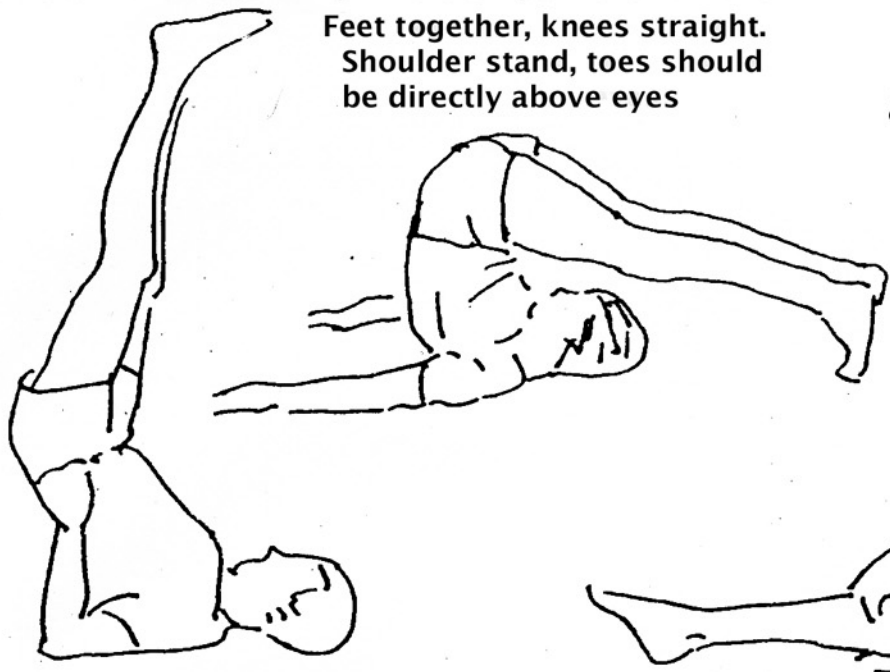
4. BACK STRETCH

Left leg, right leg (1 to 3 times), then both legs



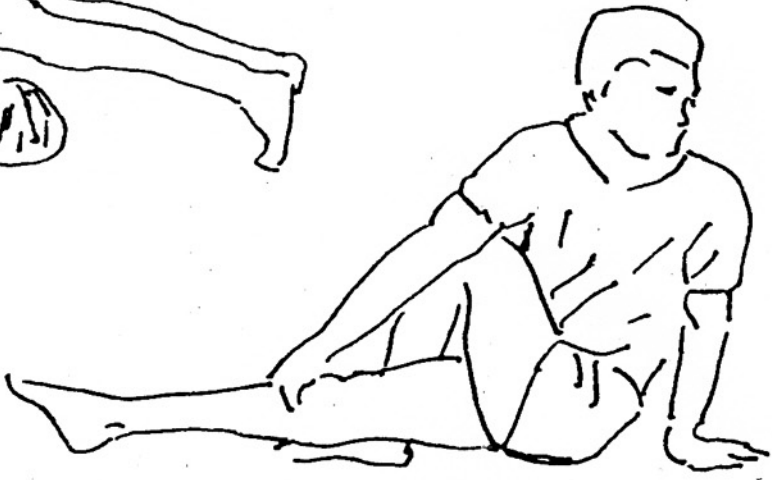
5. SHOULDER STAND/PLOUGH/SHOULDER STAND

Feet together, knees straight.
Shoulder stand, toes should
be directly above eyes

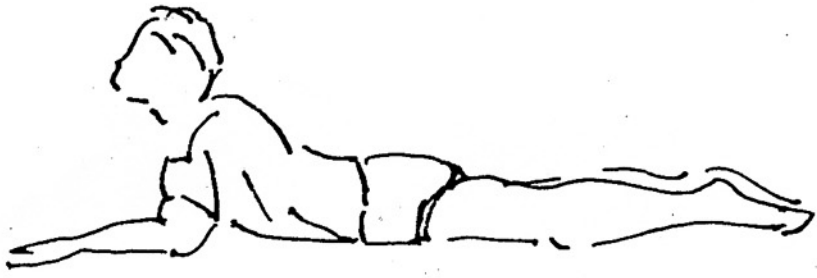


8. SPINAL TWIST

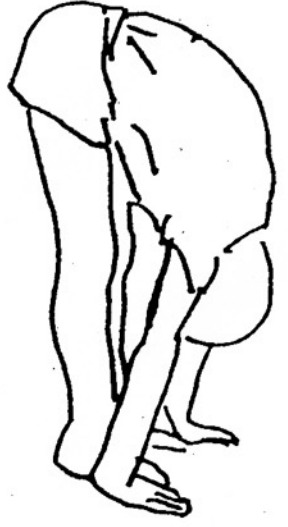
To the left and to the right,
1 to 3 times each side



6. COBRA

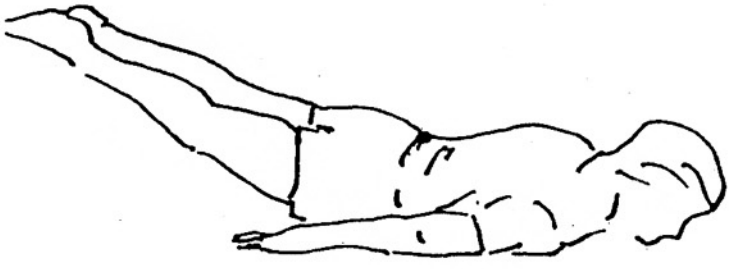


9. HAND-FOOT POSE



7. LOCUST

Chin on floor, feet together,
half-fists under thighs



10. RESTING

Arms at side of body,
palms up

