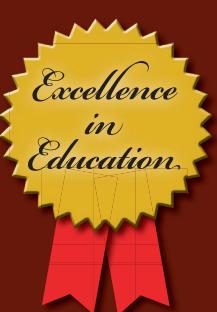


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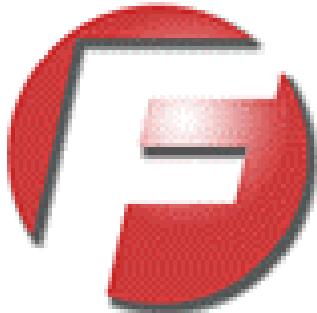
# FiTOUR® *Primary Yoga Certification*



2nd Edition

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## **Primary Yoga Certification**



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## Definition of Yoga

**Definition:** “To join or yoke together.” A system of physical and mental exercises that brings the body and mind together into a harmonious experience. In Sanskrit language, Yoga means “to unite” or a bringing together of the parts in order to create a union or balance of one’s body, mind, and spirit.

## Origin & History of Yoga

### Origin of Yoga

**Myth:** Yoga derives from Hinduism

**Fact:** Yoga predates Hinduism and was adopted by Hinduism as well as other world religions.

- Yoga was developed in ancient times out of a desire for greater personal freedom, health and long life, and heightened self-understanding. The classical techniques of Yoga originated in India more than 5,000 years ago despite beliefs of 500 B.C.E.
- 1920s—Archeologists discovered the Indus-Sarasvati Civilization which resembled Hindu society and culture. Stone carvings depicting figures in Yoga positions set grounds for belief that Yoga predates written history.
  - Society followed a vegetarian diet
  - Craftsmen
  - Society observed the bodies and movement of animals (flexibility, balance, endurance, strength, and suppleness)
  - Yogic postures were only handed down to deserving students. Tradition has been passed on individually from teacher to student through oral teaching and practical demonstration. The particular manner in which the techniques are taught and practiced today depends on the approach passed down in the line of teachers supporting the individual practitioner.
  - Swamis—Hindu Yoga Masters that traveled to the west in the early 1920s teaching both spiritual and physical components of Yoga.
- 1918—Yoga Institute of Santa Cruz, Mumbai: India’s oldest technical institute on Yoga

### History of Yoga

- Vedic Yoga (Archaic Yoga)
  - Rig-Veda (“rig” is praise “veda” is knowledge) – The collection of hymns that are in praise of a higher power. The fountainhead (Genesis) of Hinduism.
  - Old Testament of Hinduism
    - Yajur-Veda – Knowledge of Sacrifice
    - Sama-Veda – Knowledge of Chants
    - Atharva-Veda – Knowledge of Atharvan (famous fire priest/a master of rituals)
  - Connected with the ritual life of ancient Indians
  - Sacrifice was a way to connect the material world with the spiritual world

- Preclassical Yoga
  - 2,000 years until the second century C.E.
  - Upanishads – The New Testament (over 200)
  - Bhagavad-Gita – The most remarkable Yoga scripture that encourages those to not turn the other cheek but to oppose evil in the world 500 B.C.E.
- Classical Yoga
  - Raja-Yoga taught by Patanjali in his Yoga Sutras (“thread” or “Yoga Aphorisms”) - Most prevalent Yoga theories and practices of the time.
  - 200 aphoristic statements that “yogis” memorize
  - Philosophical Dualism – Each individual is a composite of matter and spirit. Yoga brings about the separation, thereby restoring the spirit in its absolute purity
- Postclassical Yoga
  - All types of Yoga schools arose after Patanjali Yoga-Sutra
  - Affirms the ultimate unity of everything – Core teaching of Vedanta – The philosophical system based on the teachings of the Upanishads
  - Hatha-Yoga – Energizing the physical body to such a degree that its biochemistry is changed and even its basic matter is reorganized to render it immortal
- Modern Yoga
  - Yoga arrived in the United States in the late 1800s
  - 1893—Parliament of Religions in Chicago
  - Dalai Lama
  - Became widely known in the 1960s when the youth culture’s interest grew in anything dealing with the Eastern culture.
  - As individuals became more aware of the beneficial effects of Yoga, it has gained acceptance and respect as a valuable method for helping in the management of stress and improving health and well-being.
  - Many physicians now recommend Yoga practice to patients with back pain, cardiovascular conditions, arthritis, depression, and other chronic conditions.
  - Yoga has crossed over into the fitness industry creating a huge boom in the mind/body disciplines.
  - Personal Trainers have adopted this type of exercise method to teach to their clients.
  - More and more yoga instructors are in demand.

### **The Original Yoga Texts**

Yoga is principally an oral tradition that is passed down from teacher to student; however, much of Yoga’s teachings are written in the form of verses, aphorisms and practical guidelines. These texts are a compilation that make up the body of work known as *Vedanta*. Most of the original Yoga texts were written in the archaic Indian language of Sanskrit. All texts do not agree on detail or main principles of the practice or philosophy of Yoga which makes this mind/body discipline a diversified one.

- Pantanjali’s *Yoga Sutras*
  - Details the eight limbs for the practice of Raja Yoga
  - Consists of 195 aphorisms
  - *Sutra* means “thread” - The *sutras* thread together a series of philosophical concepts that, in practice, provide the route to self-actualization.

- *Goraksha Paddhati*
  - 202 verses
  - Describes a six-step path for yogis to follow: posture, breath control, sense withdrawal, concentration, meditation, and ecstasy.
  - Describes the energy centres of the body
- *Hathayoga Pradipika*
  - “light on hath yoga”: Unites the physical practice of Hatha Yoga with the spiritual aims of Raja Yoga
  - Describes seals and locks that arouse *kundalini* energy
  - Describes 8 different types of breath control
- *Gheranda Samhita*
  - Describes 30+ postures, 21 cleansing techniques, and 25 seals
  - Lists the types of foods one should eat
  - Eating habits: “1/2 the stomach should be filled with food, 1/4 filled with water, 1/4 should be kept empty for *pranayama* (breath control)”
- *Bhagavad Gita*
  - “song of the blessed one”
  - Part of the *Mahabharata*, the great epic poem
  - Vyasa: Author
  - Describes the path of Karma yoga, Bhakti yoga, and Jnana yoga
- *Upanishads*
  - “to sit down next to”
  - Describes how a student sits down next to a guru in order to learn
  - Contains more than 200 texts that are believed to contain the ultimate truth
  - Metaphysical concepts: Reincarnation, karma, and route to the liberation of the self

## Benefits of Yoga

Yoga practice is associated with unlimited benefits that encompass the physical, emotional, and ultimately, the spiritual. The following is a limited list of benefits that one can obtain with a regular yoga regimen.

- Improved Flexibility
- Awareness of Body and Mind connection
- Increased Strength
- Increased Suppleness
- Increased Stamina
- Improved Proprioception— The body’s ability to respond when it is off balance
- Enhancement of Balance, Posture, Agility and Grace
- Cleansing and Conditioning of Internal Systems
- Enhancement of Bodily Processes—Digestion
- Improved breathing which leads to clarity, stillness of mind, and concentration
- Reduced Anxiety, Emotional Tension, and Mood Swings
- Alleviates or Eliminates Specific Physical Symptoms—PMS, headaches, backaches, stress, insomnia, asthma, and irritable bowel syndrome
- Assists in the management of or recovery from cancer, HIV, arthritis, and other degenerative diseases
- Personal Path of Discovery

## Components Of Yoga

Yoga incorporates 9 different components into each session to mold the body and mind and to enable one to work towards self actualization.

- **Asana:** Body postures that cleanse and tone the body from the inside out.
- **Drishti:** Nine (9) *Gaze* points in yoga that assist one to deepen his/her concentration
- **Suryanamaskara:** Sun Salutations that consist of 12 positions and should be practiced at dawn 12 times—once for each month of the year.
- **Mudras:** “To delight in” - Symbolic hand gestures that concentrate and channel flow in the body. These hand gestures are performed traditionally in the Tantra practice.
- **Pranayama:** Control of the vital and psychic energy in the body through breathing practices. *Prana* means cosmic energy, creative life force— invisible but of the utmost importance
- **Ujjayi:** Deep thoracic breathing (from the ribcage) that moves from the back of one’s throat down to the heart throughout the rest of the body.
- **Bandhas:** Energy support locks or seals that help to awaken and direct the creative energy in the body and aid pranayama. These locks or seals strengthen the abdominal and lower back muscles.
  - Jalandhara: Restraint of the jugular notch. Breathing through the glottis at the back of the throat
  - Uddiyana: The “flying up lock” which harnesses the mind. The lower abdomen organs are drawn in and upwards lifting the abdomen from the pubic bone to the navel towards the spine. Benefits include toning of the abdominal muscles, reducing of fat in the stomach, massaging of the intestines, and reducing constipation.
  - Mula bandha: An energy technique, involving the contraction of the perineum, the section of the pelvic floor between the anus and genitals.
- **Relaxation:** Poses that remove anxieties and mental anguish, as well as physiologically allowing the body to restore itself.
- **Meditation:** Concentration on a particular. “Living in the moment.”



Below are a series of questions designed to help you remember the course material efficiently. Before proceeding to the next page of the course content, please answer the following review questions.

## **Section # 1 Review Questions**

1. Explain the Benefits of Yoga and how they will benefit the person that is learning the form.
  2. There are nine components of Yoga that you can incorporate in each different session. List them and explain how each of them work.

## Types/Paths of Yoga

There are over 100 different schools/types of yoga. Listed are the most known schools/types of yoga,

- **Hatha:** The discipline of the force exercised by asanas, the philosophical activity and pranayama, the breath control. “Ha” means sun and “tha” means moon. This yoga type is what most people associate with yoga practice. This yoga practice is an umbrella for several methods.
- **Raja Yoga:** Called the “royal road,” because it incorporates exercise and breathing practice with meditation and study, producing a well-rounded individual. This type is synonymous with Pantanjala Yoga and Ashtanga Yoga (the unifying discipline of the eight limbs).
- **Jnana Yoga:** The exercise of wisdom and knowledge. This type of yoga is considered the most difficult path.
- **Bhakti Yoga:** The practice of extreme love and devotion in one-pointed concentration upon one concept of God.
- **Karma Yoga:** The discipline of self-surpassing action. The theory of action and reaction, cause and effect.
- **Mantra Yoga:** The practice of numinous sounds that help protect the mind.
- **Laya Yoga:** The yoga that features the absorption of dissolution of the elements ere their natural dissolution at death.
- **Tantra Yoga:** A way of showing the unseen consciousness in form through specific words, diagrams, and movements.
  - Diagram Example: Two triangles superimposed upon one another to show the joining of the physical and spiritual bodies.
  - Downward-pointing Triangle: The physical body or female aspect (work, action, movement)
  - Upward-pointing Triangle: The spiritual body or male aspect (support, energy, vastness)
- **Kashmir Shavism Yoga:** Everything in the universe, according to this thought, has both male and female qualities. The male and female principles are an equal partnership; they are so interdependent that they cannot be separated, they are, in fact, one thing. The feeling of attraction between them creates the immense complexity of the universe that we enjoy and celebrate.
  - Based on Emotion
  - “Intellectual understanding by itself will never lead us to realization (the summit of yoga) because it blocks our ability to experience the full power of that male/female consciousness in ourselves.”
  - Male Principles: Consciousness, Energy, Mind, Potentiality
  - Female Principles: Manifestation, Movement, Form
- **Vedanta Yoga:** This yoga practice recognizes only the male principle, saying that the female aspect (manifest world) is unreal; that is why one often sees pictures of ascetics attempting to negate their bodies through suffering and self-denial. They are attempting to prove to themselves that the world, or female aspect, is not important.

## The Main Methods of Hatha Yoga

There are several different methods of Hatha Yoga. As we move through life, we change on a daily basis. Therefore, as we change and adapt, so will our practice of yoga. It is important to approach yoga with an open mind embracing the differences and receiving the enrichment that each yoga method can supply.

- **Viniyoga**
  - Founder: T.K.V. Desikachar
  - Target Population: All stages of life, injured individuals, individuals who are recovering from illness
  - A gentle form of yoga that is usually taught one-on-one which includes breathing and posture practice, as well as, spiritual and philosophical teaching
- **Iyengar Yoga**
  - Founder: B.K.S. Iyengar
  - Target Population: Individuals with specific needs, older people, individuals with injuries
  - A technically correct style of yoga that focuses on the mastery of precise alignment and posture. This method of hatha yoga is a rigorous training of the mind and body using props. Students master asana first then accomplish the breathing.
- **Sivananda Yoga**
  - Founder: Swami Sivananda
  - Target Population: Everyone— all ages and body types
  - This yoga method embraces all yoga paths including karma, bhakti, and jnana and is based on 5 principles: proper breathing, proper exercise, proper relaxation, proper diet, and positive thinking/meditation. Alignment training is not of central focus
- **Bikram Yoga**
  - Founder: Bikram Choudury
  - Target Population: Fit individuals
  - A sequence of 26 postures in a classroom that is heated higher than 100° F (38°C) recreating the Indian climate. Individuals sweat profusely which speeds up the cleansing effect of the postures and increases flexibility.
- **Astanga Vinyasa Yoga**
  - Founder: Sir K. Pattabhi Jois
  - Target Population: General healthy individuals who like a physical challenge
  - A dynamic and physically demanding practice of yoga that begins with sun salutations and links poses to form sequences. Individuals use a strong breathing technique throughout the movement.
  - *Astanga* means “eight-limbed” and *vinyasa* means “linked”. This method of yoga is based on Pantanjali’s Eight Limbs of Yoga, the second chapter of the Yoga Sutras.

## The Eight Limbs of Yoga

In the *Yoga Sutras*, Pantanjali set down the eightfold path to the strengthening and evolution of the body, mind, and soul. This eightfold path is made up of mental and physical disciplines that lead one to enlightenment.

**1. Yama:** Restraints/Rules of Conduct

- Non-violence, the supreme restraint (ahimsa)
- Truthfulness (satya)
- Non-stealing (asteya)
- Continence/Self-control (brahmacharya)
- Non-grasping (aparigraha)

**2. Niyama:** Discipline of the body and mind, observances

- Inner and outer cleanliness (saucha)
- Contentment (santosha)
- Discipline/Practice (tapas)
- Spiritual Study (svadhyaya)
- Surrender to the highest power (Iswarapranidhana)

**3. Asana:** Steady posture, poise, balance\*

**4. Pranayama:** Breathing technique; literally control of the vital force\*

**5. Pratyahara:** Preparation for meditation, described as “withdrawal of the mind from the senses.”\*

**6. Dharana:** Concentration and mind focus/Being able to hold the mind on one object for a specified time

**7. Dhyanā:** Meditation/The ability to focus on one thing (or nothing) indefinitely

**8. Samadhi:** Absorption through meditation, bliss, piercing the veil of illusion/Realization of the essential nature of the self

\*Modern Western yoga classes generally focus on the 3rd, 4th, and 5th limbs.

## The Subtle Anatomy

According to yogic theory, human beings exist in both a physical and subtle form. Yoga philosophy describes an inner or psychic dimension to the body, often referred to as the “subtle body,” which is not visible to the physical eye. The subtle body is made up of a network of *nadis* and *chakras* through which *prana* flows. The main female energy called *kundalini* is awakened through the practice of yoga and rises up through the subtle body to its ultimate goal of self realization. Along *kundalini*’s journey, it may experience blockages along the way called *granthis*. It is the goal of an individual who practices yoga to free up these blockages so that *prana* can flow freely reaching the ultimate goal of self actualization.

### The Subtle Body

- *Pranic Sheath (pranayama kosha)*— 1st layer of the subtle body that is made up of networks of channels (*nadis*) through which *prana* flows.
- *Mental Sheath (manomaya kosha)*- 2nd layer of the subtle body that is one’s subconscious mind.
- *Intellectual Sheath (vijnanamaya kosha)*- 3rd layer of the subtle body which corresponds to both the conscious, controlling mind and the ego.
- *Bliss Sheath (anandamaya kosha)*- 4th layer of the subtle body that is at the core of the being. This layer contains the seed of the true self.

### *Prana*

- A kind of “life force,” a universal flow of energy that gives one— and other living things—the spark of life.
- *Prana* exists in both one’s body and in the external world.
- *Prana* is absorbed by eating, drinking, and breathing and from sunshine, wind, and rain.
- 5 Types of *Prana* that have control over specific areas of the physical body
  - *Prana*— Circulates in the area of the heart/flows up and controls breathing
  - *Apana*— Circulates at the abdomen/flows downward and controls elimination
  - *Samana*— Circulates at the middle of the body/controls metabolism and digestion
  - *Udana*— Circulates at the throat and is linked with speech, swallowing, and sleep
  - *Vyana*— Pervades the whole body and relates to the nervous and endocrine systems and the circulation of the blood

### **Nadis: Energy Channels**

- Channels throughout the 1st layer of the subtle body (*pranayama kosha*) along which *prana* flows.
- Although there are said to be 72,000 *nadis*, three are of particular importance. The main *nadi* is *sushumna* and runs the same path as the spinal cord of the physical body. The *ida* and *pingala nadi*s spiral around the *sushumna* like a double helix and exit out the nostrils.
- *Sushumna Nadi*— Starts at the base of the body and then rises in a straight line toward the crown of the head
- *Pingala Nadi*— Starts at the base of the body on the right side of *sushumna* and exits out the right nostril
  - Means Positive
  - Situated to the right of the *sushumna nadi*
  - Associated with physical faculties
  - Masculine energy
  - *Ha* of Hatha yoga— hot energy of the sun
- *Ida Nadi*— Starts at the base of the body on the left side of *sushumna* and exits out the left nostril
  - Means Negative
  - Situated to the left of the *sushumna nadi*
  - Associated with mental faculties
  - Female energy
  - *Tha* of Hatha yoga— cool energy of the moon
- *Kundalini*— Cosmic energy that is represented as a serpent coiled at the base of the body (*khanda*) that rises upward along the *sushumna* piercing the psychic knots and reaching immortality.

### **Chakras: The Body's Energy Centers**

- *Chakra* means wheel. At the points where the *chakras* occur, prana flowing through the *nadis* spins to form brightly shining wheels of light.
- *Chakras* are the points at which *sushumna nadi*, *pingala nadi*, and *ida nadi* intersect.
- 7 *Chakras*
  - Muladhara-chakra
    - Located at the base of the body, at the perineum
    - Stimulated by the root lock (mula bandha)
    - The place of cosmic energy and the source of the *sushumna nadi*
  - Svadhishthana-chakra
    - Situated in the genital area
  - Manipura-chakra
    - The psychoenergetic center located at the level of the navel
    - The triangular region of fire, the fiery digestive energy center
  - Anahata-chakra
    - Located in the heart center
    - The seat of the divine
    - The site of the 1st psychic knot— Brahma granthi
  - Vishuddha-chakra
    - Located at the throat
    - The site of the 2nd psychic knot— Vishnu granthi
  - Ajna-chakra
    - Situated in the center of the head between the eyebrows (“the 3rd eye”)
    - The site of the 3rd (final) knot— Rudra granthi (piercing this knot will gain psychic powers)
  - Sahasrara-chakra
    - Located at the crown of the head
    - Known as the “thousand-petaled lotus”

## The Yoga Diet

Strictly speaking, the yoga diet should be wholesome and nutritious. The yogic approach to diet shares its origins with Ayurveda— the traditional Indian system of medicine. The teachings focus on the interactions of the three primal qualities known as *gunas* (*sattvic*, *tamasic*, and *rajasic*). All *gunas* manifest objects in different proportions. All three *gunas* are present in each individual, but one is dominant and influences all actions, thoughts, and desires. Eating a balanced yogic diet that takes account of the influence of the three *gunas* helps to keep one's body slender and improve flexibility and physical well-being.

### **Sattvic Food**

- Clear and lucid energy that can be felt internally as periods of joy, clarity, and efficiency
- Balance
- Food Examples: Grains, cereals, wholemeal bread, fresh fruit, fruit juice, fresh vegetables, milk, butter, cheese, honey, nuts, seeds, herbs, and water

### **Tamasic Food**

- Heavy and inert energy that can be experienced through a feeling of laziness and lethargy
- Immobile
- These foods can be eaten to achieve a calming effect.
- Foods that are acidic, dry, or old
- Food Examples: Mushrooms, meat, onion, garlic, alcohol, and fermented foods (vinegar, reheated food, and over-ripe or stale foods). *Sattvic* foods that are fried in oil.

### **Rajasic Food**

- Restless and active energy that can be experienced as manic energy or stress.
- Drives one to a fiery and mischievous state
- These foods can be eaten if one feels lethargic or sluggish.
- Foods that are hot, bitter or sour, or dry or salty
- Food Examples: Coffee, chocolate, tea, salt, fish, eggs, chili peppers, and strong herbs and spices

### **The Vegetarian Diet**

- Lacto-vegetarian— Made up of non-animal foods with the exceptions of milk, cheese, yogurt, butter, eggs, and honey (The diet practice of the majority of yoga branches)
- Rationale— The yoga principle of non-harm and non-violence to all living things (*Ahimsa*)
- Evidence supports that a predominately vegetarian diet is good for health.

### **Water— The Source of Life**

- Approximately 80% of one's body mass
- Maintain fluids— 2 liters of mineral water per day/more if you sweat a lot during exercise
- Signs of Dehydration— Dry skin, sticky saliva, weak feelings, lethargy, fatigue, lack of urinating, and dark yellow or orange-colored urine
- Drink room-temperature water
- Avoid drinking before or during a yoga workout
- Wait 15-20 minutes after a yoga workout before drinking water
- Avoid wiping sweat off after a workout. Instead, rub the moisture back into the body to reabsorb lost minerals.
- Wait at least 1/2 hour before bathing after a workout and at least 1 1/2 hours before going into the open air.

**One should not eat to the point of complete fullness. The stomach should be 1/4 empty after a meal. One should eat in a calm and relaxed frame of mind. (*Hathayoga Pradipika* text)**



Below are a series of questions designed to help you remember the course material efficiently. Before proceeding to the next page of the course content, please answer the following review questions.

**Section # 2 Review Questions**

- 1. List the Eight Limbs of Yoga that make up the mental and physical disciplines that lead one to enlightenment.**

- 2. Fill in the blank with word dealing with the Yoga Diet.**

\_\_\_\_\_ food are clear and lucid energy.

\_\_\_\_\_ food is restless and active energy.

\_\_\_\_\_ food is heavy and inert energy.

\_\_\_\_\_ is made up of non-animal foods.

Water is about \_\_\_\_\_ % of the one's body mass.

## Yoga Breathing

The ancient Indian yogis believed that each individual is born with a certain number of breaths in his life. The way one breathes is an essential component to one's quantity and quality of life. When one slows down the breath, essentially the lifespan is increasing. Stress and anxiety are two of the most contributing factors to ill health. Stress and anxiety cause the chest to tighten and the breath to shorten thereby causing the bodily systems to deteriorate. When one learns to breathe correctly, the body begins to calm itself restoring health and vitality.

**Pranayama:** "Breath Control"/The philosophy of yoga holds that the air one breathes is full of *prana* or life force.

**Ujjayi Breathing:** "Victorious Breath"/The type of breathing involved in Hatha Yoga (Ashtanga more specifically).

- Benefits of Correct Breathing
  - Relaxed Muscles
  - Improves digestion
  - Heart and lungs expand increasing the circulation of oxygenated blood throughout the body
  - Keeps the body healthy and free of disease
  - Creates heat within the body making it more pliable and flexible
  - Inspired literally means "to breathe in"/One receives a feeling of inspiration which leads to more oxygen to the brain resulting in clarity of mind and a higher production rate.
- Breathing in Meditation– The breath can be a focal point in meditation. In meditation the mind is cleared and with clarity comes a new perspective on life.
- The Breathing Technique
  - The breath is slow, deep, and full– deep diaphragmatic breathing
  - Inhalation– Breathe in through the nose and direct the air into the abdomen. Feel the stomach expand. Then draw the air up into the lungs. The rib cage slowly expands sideways as air fills up the lungs.
  - Exhalation– Expel air out through the nose by relaxing the chest slightly, then follow through with the abdomen. This expels all of the air from the lungs.
  - Inhalations and exhalations should be smooth and of equal length and depth.
  - All breathing should take place through the nose through the epiglottis of the throat (the back of the throat).
  - A snoring sound is to be expected.
  - Each movement is performed on either an exhalation (*rechaka*) or an inhalation (*puraka*).
  - When in a posture, one should isolate a tight area by taking his/her awareness to that muscle. Then one should take his/her breath there. The concentration should be placed on letting go the tension and softening the specific area with the exhalation. The tightness then feels like it is melting away.
  - General Rule of Thumb– Inhale when the body opens up or expands, exhale when the body folds or contracts.

## **Body Types *Dosha***

According to Ayurveda, classical Indian medicine, there exists three bodily doshas consisting of air (vata), fire or bile (pitta), and phlegm or earth (kapha). The balance of these three doshas will bring about good health. An individual is predominately one dosha (body type), but can be a combination of two or all three. Knowing one's body type will assist him/her in making the correct choices in regards to exercise, diet, and environment. Depending on one's dosha, what one takes into the body can be either nourishing or toxic. Determining one's dosha will also shed light on what type of yoga discipline an individual should practice.

### **Vata**

- Characteristics
  - Light and Thin Build
  - Enthusiastic and Excitable
  - Has bursts of energy, performing activities quickly
  - Quick to grasp new information
  - Tends to worry, changes moods, and is restless
  - Irregular hunger and digestion
- Element- Air (controls movement in the body)
- Exercise
  - Needs to be soothing and grounding (Viniyoga/Sivananda)
  - Needs steadiness, ample rest, and lots of relaxation
- Balanced Qualities
  - Enthusiastic
  - Happy
  - Imaginative
  - Alert

### **Pitta**

- Characteristics
  - Medium Strength and Endurance
  - Sharp Intellect and Likes Challenges
  - Articulate, Bold, Competitive, Intense
  - Tendency Towards Anger
- Element- Fire (controls metabolism in the body/strong digestion)
- Exercise
  - Needs Calming
  - All yogas/Astanga Vinyasa yoga in particular because of the challenge
  - Calming pranayama is very beneficial
  - Balance between rest and activity
- Balanced Qualities
  - Warm and Emotional
  - Content and Confident

### **Kapha**

- Characteristics
  - Solid, Powerful, Physical
  - Steady Energy, Tranquil, Slow Digestion/Tendency towards obesity and laziness
  - Affectionate, Forgiving, Heavy Sleep
- Element- Earth (controls structure in the body)
- Exercise
  - Need to "stoke the fire"- Need regular, strong exercise
  - Astanga Vinyasa and Iyengar
- Balanced Qualities
  - Tranquil and Relaxed
  - Affectionate

## Tips and Safety Guidelines

### **In the Moment**

- One's energy level differs on a daily basis. Biorhythms vary from day to day. Therefore, base your daily yoga practice on how you feel on that particular day and at that particular time.
- Know your limitations, but at the same time, try to challenge those limitations.
- If you experience excessive pain during a pose, STOP!

### **When to Practice Yoga**

- Although traditionally yoga is to be practiced first thing in the morning when the atmosphere is still and the mind is peaceful, yoga can be practiced at any part of the day.
- One should experiment at different times during the day to discover the best time for him/her.
- Morning Practice— Gives one lots of energy to enjoy the day. Warming up is very important because of the stiffness of the body from sleeping the night before.
- Afternoon Practice— Because the body is already warm, one may experience less resistance to stretches and poses. Focus on achieving a specific effect.
- Evening Practice— Relaxation poses will help an individual wind down at the end of the day. Focus on sitting quietly and concentrating on deep breathing. This will help one prepare for a sound sleep. If one needs revitalization at the end of the day, more dynamic poses will be beneficial.

### **The Frequency and Duration of Yoga Practice**

- As a beginner, get into a habit of practicing at the same time during the day. It is important to establish a routine. Begin with a few poses completing a session of about 15 minutes. The general rule of thumb is to do as much as possible without overdoing it.
- Once a foundation has been set, one should be able to practice yoga 3-6 days a week 45-60 minutes per session. This may take a few months.
- If one has a minimal amount of time he/she can practice 30 minutes in the morning and 30 minutes in the evening. As long as he/she completes 2 full sessions (45-60 minute-sessions) the other times during the week. (This is a routine of 3 days a week.)

### **Environment**

- Clean, quiet, dry environment
- Empty space that is symbolic of an open mind/practice outdoors in the fresh air for a change and to connect with nature
- Free from distractions, people, and loud noises
- Low lighting (candle-light)
- Warm temperature

### **Equipment and Clothing**

- There is no requirement for special equipment to practice yoga. The only equipment you need is you and the floor.
- Equipment for Assistance
  - Mat— Thin, rubber sticky mat or Rug
  - Eye Bag for relaxation
  - Blocks for when you cannot reach the floor with your hands during standing poses
  - Straps for when you cannot reach your feet to stretch
  - Bolster or cushion to position under your chest or lie over
- Clothing
  - Bare feet are best
  - Wear loose clothing with natural fibers to let the body breathe
  - Wear long sleeves, socks, and/or a blanket during the relaxation phase to keep the body warm

### **Eating**

- Avoid practicing yoga on a full stomach.
- Wait 1 hour after a light snack and 3 hours after a heavy meal
- Avoid drinking water during the yoga session

### **Safety Guidelines**

- Before beginning any new exercise program and/or if an individual has been sedentary for at least 1 year, he/she should consult a physician. Also, if you know or suspect that you have a medical problem, seek the advice of your physician before practicing yoga.
- Never force a pose. Only go as far as your capacity allows.
- Always perform a pose with openness, extension, and support. Avoid collapsing, compressing, and /or rigidness.
- Do not practice yoga after long periods of suntanning.
- If you experience exhaustion after a yoga session, then your session was too prolonged for your current level of ability. Back off a bit and build up slowly.
- Keep breathing deeply and fully with even inhalations and exhalations especially during the most complex poses. Individuals tend to hold the breath during the more challenging poses.

### **Special Conditions**

- High Blood Pressure– Avoid holding the breath and inverted poses.
- Sciatica– Avoid intense hamstring stretching and forward bends without slight flexion of the knees.
- Eye Conditions Especially Glaucoma and Ear Congestion– Avoid holding the breath and inverted poses.
- Lower-back Injuries– Flex the knees slightly during all forward folds.
- Back or Neck Injuries– Avoid inverted poses.
- Knee Problems– Avoid quadricep stretches, i.e., Camel Pose. Place extra padding under the knees during floor work.
- Menstruation– Avoid inverted poses.
- Pregnancy
  - Consult physician before beginning a yoga program.
  - Because there is a natural drop in exercise performance, limit the intensity of the workout.
  - Avoid overstretching.
  - Avoid lower spinal twists, forward bends, and spine-lying poses.
  - Avoid prolonged inverted positions and holding the breath.
  - After 1st trimester, avoid prolonged standing poses or lying on the back..
  - A wall or chair can be used when the 3rd trimester is reached.
  - Be certain to wear warm clothes.
- Seniors
  - Initially avoid extended periods of inverted poses.
  - Initially avoid extended periods of floor postures and forward folds.
  - Modify difficult poses requiring much strength.

### **Steps in Case of Injury**

- If a ligament or muscle is torn during the session, place ice on the injured area until the swelling goes down.
- Avoid poses that aggravate an injury.
- In case of a leg or wrist injury, use a brace or medical bandage for support.

## **Yoga Poses Standing**

1. Mountain (*Tadasana*)
2. Forward Fold (*Uttanasana*)
3. Back Extension Chest Lift/Wrist Stretch (*Padangushtsana/Padahastasana*)
4. Standing Straddle Splits (*Padottanasana*)
5. Extended Angle (*Parsvak Onasana*)
6. Triangle (*Trikonasana*)
7. Reverse Triangle (*Parivita Trikonasana*)
8. Pyramid (*Parsvottanasana*)
9. Warrior I (*Virabhadrasana I*)
10. Warrior II (*Virabhadrasana II*)
11. Reverse Warrior (*Parvivita Virabhadrasana*)
12. Advance Warrior (*Virabhadrasana III*)
13. Tree (*Vrksasana*)
14. Front Leg Extension (*Utthita Hasta Padangusthasana*)
15. Eagle (*Garudasana*)
16. Powerful Chair/Elevated Chair (*Utkatasana*)
17. Gate (*Parighasana*)



Below are a series of questions designed to help you remember the course material efficiently. Before proceeding to the next page of the course content, please answer the following review questions.

**Section # 3 Review Questions**

- 1. Explain the breathing techniques of Yoga and how important they are.**

- 2. Fill in the blank with words from Tips and Safety Guidelines of Yoga.**

Avoid practicing Yoga on a full\_\_\_\_\_.

It is best to have \_\_\_\_\_ feet.

The room temperature is best at\_\_\_\_\_.

Make sure you know your \_\_\_\_\_.

It is best to wear \_\_\_\_\_ clothing.

## 1. Mountain (*Tadasana*)

*Purpose:* To fill the body with energy and awareness. To align and center the body's weight. The mind and body unite.

Strengthens the spinal muscles.

*Positioning:* Stand straight, with your arms at your sides with your palms forward. Your feet are together with the joints of the big toes touching. (The picture shows the feet separated for more stability.) Evenly distribute your body weight between your feet. Lift your calves, kneecaps, and thighs up toward your hips, activating the leg muscles. Maintain a neutral alignment activating your buttocks. Draw your abdomen in slightly. Relax your shoulders down away from your ears. Open up your chest.

*Holding:* Hold for 10 breaths

*Breathing:* Inhale and exhale deeply and fully.

*Tips:* "Go inside" your body. Focus on how you feel at that moment, i.e., be in the moment. Focus your eyes either straight ahead or close your eyes to "draw in."



## 2. Forward Fold (*Uttanasana*)

*Purpose:* To quiet the mind and cool the body. This pose improves blood circulation and digestion, softens tight spinal muscles, and reduces fat around the abdomen.

Stretches hamstrings and back.

*Positioning:* Place your feet hip-width apart. Lift your arms to the sky. Bending from your hips with a flat back, extend your arms out and bring them down in front of your feet with your palms on the floor. Keep your knees straight but soft. The crown of your head is pointing straight down.

*Holding:* Let gravity pull your crown of the head closer to the floor and your chest closer to your thighs. Feel your vertebrae separate making your spine longer. Keep lifting your tailbone toward the sky. Breathe into your lower back and hamstrings. As you are holding, you can shake your head gently side-to-side and forward and backwards to loosen up the cervical spine.

*Breathing:* Inhale as you extend the body up and lift the arms to the sky. Exhale as you lower to the floor. Hold the pose for 5-10 deep breaths.

*Modifications:* If you cannot reach the floor, bend the knees. Bend your elbows at 90° and grasp your elbows resting your hands inside the creases of your elbows. Keep your knees bent if you have back problems, sciatica, or tight hamstrings.

*Tips:* Keep your gaze down past the tip of your nose, or, for deep relaxation, close your eyes. Feel your spine elongating.



### 3. Back Extension Chest Lift/Wrist Stretch (*Padangushtsana/Padahastasana*)

*Purpose:* This pose lengthens the neck and relieves carpal tunnel syndrome.  
Strengthens the back  
Stretches hamstrings.

*Positioning:*

Back Extension Chest Lift—Fold your upper body forward and down from the hips. Place your fingertips on the floor in front of your feet. Inhale as you lift your chest away from your thighs. Look up, and straighten your back. Exhale as you lower out of the pose.

Wrist Stretch—While in a forward fold pose, lift your feet and slide your hands completely under your feet with the palms supine (facing upward). Your goal is to touch your toes to the inside of your wrists.

*Holding:*

Back Extension Chest Lift—Keep your back flat while holding your head up.  
Wrist Stretch—Slowly attempt to straighten your knees as much as possible.

*Breathing:* Hold for 5 breaths for each pose.

*Modifications:* Those with lower back problems, sciatica, or tight hamstrings, can bend the knees and place the hands on the tibialis anterior (shins) or quadriceps.

*Tips:* Keep your gaze on your “third eye.”



#### 4. Standing Straddle Splits (*Padottanasana*)

*Purpose:* To release tight hamstrings, tone the legs and buttocks, and calm the mind.

Strengthens the legs.

Stretches hamstrings.

*Positioning:* Place your feet about 5 feet apart with your toes forward in-line with your knees. Place your hands at your hips. Inhale and lift up out of your waist extending your chest towards the sky. Exhale as you bend forward from the hips towards the floor. Draw the chest towards the thighs with a flat back. The crown of the head points straight down. Lower the hands to the floor with bent elbows or place your hands at the ankles. Activate the leg muscles for support.

*Holding:* Let gravity pull your crown of the head closer to the floor and your chest closer to your thighs. Feel your vertebrae separate making your spine longer. Keep lifting your tailbone toward the sky.

*Breathing:* Hold for 5-10 breaths.

*Modifications:* If you cannot reach the floor, bend the knees or place your hands on a block. You may even bend only half-way.

*Tips:* Keep your gaze at the tip of your nose and looking back through your legs. To strengthen the lower back, lift your chest up placing your hands on the floor in front of your body for slight support.



## 5. Extended Angle (*Parsvak Onasana*)

*Purpose:* To stimulate the nervous system and internal organs, tone and cleanse the spinal muscles, and strengthen the legs and the muscles around the knee joint.

Strengthens the quadriceps.

Stretches the groin and waist.

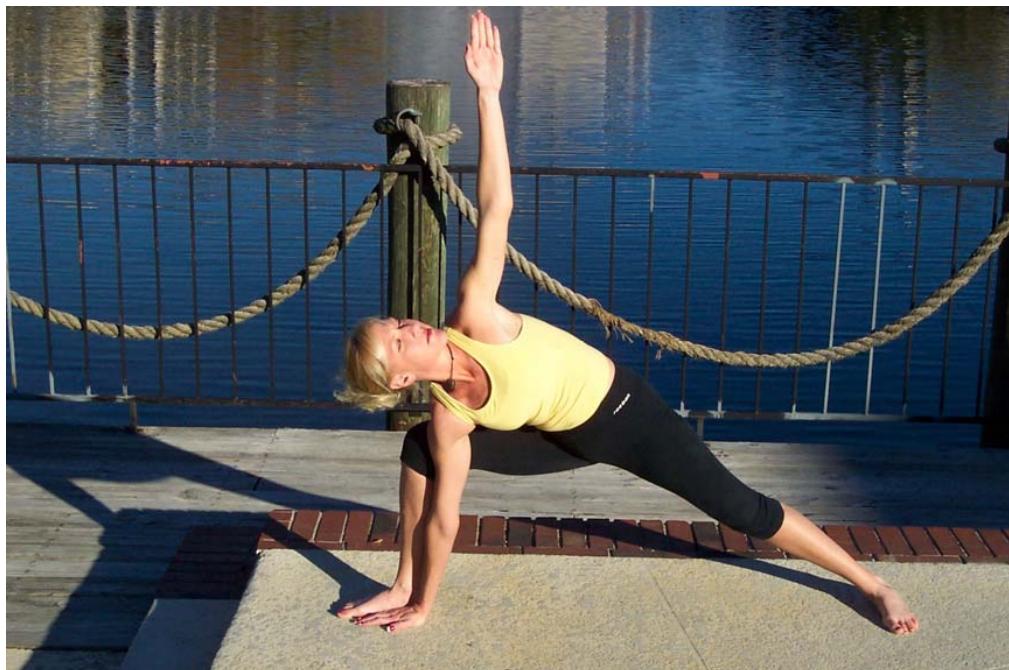
*Positioning:* Place your feet about 4 feet apart with your right foot at 90° and your left foot at 15°. Your right knee is bent at a right angle with your right hand on the inside of the instep of the right foot. The left leg is extended straight out. The left arm is extended over head creating a straight line from the left fingertips down to the left heel. Tuck your chin in and look towards your left hand.

*Holding:* Keep rotating your chest towards the sky. Press your hand into the floor. Sink into your bent knee. Squeeze your glutes.

*Breathing:* Hold for 5 breaths. Repeat on the other side.

*Modifications:* If you cannot reach the floor with your hand, place your hand at the ankle or at the calf. You may even modify by resting your forearm on the quadricep. Be mindful of this pose if you have weak knee joints.

*Tips:* Keep your gaze beyond your fingertips. If your neck tires then look down to the foot.



## 6. Triangle (*Trikonasana*)

*Purpose:* To stimulate and massage the nervous system, internal organs, digestive system, and spinal muscles.

Strengthens the lateral muscles of the torso.

Stretches the lower back, hamstrings, and waist.

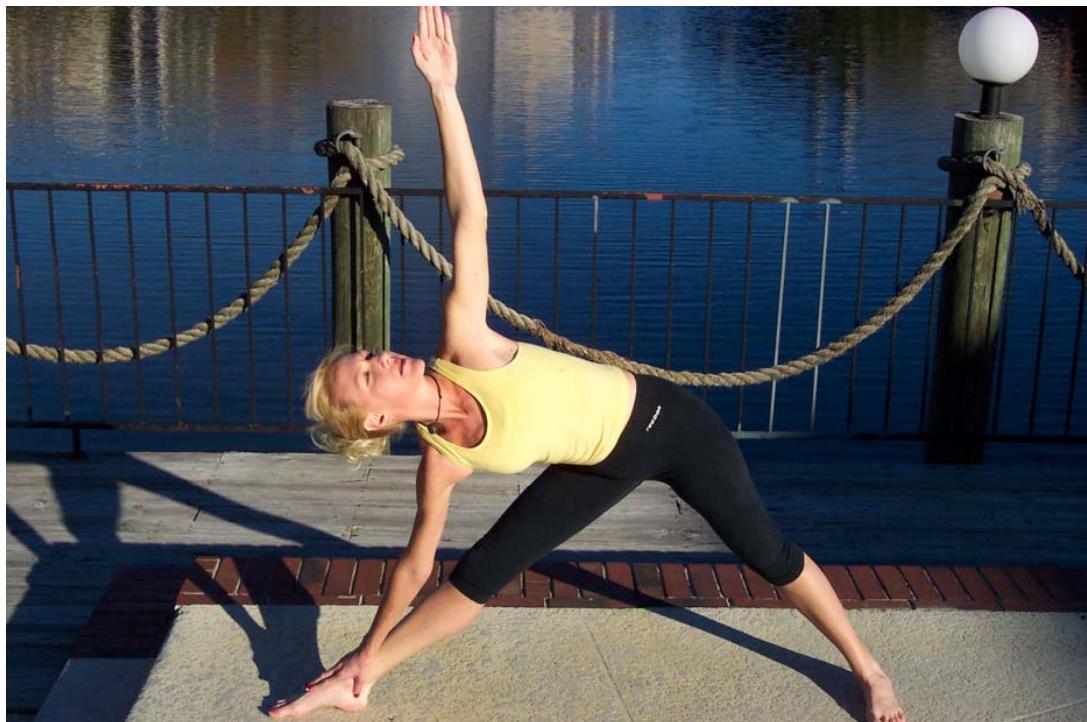
*Positioning:* Place your feet about 4 feet apart with your right foot at 90° and your left foot at 15°. Both knees are straight but soft. Bending laterally from your hips, your right hand is on the inside of the instep of the right foot. The left arm is extended straight up reaching towards the sky creating a straight line from fingertip to fingertip. Tuck your chin in and look towards your left hand.

*Holding:* Keep rotating your chest towards the sky. Keep opening up at your hips.

*Breathing:* Hold for 5 breaths. Repeat on the other side.

*Modifications:* If you cannot reach the ankle with your hand, place your hand at the calf or use a block.

*Tips:* Keep your gaze beyond your fingertips that are extended upward. If your neck tires, look down to the foot. The body should be in a position that is shaped like a triangle.



## 7. Reverse Triangle (*Parivita Trikonasana*)

*Purpose:* To slim the waistline and tone the legs. This pose relieves sciatica and pain in the joints, assists in eliminating waste, and tones and limbers the spinal column.

Strengthens the lateral muscles of the torso.  
Stretches the lower back, hamstrings, and waist.

*Positioning:* Place your feet about 4 feet apart with your right foot at 90° and your left foot at 15°. Both knees are straight but soft. Bending laterally from your hips, twist your torso so that you are looking behind your body. Your left hand is on the outside of the right foot. The right arm is extended straight up reaching towards the sky creating a straight line from fingertip to fingertip. Tuck your chin in and look towards your right hand.

*Holding:* Keep opening your chest

*Breathing:* Hold for 5 breaths. Repeat on the other side.

*Modifications:* If you cannot reach the ankle with your hand, place your hand at the calf or use a block.

*Tips:* Keep your gaze beyond your fingertips that are extended upward. If your neck tires, look down to the foot. The body should be in a position that is shaped like a triangle.



## 8. Pyramid (*Parsvottanasana*)

*Purpose:* To massage the spinal nerves and to stimulate the intestines for good digestion. To open the leg muscles.

Stretches the lower back, hamstrings, and hips.

*Positioning:* Place your feet about 4 feet apart with your right foot forward at 90° and your left foot back at 60°. It is as though you are standing on a balance beam with one foot directly in front of the other. Your hips are in the same direction as the front foot. Both knees are straight but soft. Fold your arms behind your back with your hands grasping one inside the other. Inhale as you lift your chest to the sky creating an arch in the back, then exhale as you bend forward from the hips. Your goal is to get the forehead to the knee and the chest to the thigh.

*Holding:* Focus on pulling your right hip back and your left hip forward to keep your hips in alignment with your shoulders.

*Breathing:* Hold for 5 breaths. Repeat on the other side.

*Modifications:* You can bend your front knee if you feel tightness. You may modify by resting your hands on the floor or ankle.

*Tips:* Keep your gaze toward your front foot. Keep lengthening the spine and activating your leg muscles.



## 9. Warrior I (*Virabhadrasana I*)

*Purpose:* To lengthen and tone the spinal muscles and nervous system.

Strengthens the knee joints, quadriceps, glutes, and upper body.  
Stretches the lats and hip flexors.

*Positioning:* Place your feet about 4 feet apart with your right foot forward at 90° and your left foot back at 45°. It is as though you are standing on a balance beam with one foot directly in front of the other. Your hips are in the same direction as the front foot. Your right front knee is bent at a right angle and your left leg is straight. Bring your palms together and raise your arms overhead. Inhale as you lift your arms overhead. Look up to your hands.

*Holding:* Focus on pulling your right hip back and your left hip forward to keep your hips in alignment with your shoulders. Keep your knee over your ankle and not protruding past your toes. Relax your shoulders away from your ears creating a stretch in your lats and chest.

*Breathing:* Hold for 5 breaths. Repeat on the other side.

*Modifications:* If your neck tires, look forward. If your arms tire or your back strains, lower your hands to your hips. You may also change hand placement and separate the hands to where they are shoulder width apart.

*Tips:* Keep your gaze towards your hands or forward. The chest is puffed outwards symbolizing a warrior ready for action. The legs serve as a strong foundation for the upper body.



## 10. Warrior II (*Virabhadrasana II*)

*Purpose:* To lengthen and tone the spinal muscles and nervous system.

Strengthens the knee joints, quadriceps, and glutes.  
Stretches the chest and adductors.

*Positioning:* Place your feet about 4 feet apart with your right foot forward at 90° and your left foot back turned in at 15°. It is as though you are standing on a balance beam with one foot directly in front of the other. Your hips are opened up in the same direction as your chest and shoulders. Your right front knee is bent at a right angle and your left leg is straight. Extend your arms out to the sides at shoulder height creating a straight line fingertip to fingertip. Keep your spine straight with your hips underneath your shoulders. Look to your right front fingertips.

*Holding:* Focus on keeping your buttocks tucked under. Keep your knee over your ankle and not protruding past your toes. Relax your shoulders away from your ears.

*Breathing:* Hold for 5 breaths. Repeat on the other side.

*Modifications:* This is a strenuous pose. If you have weak knee joints, be mindful of this pose and stop if you feel sore.

*Tips:* Keep your gaze towards beyond your front hand. The body and mind are opened, activated, and ready for action.



## **11. Reverse Warrior (*Parvivita Virabhadrasana*)**

*Purpose:*

Strengthens the knee joints, quadriceps, and glutes.  
Stretches the waist, lats, and adductors.

*Positioning:* Place your feet about 4 feet apart with your right foot forward at 90° and your left foot back turned in at 15°. It is as though you are standing on a balance beam with one foot directly in front of the other. Your hips are opened up in the same direction as your chest and shoulders. Your right front knee is bent at a right angle and your left leg is straight. Extend your front arm towards the sky and the back arm lowers to the back leg. Keep your spine straight with your hips underneath your shoulders. Look to the hand that is extended towards the sky.

*Holding:* Keep lifting your upper body. Stretch your waist and ribs. Keep your knee over your ankle and not protruding past your toes. Relax your shoulders away from your ears.

*Breathing:* Hold for 5 breaths. Repeat on the other side.

*Modifications:* This is a strenuous pose. If you have weak knee joints, be mindful of this pose and stop if you feel sore.

*Tips:* Keep your gaze towards the hand of the extended arm.



## 12. Advance Warrior (*Virabhadrasana III*)

*Purpose:* To condition the body to learn balance and coordination and to develop inner strength and focus.

Strengthens the legs, arms, and trunk muscles.  
Stretches the spine.

*Positioning:* Begin in a Warrior I pose with the right foot forward. Straighten your right leg and extend your torso over your right leg. As your torso lowers, raise your left leg straight back behind you in-line with your hips. Your arms are extended straight over your head. Keep your back flat and parallel to the floor. Your arms, torso, and lifted leg should form a straight line. Keep the balancing leg straight and activated but with soft knees.

*Holding:* Keep balancing in alignment.

*Breathing:* Hold for 5 breaths. Repeat on the other side.

*Modifications:* Rest your hands on a chair or the wall for balance. If you are not balanced because of your gaze, look towards the floor.

*Tips:* This pose can begin in a Warrior I pose or from the Mountain pose. Keep your gaze towards the hands that are extended overhead.



### 13. Tree (Vrksasana)

*Purpose:* To teach the body balance. This pose also soothes the mind and nervous system and develops concentration.

Strengthens the quadriceps and glutes.

Stretches the adductors and lats.

*Positioning:* From a Mountain pose, bend your left knee and turn it out with the left foot resting on the inner right thigh. Keep the right leg straight and activated but with the knee soft. Place your hands in a prayer position. Relax your shoulders away from your ears.

*Holding:* Concentrate on opening up the hips. Contract your abdominals and lift up out of the standing leg. Find a point in front of you upon which to focus.

*Breathing:* Breathe deeply for 10 breaths. Repeat on the other side.

*Modifications:* You may place one hand on the wall for support. You may balance with one foot on the inside of the ankle or calf muscle. If you have knee problems, be mindful of this pose.

*Advancement:* To enhance balance performance, you may add movement to your arms. From a prayer position with the hands, extend the arms overhead as you inhale and then open up the arms to the sides as you exhale.

*Tips:* This pose can begin in a Warrior I pose or from the Mountain pose. Keep your gaze towards the hands that are extended overhead or towards your focal point in front of you.



#### 14. Front Leg Extension (*Utthita Hasta Padangusthasana*)

*Purpose:* To teach the body balance, poise, and steadiness. This pose also stimulates the nerves in the tailbone and tones the kidneys.

Strengthens the quadriceps and glutes.

Stretches the hamstrings and adductors.

*Positioning:*

1. From a Mountain pose, bend your right knee and grab your right toes. Extend your right leg straight out in front of the body with your hand still grasping your toes. Keep your left hand at your left hip. Hold this pose for 5 breaths.
2. Take your right leg out to the right side opening up the hips. Look over your left shoulder. Keep the left leg straight and activated but with the knee soft. Hold this pose for 5 breaths. (Not shown)
3. Release the grasp of your toes and keep the leg elevated. Your right hand comes to the right hip. Hold this pose for 5 breaths. Lower the leg out of the pose.

*Holding:* Contract your abdominals and lift up out of the standing leg. Find a point in front of you upon which to focus.

*Breathing:* Breathe deeply for a set of 5 breaths per position. Repeat on the other side.

*Modifications:* You may place one hand on the wall for support. You may place your raised foot on an elevated ledge or bar.

*Tips:* To assist in balance keep your gaze forward on your focal point. Keep the big toe of your standing foot pushing into the floor and your thigh muscles active.



## 15. Eagle (*Garudasana*)

*Purpose:* To teach the body balance and coordination. This pose also tones the muscles and nerves of the legs, loosens the joints in the legs, and relieves sciatica in the legs.

Strengthens the quadriceps and glutes.

Stretches the hips, rhomboids (upper mid-back), posterior deltoids, and calves.

*Positioning:* Standing on your right foot, wrap the left leg around the standing leg. Tuck your left foot behind your right ankle. Bend your knees to place the body in a squat position. Cross the same side arm as the top leg under the other arm. Touch hands (palms) together. Your elbows are at 90° at shoulder height.

*Holding:* Keep drawing energy up toward the sky. Firmly root the standing foot. Contract your abdominals and keep your tailbone low.

*Breathing:* Breathe deeply for 10 breaths. Repeat on the other side.

*Modifications:* If you have difficulty balancing or you cannot fully wrap your leg around the other, touch your foot to the floor. You may also place your hands at your hips. If you have knee problems, be mindful of this pose.

*Tips:* Keep your gaze at your focal point.



## 16. Powerful Chair/Elevated Chair (*Utkatasana*)

*Purpose:* To teach the whole body to activate. This pose also develops supple ankles, builds heat, and strengthens the lower body.

Strengthens the back, arms, torso, quadriceps, glutes, feet, ankles.

*Positioning:* From the Mountain pose, inhale and raise the arms overhead with the arms shoulder width apart. Exhale as you bend your knees squatting as though you are going to sit into a chair. Keep your back flat extending your chest toward the sky in an upright position as much as possible.

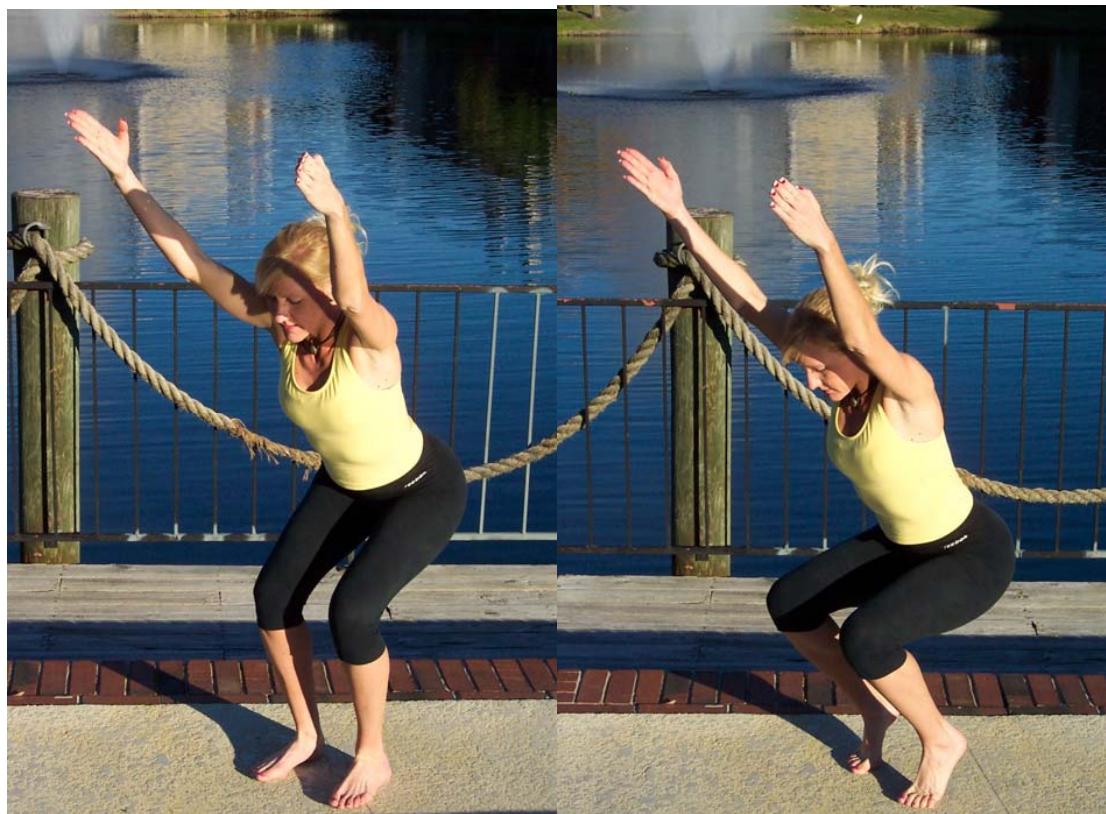
*Holding:* Keep lifting your rib cage and breathing fully into the chest. Keep your knees behind your toes.

*Breathing:* Breathe deeply for 5 breaths.

*Modifications:* If you have difficulty keeping your back straight lower your arms parallel to the floor.

*Advancement:* The Elevated Chair—Come up on the toes to balance and sit down lower. Find a focal point and breathe.

*Tips:* With your arms forward and parallel to the floor, keep your gaze forward. Be mindful of this pose if you have knee problems and/or foot problems. If you have knee problems and/or foot problems, avoid the Elevated Chair.



## 17. Gate (*Parighasana*)

*Purpose:* To massage and cleanse the internal organs and bring life back to the side of the torso. It also tones the spinal muscles.

Strengthens the abdomen, chest, arms, and lateral torso muscles.  
Stretches the abdomen, chest, arms, back, and lateral torso muscles

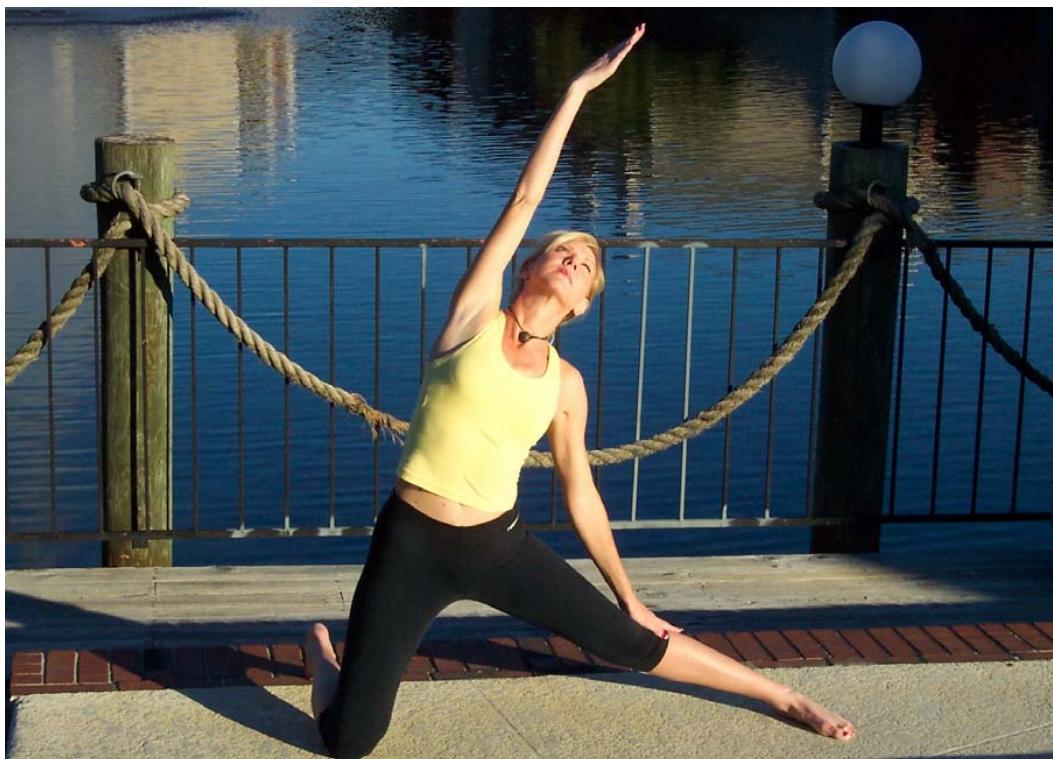
*Positioning:* From a kneeling position with the hands at the hips, extend your left leg out to the side. Place the left hand on the leg toward the ankle. Extend your right arm up and over the head bending the torso sideways. The palm is facing down. Tuck your chin and look up at the extended hand. Keep your right hip above the right knee.

*Holding:* With each breath, reach deeper and deeper into the side stretch lowering your hand further down your leg.

*Breathing:* Breathe deeply for 5 breaths.

*Modifications:* If you have a bad knee you may want to add more padding.

*Tips:* Keep your gaze overhead toward your fingertips.





Below are a series of questions designed to help you remember the course material efficiently. Before proceeding to the next page of the course content, please answer the following review questions.

**Section # 4 Review Questions**

- 1. The purpose of the Standing Straddle Split is to :**
  
  
  
- 2. For the Triangle exercise, you should hold breathing for \_\_\_\_\_ breaths.**
  
  
  
- 3. Explain the holding for the pyramid:**
  
  
  
- 4. The purpose for the Warrior I is to:**
  
  
  
- 5. The Purpose for the Warrior II is to:**
  
  
  
- 6. Explain some tips for the Advanced Warrior:**
  
  
  
- 7. List some modifications for the Front Leg Extension:**
  
  
  
- 8. The purpose of the Gate exercise is to:**

## **Yoga Poses**

### **Forward Bends/Back Bends/Inversions**

#### Forward Bends/Back Bends

1. Cat-Cow Stretch
2. Standing Back Bend
3. Cobra (*Bhujangasana*)
4. Upward Facing Dog (*Urdhva Mukha Svanasana*)
5. Locust (*Salabhasana*)
6. Mini Back Bend/Bridge (*Setu Bandhasana*)
7. Camel (*Ustrasana*)
8. Bow (*Dhanurasana*)

#### Inversions

1. Downward Facing Dog (*Adho Mukha Svanasana*)
2. Supported Shoulder Stand (*Salamba Sarvangasana*)

## **Forward Bends and Back Bends**

### **1. Cat-Cow Stretch**

*Purpose:* To warm up the torso

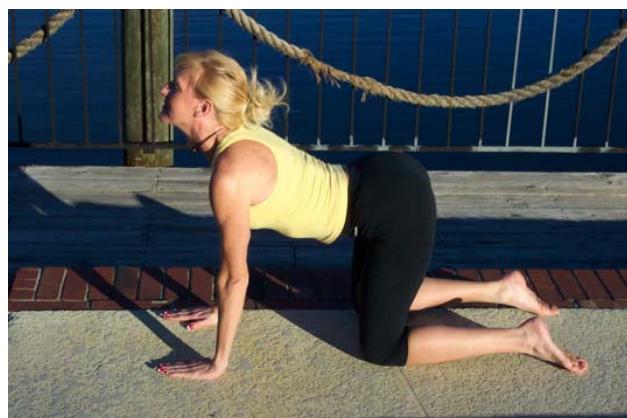
Strengthens abdominal muscles, neck, and the front/back of the torso

Stretches abdominal muscles and torso

*Positioning:* Place the body in a prone table-top position with the hands directly under the shoulders and the knees directly under the hips. Round your back up to the sky (Cat) and then arch your back with your head lifting up (Cow).

*Breathing:* Inhale in table-top. As the Cat stretch is performed, exhale. As the Cow stretch is performed, inhale.

*Tips:* If the hand placement hurts the wrists, one can always make the hands into fists to alleviate the pain.



## 2. Standing Back Bend

*Purpose:* Slows the aging process and relives stress.  
Strengthens glutes, back, and abdominal muscles  
Stretches front of the body

*Positioning:* Place the hands on the upper hips. Push forward through the midsection. Lift the sternum to the sky.

*Holding:* Keep lifting out of the lower back. If comfortable lower the head and neck back. Keep lifting the sternum to the sky. Draw the quadriceps up.

*Breathing:* Inhale as the body bends back. Hold for 5 breaths.

*Modifications:* Be mindful of this pose if one has lower back problems. You may extend the arms overhead for variety.

*Tips:* Make sure the body is warm. Always follow back bends with forward bends.



### 3. Cobra (*Bhujangasana*)

*Purpose:* This pose is a chest opener. It keeps the back supple and healthy, regenerates the muscles of the torso and relieves back pain. It also massages the abdominal organs and tones the sexual organs.

Strengthens arms, shoulders, back.

Stretches abdominal muscles.

*Positioning:* In a prone lying down position, place the elbows on the floor/mat under the shoulders with the hands forward. Stretch and lift the chest to the sky while extending the elbows and straightening the arms. Keep your hips in contact with the floor.

*Holding:* Keep lifting out of the lower back. Squeeze the shoulder blades together. Squeeze the glutes. The hips remain on the floor. Look towards your third eye (between your eyebrows).

*Breathing:* Inhale as the body lifts up. Breathe deeply and fully. With each exhale, gently release deeper into a backbend. Hold for 5 breaths.

*Modifications:* Be mindful of this pose if one has lower back problems. You may keep the elbows on the floor to modify.

*Tips:* Make sure the body is warm. Always follow back bends with forward bends.



#### **4. Upward Facing Dog (*Urdhva Mukha Svanasana*)**

*Purpose:* This pose is a chest opener. It keeps the back supple and healthy, regenerates the muscles of the torso and relieves back pain. It also massages the abdominal organs and tones the sexual organs.

Strengthens arms, shoulders, back.

Stretches abdominal muscles.

*Positioning:* In a prone lying down position, place the hands forward under the shoulders. Push your palms into the floor while straightening your arms and lifting your chest. Stretch and lift the chest to the sky. Keep your hips in contact with the floor.

*Holding:* Keep lifting out of the lower back. Squeeze the shoulder blades together. Squeeze the glutes. The hips remain on the floor. Look towards your third eye (between your eyebrows). Drop your head back and start to work into a backbend with your breath.

*Breathing:* Inhale as the body lifts up. Breathe deeply and fully. With each exhale, gently release deeper into a backbend. Hold for 5 breaths.

*Modifications:* Be mindful of this pose if one has lower back problems.

*Tips:* Make sure the body is warm. Keep your shoulders away from your ears. Avoid locking out the elbows. Always follow back bends with forward bends.



## 5. Locust (*Salabhasana*)

*Purpose:* This posture massages and cleanses the kidneys, liver, intestines and other abdominal organs. It aids in eliminating diseases of the stomach and tones the nerves of the spine and limbs.

Strengthens the chest, heart, and spine.

Stretches front of the torso.

*Positioning:* In a prone lying down position, extend your arms overhead and reach. Lengthen your legs straight back. Lift the legs and the arms simultaneously while squeezing the buttocks.

*Holding:* Lift and pull the limbs away from the torso.

*Breathing:* Inhale to raise up and exhale to lower down. Hold for 5 breaths.

*Modifications:* Bring the arms down next to the sides of the body and reach backwards with the palms of the hands facing the body.

*Tips:* Keep your legs together and open the chest. Avoid this pose if one has a hernia or weak heart.



## 6. Mini Back Bend/Bridge (*Setu Bandhasana*)

**Purpose:** This posture massages the abdominal muscles and organs and stimulates blood flow through the spine. It keeps the spine supple, elastic, and revitalized. It keeps the pelvic organs healthy, and tones the legs and glutes.

Strengthens the glutes, hamstrings, calves.

Stretches abdominal muscles and chest.

**Positioning:** In a supine lying down position, your knees are bent and the soles of the feet are on the floor hip-width apart. The arms are resting alongside of the body with the palms of the hands in a prone position. Lift the torso to the sky by first starting at the hips. Articulate the vertebrae one at a time as you lift the entire torso towards the sky.

**Holding:** Lift and pull the limbs away from the torso. Hold for 5 breaths.

**Breathing:** Inhale to prepare for the movement. Exhale as you lift up into the pose. Hold the pose for 5 breaths. Exhale as you lower out of the pose.

**Advancement:** As you hold the pose, interlace your hands under your body. Bring your shoulders under your body and rest your body on the outer edges of your shoulders. (This modification is shown.)

**Tips:** Keep lifting your hips to the sky while you push your heels into the floor. Send your eye gaze to your navel.



## 7. Camel (*Ustrasana*)

*Purpose:* This pose is strong but secure that tones the muscles in the abdomen, thighs, neck, and back. It stimulates the thyroid gland, promotes deep breathing and releases tightness in the chest and throat.

Strengthens the back of the body.

Stretches the front of the body and quadriceps.

*Positioning:* From a kneeling position , lift your arms and place your hands on your hips. Push your hips forward. Lift your sternum to the sky. Relax the head, neck, and back.

*Holding:* Keep lifting out of your lower back and pushing your hips forward. Keep your glutes squeezing to protect the lower back.

*Breathing:* Inhale to as you bend back. Hold the pose for 5 breaths Exhale as you release out of the pose.

*Modifications:* Use extra padding under the knees. Avoid this pose if you have back or neck problems, are pregnant, or if the pose causes nausea or dizziness.

*Advancement:* Place your hands at your heels with your toes under and heels up. For a greater challenge, keep the feet flat as you place your hands at the heels. (This modification is shown.)

*Tips:* Move slowly into the pose. Try to visualize yourself making an arc, like a rainbow.



## 8. Bow (*Dhanurasana*)

*Purpose:*

Strengthens the back of the body.  
Stretches the front of the body.

*Positioning:* In a lying down prone position, reach back and grab your right ankle with your right hand and your left ankle with your left hand. Extend your chest and legs to the sky. Pull your ankles back and up.

*Holding:* Keep breathing into your chest. Lift out of your lower back. Push your legs together. Pull your arms and legs to the sky.

*Breathing:* Hold pose for 5 breaths.

*Modifications:* If you cannot reach your ankles, use straps.





Below are a series of questions designed to help you remember the course material efficiently. Before proceeding to the next page of the course content, please answer the following review questions.

**Section # 5 Review Questions**

- 1. For the Standing Back Bend the purpose is to:**
  
  
  
  
  
  
  
  
- 2. The positioning for the Cobra is:**
  
  
  
  
  
  
  
  
- 3. Explain the holding for the Upward Facing Dog:**
  
  
  
  
  
  
  
  
- 4. The positioning for the Locust is:**
  
  
  
  
  
  
  
  
- 5. For advancement in the Mini Back Bend/Bridge you can:**
  
  
  
  
  
  
  
  
- 6. Explain the breathing for the Camel:**
  
  
  
  
  
  
  
  
- 7. What is the purpose of the Bow exercise:**

## Inversions

### 1. Downward Facing Dog (*Adho Mukha Svanasana*)

*Purpose:* This pose calms the mind and nervous system. It also cleanses and massages the internal organs and tones the sciatic nerve.

Strengthens the arms and upper body.

Stretches the shoulders, ankles, and the hamstrings.

*Positioning:* Place your palms flat on the floor, shoulder width apart, fingers fanned out. Step back and press your feet into the floor.

*Holding:* Lift your tailbone to the sky. Push your palms forward and heels back. The energy stems from the palms and extends out through the tailbone creating a flat back. Let your head, chest, and neck sink into the floor. Breathe into the back.

*Breathing:* Breathe deeply into the pose for 5-10 breaths.

*Modifications:* Drop and flex your knees slightly. Avoid this pose if you have high blood pressure.

*Tips:* Keep your gaze focused between your feet on the floor, opening up your shoulders, and lifting your buttocks.



## 2. Supported Shoulder Stand (*Salamba Sarvangasana*)

*Purpose:* This pose is known as “mother asana” for its powerful healing and calming effects on the systems of the entire body. This pose relieves mental and physical fatigue and improves the functioning of the circulatory, digestive, nervous, glandular and reproductive systems. It supplies the brain with oxygenated blood, stimulates the thyroid gland, and tones the muscles of the arms, legs, and spine. It also eliminates fat around the waistline, massages the abdominal and reproductive organs, and promotes healthy bowel function. Strengthens the back and abdominal muscles.

*Positioning:* Lie down in a supine position. Lift your legs to the sky. Support your lower back with your hands. Don’t move your neck in this pose.

*Holding:* Use your abdominal muscles and glutes to lift higher. Walk your hands up your back and move your elbows closer together.

*Breathing:* Exhale when releasing out of the pose. Hold for 5 breaths.

*Advancement:* Lower your hands to the mat/floor. (This modification is shown.)

*Modifications:* Use a wall. Only advanced students should attempt the fully perpendicular form of the pose. For less pressure on the back, bend slightly at the waist. Avoid this pose if one has a weak heart, high blood pressure or if you are pregnant or menstruating.

*Tips:* Keep your gaze focused on your navel. Concentrate on your breathing, relaxing your head and neck, and keeping your body steady and straight.



## **Yoga Poses Strength**

1. Plank
2. Hover (*Caturanga Dandasana*)
3. Incline Plank (*Purvottanasana*)
4. Table Top
5. Side Plank

## 1. Plank

*Purpose:* This pose is used to work the upper body.

Strengthens the arms, shoulders, chest, and abdominal muscles.

*Positioning:* From the forward bend/head up (*uttasana*), place your palms on the floor and jump your legs back. Your hands should be directly under your shoulders.

*Holding:* Keep your back straight, like a plank, and your midsection strong and stable.

*Breathing:* Exhale as you jump back. Breathe deeply into the pose for 5 breaths.

*Modifications:* Drop your knees to the floor. Instead of jumping back, one may step back one foot at a time.

*Tips:* Keep your gaze focused on the floor straight down keeping your spine in alignment. Hips are slightly elevated.



## 2. Hover (*Caturanga Dandasana*)

*Purpose:*

Strengthens the arms, shoulders, chest, and abdominal muscles.

*Positioning:* From the plank pose, lower your body towards the floor with your elbows next to your body. Hover over the floor about 1-2 inches. The toes are curled under.

*Holding:* Keep your back straight, like a plank, and your midsection strong and stable.

*Breathing:* Exhale as you lower your body towards the floor. Breathe deeply into the pose for 5 breaths.

*Modifications:* Drop your knees to the floor. One may hover on the forearms instead of on the hands.

*Tips:* Keep your gaze focused on the floor straight down keeping your spine in alignment. Hips are slightly elevated.



### 3. Incline Plank (*Purvottanasana*)

*Purpose:*

Strengthens the glutes and arms.  
Stretches front of the body.

*Positioning:* From a seated position, extend your legs. Place your palms on the floor behind you with your finger tips spread and pointing toward your body. Press your hips up and get your body as straight as possible, using your hands and feet.

*Holding:* Keep your arms straight. Pull your toes out and down. Relax your neck and drop your head. Keep your knees and feet together. Keep pushing your hips up.

*Breathing:* Hold for 5 breaths.

*Modifications:* If one has wrist problems, make fists. Perform the Table Top to modify.

*Tips:* Perform the Incline Plank after the Seated Forward Fold.



#### 4. Table Top

*Purpose:*

Strengthens the glutes and arms.  
Stretches the front of the body.

*Positioning:* From a seated position, extend your legs. Place your palms on the floor behind you with your finger tips spread and pointing toward your body. Put the soles of your feet on the floor about hip-width apart. Press your hips up and keep your knees bent.

*Holding:* Keep your arms straight. Relax your neck and head and look up. Keep pushing your hips up.

*Breathing:* Hold for 5 breaths.

*Modifications:* If one has wrist problems, make fists.

*Tips:* The Table Top can be used to modify the Incline Plank.



## 5. Side Plank

*Purpose:*

Strengthens the obliques, shoulders, and intercostals.  
Stretches the obliques and intercostals.

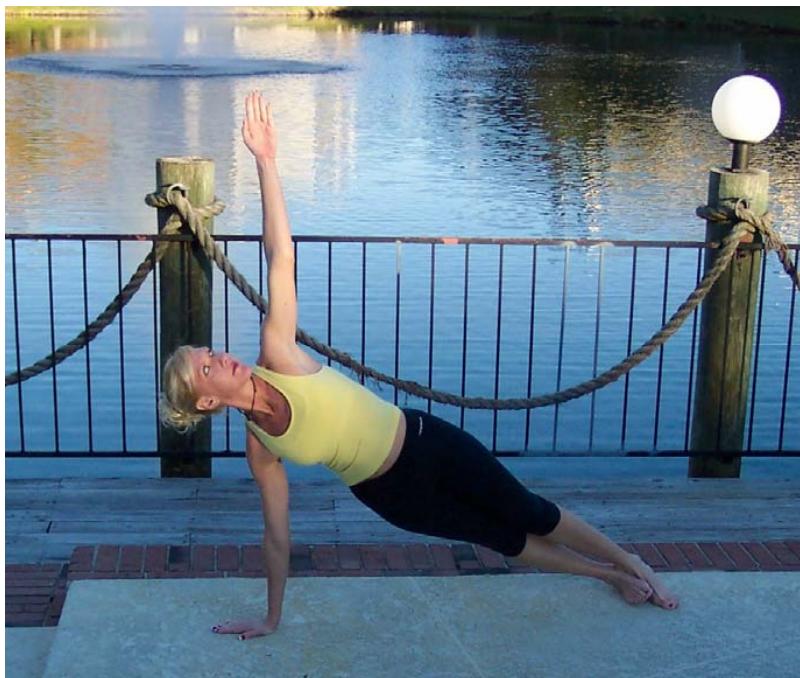
*Positioning:* In a side lying down position, place your right hand on the floor with the fingertips facing out and away from the body. Raise your left arm opening up the left side of the body. Straighten out both legs and balance on the outside edge of your right foot and the inside edge of the left foot.

*Holding:* Open the left side of the chest to the sky. Pull energy from the navel center up to the hands.

*Breathing:* Hold for 5 breaths, then switch sides.

*Modifications:* If one has wrist problems, make fists. Kneel on one knee with the top leg extended. Use extra padding for the knees when modifying and the individual has knee problems.

*Tips:* The modification is called the Kneeling Side Plank.



## **Yoga Poses** **Twists/Seated**

### **Twists**

1. Seated Twist (*Marichyasana Twist*)
2. Happy Twist (*Sukhasana Twist*)
3. Spinal Roll
4. Lying Down Spinal Twist

### **Seated**

1. Boat (*Navasana*)
2. Stick (*Dandasana*)
3. Seated Forward Fold (*Paschimottanasana*)
4. Seated Straddle Splits (*Upavishta Konasana*)
5. Butterfly I/II (*Baddha Konasana I/II*)
6. Quad Stretch I/II/III (*Supta Virasana I/II*)
7. Child's Pose
8. Knot
9. Pigeon (*Kapotasana*)

## Twist Poses

### 1. Seated Twist (*Marichyasana Twist*)

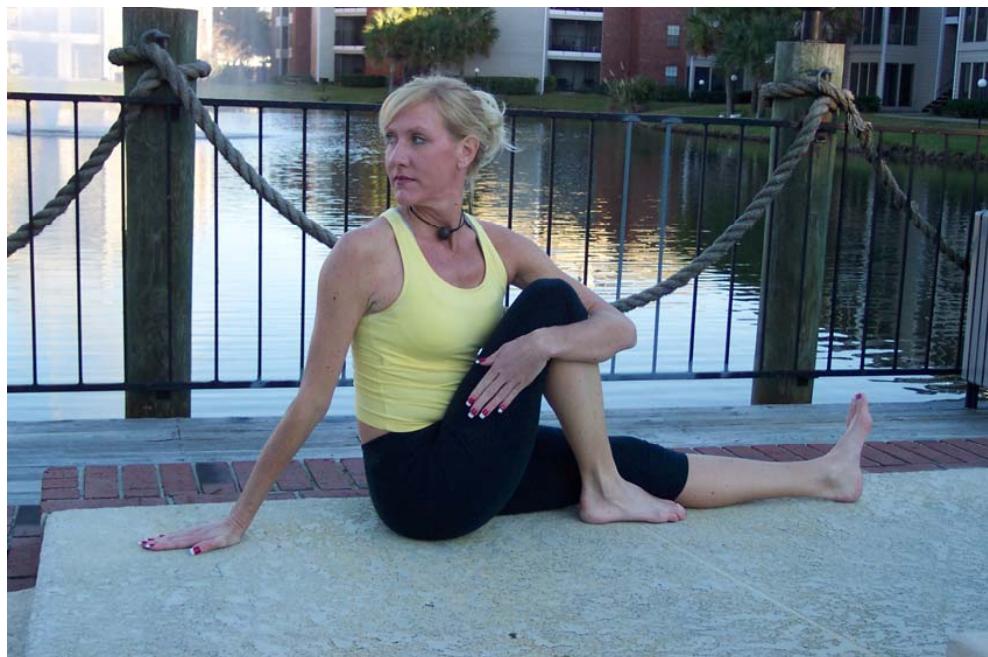
*Purpose:* This pose massages the body's internal systems. It also cleanses sluggish internal organs and releases toxins. This pose also rejuvenates the brain and relieves back pain.

Stretches the waist, midsection, and spine.

*Positioning:* From a seated position, extend both legs straight out. Bend your right knee with your right foot on the floor toward the buttocks. Place your left arm on the outside of the right bent leg. Your right hand is placed on the floor behind your right buttocks. Twist your body from the waist and look past your right shoulder.

*Holding:* Keep lifting out of your spine. Keep the muscles of the extended leg activated. Use the breath to continue to twist.

*Breathing:* Hold for 5 breaths. Repeat on the other side.



## 2. Happy Twist (*Sukhasana Twist*)

*Purpose:* This pose revitalizes the body and can be performed throughout the day to release tension in the back, shoulders, and neck. This pose also separates the vertebrae, opens the hips, and stimulates blood circulation in throughout the spine.

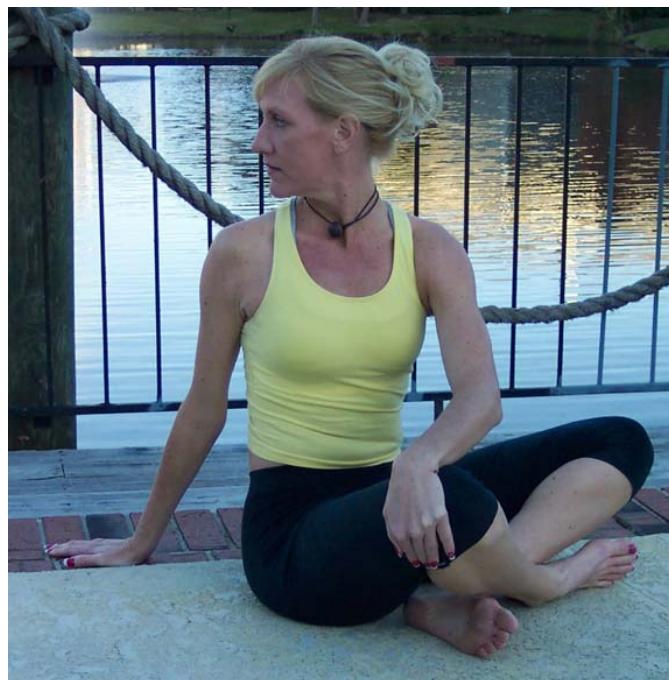
Strengthens the spinal cord.  
Stretches the spinal muscles.

*Positioning:* Sit cross-legged. Place your right hand on the ground behind your right hip. Place your left hand on your right knee. Twist from the waist and look over your right shoulder.

*Holding:* Keep lifting out of your hips. Use the breath to continue to twist deeper.

*Breathing:* Hold for 5 breaths. Repeat on the other side.

*Tips:* Keep your gaze over your right shoulder.



### 3. Spinal Roll

*Purpose:* To keep the back soft, supple and healthy. This pose also releases tension in the upper back.

Strengthens the spinal cord.  
Stretches the back muscles.

*Positioning:* In a supine position, pull your knees in toward the chest keeping the lower back in contact with the mat. Extend your arms out to the sides level with your shoulders and palms facing down. Turn your head to the left. Lower your knees to the right until they reach the floor. Place your knees close to your armpit. Keep your shoulders in contact with the mat.

*Holding:* Keep the shoulders in contact with the mat.

*Breathing:* Exhale as you lower your legs to one side. Inhale as you raise your legs to the center. Hold for 5 breaths. Repeat on the other side.

*Tips:* As you lower and raise your knees, keep your lower back in contact with the mat. Contract your abs to assist in proper technique.



#### 4. Lying Down Spinal Twist

*Purpose:* This pose is used to release the lower back after standing poses. This pose also stimulates the internal organs.

Stretches the lower back, torso, hips, and shoulders.

*Positioning:* Lie down on the floor in a supine position. Bring the left knee into the chest. The right leg is extended on the floor. Lower your left knee across the right leg.

*Holding:* For an added stretch, place your right hand on your left knee, gently pressing it downward. Look over your left shoulder .

*Breathing:* Hold for 5 breaths, then switch sides.

*Tips:* Keep your shoulders in contact with the mat.





Below are a series of questions designed to help you remember the course material efficiently. Before proceeding to the next page of the course content, please answer the following review questions.

**Section # 6 Review Questions**

- 1. What is the purpose of the Supported Shoulder Stand:**
  
- 2. Explain the breathing for the Plank exercise:**
  
- 3. List some tips for doing the Hover exercise:**
  
- 4. Explain the modifications for the Incline Plank:**
  
- 5. The purpose of the Side Plank exercise is:**
  
- 6. What is the positioning for the Twist Poses exercise:**
  
- 7. Explain the holding for the Happy Twist exercise:**
  
- 8. Name some tips for doing the Lying Down Spinal Twist:**

## **Seated Poses**

### **1. Boat (*Navasana*)**

*Purpose:* To teach balance, alignment, and focus. This pose also stimulates digestion.

Strengthens the back, legs, arms, and abdominal muscles.

*Positioning:* From a seated position, balance on your sitting bones. Raise your legs to where your body is in a “V” seated position. Your arms are extended in front of the body parallel to the floor.

*Holding:* Continue to bring heat from the center and let it proceed to the extremities. Lift your lower back in and up. Keep lifting out of your rib cage.

*Breathing:* Hold for 5 breaths.

*Advancement:* To feel a deeper stretch in the hamstrings, grab the big toe or the ankles. (This modification is shown.)

*Modifications:* If one has a back injury or is a beginner, he/she can bend the knees and hold onto the hamstrings or the back of the knees.

*Tips:* Practice this pose after the body is warm.



## 2. Stick (*Dandasana*)

*Purpose:* To open the chest, lungs, and heart. This pose also teaches correct posture and the quieting of the mind.

Strengthens the legs.

*Positioning:* Sit with the legs extended straight out in front of the body and the back erect. Roll your shoulders back and down to open up the chest. Place your hands on the floor next to your hips. Evenly distribute your body weight between the left and right buttocks. Activate the arm and leg muscles.

*Holding:* Feel your rib cage expand and contract as you breathe deeply and fully.

*Breathing:* Hold for 10 breaths.

*Tips:* Keep your eye gaze down forward and your chest and spine lifting. Relax your facial muscles.



### 3. Seated Forward Fold (*Paschimottanasana*)

*Purpose:*

Stretches the hamstrings and lower back.

*Positioning:* From a seated position, extend your legs straight out in front of the body. The toes are pulled back toward the body. Lift your arms and hinge forward from your hips. Let your hands rest on the legs, knees, ankles, feet, or the floor (whatever is comfortable).

*Holding:* Continue to breathe into the stretch.

*Breathing:* Hold for 5 breaths.

*Modifications:* It is okay if one does not reach the toes, only the knees. One can use a strap around the feet if the hamstrings are tight. One can also bend the knees.

*Advancement:* One can grab the toes or ankles and pull the body forward. Be careful not to force this pose.

*Tips:* Practice this pose after the body is thoroughly warm.



#### 4. Seated Straddle Splits (*Upavishta Konasana*)

*Purpose:*

Stretches the hamstrings and lower back.

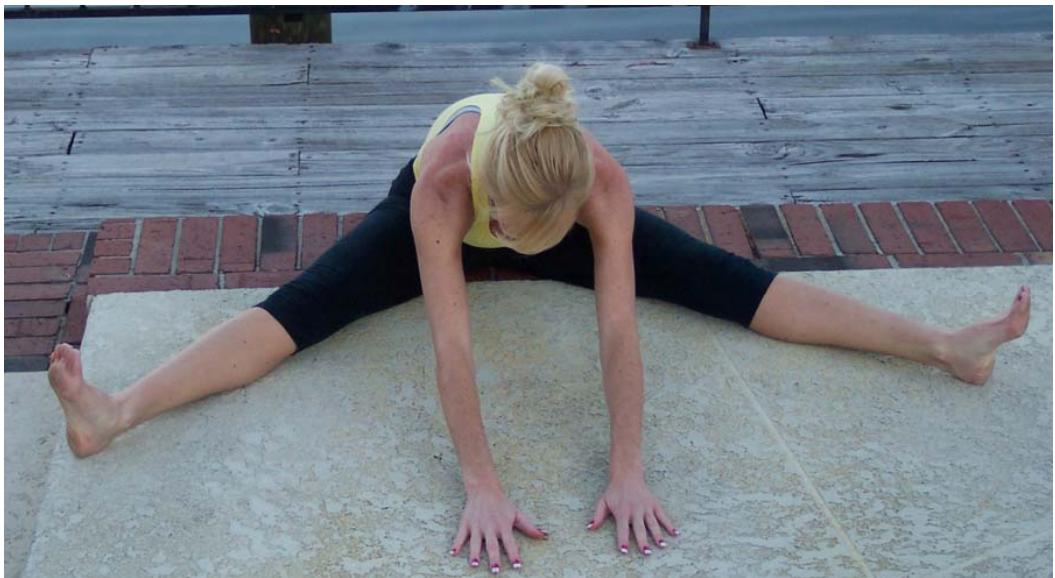
*Positioning:* From a seated position, extend your legs out as wide as possible. The toes are pulled back toward the body. Lift your arms and hinge forward from your hips. Let your hands rest on the floor in front of the body between the legs.

*Holding:* Continue to breathe into the stretch. Tighten your midsection.

*Breathing:* Hold for 5 breaths.

*Modifications:* Bend the knees if you have tight hamstrings.

*Tips:* Keep your eye gaze at the floor to keep your head, neck and back in alignment. Practice this pose after the body is thoroughly warm.



## 5. Butterfly I/II (*Baddha Konasana I/II*)

*Purpose:* This pose increases circulation to the pelvic organs. It soothes menstrual pain and helps to maintain healthy reproductive organs.

Strengthens the back muscles.

Stretches the hips, lower back, and groin.

*Positioning:* From a seated position, lift your chest up and place your soles of your feet together. Place your hands at the feet or ankles. Lower your knees to the floor.

*Holding:* Continue to breathe into the stretch. Keep your back flat and your shoulders rolled back to open up the chest. Let go in the hips.

*Breathing:* Hold for 5 breaths.

*Advancement Butterfly II:* From your hips, hinge forward. Use the elbows to gently press the knee to the floor. (Not shown.)

*Modifications:* Be mindful of this pose if you have knee problems.

*Tips:* Keep your eye gaze at the floor to keep your head, neck and back in alignment. Practice this pose after the body is thoroughly warm.



## 6. Quad Stretch I/II/III (*Supta Virasana I/II*)

*Purpose:*

Strengthens the glutes.

Stretches the quadriceps.

*Positioning:* From a kneeling position, sit back on your heels. Place your hands on the floor with the fingertips pointing toward the feet. Keep your arms slightly bent.

*Holding:* Keep pushing your hips forward and lifting your chest.

*Breathing:* Hold for 5 breaths.

*Advancement Quad Stretch II:* Place your elbows on the floor. Arch your back and lower your head backwards looking up to the sky.

*Advancement Quad Stretch III:* Completely lie back with the shoulders in contact with the mat/floor. The arms are extended straight overhead resting on the floor about shoulder width apart. Arch your back and lower your head backwards looking up to the sky.

*Modifications:* Be mindful of this pose if you have knee problems. Stop if this pose hurts. You can place a block between your feet so that the hips rest against the edge of the block.

*Tips:* This pose is ideal for serene strength and meditation.



## 7. Child's Pose

*Purpose:*

Tones the muscles of the pelvis and stimulates blood flow to the pelvic organs.  
Stretches the ankle, knee joints, and back.

*Positioning:* From a kneeling position, sit your buttocks back onto your heels. Your arms rest on the floor alongside the body with the palms facing up. The head rests on the floor.

*Holding:* Continue to breathe into the stretch sinking into the forehead. Keep drawing into yourself.

*Breathing:* Hold for 5 breaths.

*Modifications:* Extend your arms overhead with the palms down for an extra stretch.

*Tips:* Keep your eye gaze at the floor.



## 8. Knot

*Purpose:* Stretches the shoulders and rhomboids.

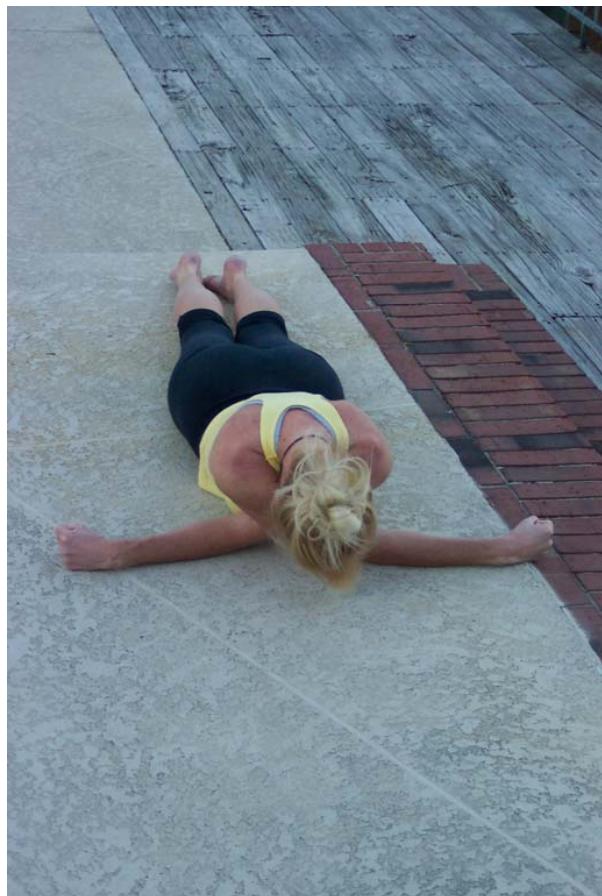
*Positioning:* Lie on the floor in a prone position. Cross your arms over your chest. Your toes are tucked under.

*Holding:* Keep moving your body forward over your arms for a deeper stretch.

*Breathing:* Hold for 5 breaths.

*Modifications:* Avoid this pose if you have shoulder problems.

*Tips:* Keep your eye gaze at the floor.



## 9. Pigeon (*Kapotasana*)

*Purpose:* To release stress.

Stretches the abductors.

*Positioning:* From a standing position, bring one leg forward and bend that knee to the outside of the body. Lower your body to the floor over the bent knee the other leg is extended back. The hips are parallel to the floor. Inhale and lift the chest up, then lower the torso to the floor. The forearms rest on the floor with the forehead on the hands.

*Holding:* Keep the body straight.

*Breathing:* Hold for 5 breaths. Repeat on the other side.

*Modifications:* Avoid this pose if you have knee problems. For a deeper stretch move the foot away from the groin. To simplify this pose move the foot closer to the groin. You can also modify by resting on the forearms or stabilizing with the hands.

*Tips:* Keep your eye gaze at the floor. Be sure to disengage the glutes so that you can fall deeper into the stretch within the abductors. You can get into this pose from a Warrior Pose or Downward Facing Dog.





Below are a series of questions designed to help you remember the course material efficiently. Before proceeding to the next page of the course content, please answer the following review questions.

**Section # 7 Review Questions**

- 1. What is the purpose of the Seated Poses:**
  
  
  
  
  
  
- 2. Explain the modifications for the Seated Forward Fold:**
  
  
  
  
  
  
- 3. Explain the positioning for the Seated Straddle Splits:**
  
  
  
  
  
  
- 4. What is the holding for the Butterfly I/II:**
  
  
  
  
  
  
- 5. List the modifications for the Child's Pose exercise:**
  
  
  
  
  
  
- 6. Explain the breathing for the Pigeon exercise:**

## **Yoga Poses Relaxation**

1. Knee Hug (*Apasana*)
2. Lifeless Body/Supine (*Savasana I*)
3. Lifeless Body/Prone (*Savasana III*)
4. Progressive Relaxation

## 1. Knee Hug (*Apanasana*)

*Purpose:* This pose softens the back. It also releases and relaxes tight, lower back muscles that tend to spasm.

*Positioning:* Lie on your back. Hug your knees to your chest, while you keep your head, neck, and shoulders relaxed on the floor.

*Holding:* Hold as long as one feels.

*Breathing:* Inhale and exhale deeply.

*Tips:* Close your eyes or gaze just beyond the knees and relax your back muscles. Practice this pose after back-bends.



## 2. Lifeless Body/Supine (*Savasana I*)

*Purpose:* This pose relaxes the entire body, rests the nervous system and quiets the mind. It develops concentration and awareness and aids in relieving insomnia if practiced before sleeping.

*Positioning:* Lie flat on your back with your arms slightly away from your body and your palms facing upward. Have your legs separated a little and let the feet fall toward the floor. Tuck your chin slightly. Adjust your body so that it feels centered and comfortable and close your eyes. Bring your awareness to any part of your body that is tense, and relax that area.

*Holding:* Keep your body still, and feel your body sink deeper and deeper into the mat. Focus on your breath. Hold this pose for about 10 minutes at the end of every session. To release out of the pose, roll to one side, then slowly raise up to a sitting position.

*Breathing:* Slow and rhythmic.

*Tips:* Close your eyes. When you catch yourself thinking return your focus to your breath. Relax, but do not fall asleep. You can cover your eyes with an eye bag. You may use a pillow under your head or under your knees.



### **3. Lifeless Body/Prone (*Savasana III*)**

*Purpose:* This pose is good for sleeping. The stomach is greatly soothed and the spine gently stretches. This pose also improves posture, extends the spine, and helps to prevent slipped discs. It relieves tension in the spinal muscles and relaxes the mind.

*Positioning:* Lie on your abdomen and rest your forehead on the floor or turn your head to one side. Stretch your arms forward above your head and relax the muscles of your whole body.

*Holding:* Keep your body still and feel your body sink deeper and deeper into the mat. Focus on your breath. Hold this pose for about 10 minutes at the end of every session. To release out of the pose, roll to one side, then slowly raise up to a sitting position.

*Breathing:* Slow and rhythmic through the nose.

*Tips:* Close your eyes. When you catch yourself thinking return your focus to your breath. Relax, but do not fall asleep. Focus on the sound of your breath.



#### 4. Progressive Relaxation Technique

*Purpose:* This technique relaxes the entire body and releases negative energy from the entire body.

*Positioning:* Lie flat on your back with your arms slightly away from your body and your palms facing upward. Have your legs separated a little and let the feet fall toward the floor. Tuck your chin slightly. Adjust your body so that it feels centered and comfortable and close your eyes.

*Holding:* Perform this technique by starting with your feet and slowly moving up to the top of the head adding one body part at a time.

-Start with the feet and squeeze the toes/hold for 15-20 seconds, then release

-Move up to the calves/squeeze the toes and calves for 15-20 seconds, then release

-Move up to the quadriceps/squeeze the toes, calves, and quads for 15-20 seconds, then release

Continue to add one body part at a time then releasing...

-Hamstrings/Glutes

-Hands/Arms

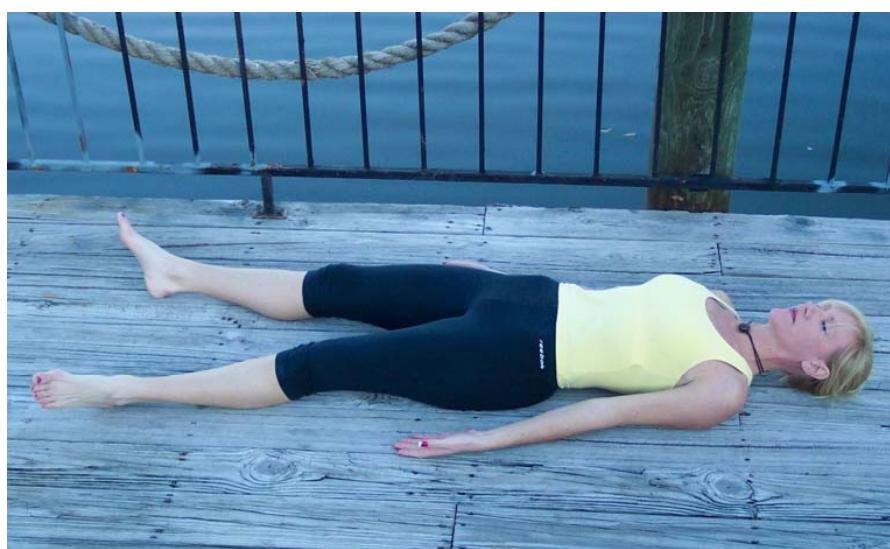
-Neck

-Facial Muscles

Between adding body parts, take 1 deep inhalation and 1 deep exhalation while sinking deeper and deeper into the mat. Perform this technique for about 10 minutes at the end of every session. To release out of the pose, roll to one side, then slowly raise up to a sitting position.

*Breathing:* Slow and rhythmic.

*Tips:* Close your eyes. When you catch yourself thinking return your focus to the body part squeezing.





Below are a series of questions designed to help you remember the course material efficiently. Before proceeding to the next page of the course content, please answer the following review questions.

## **Section # 8 Review Questions**

1. Explain the purpose of the Knee Hug exercise:
  2. What is the holding for the Lifeless Body/Supine exercise:
  3. List some tips for the Lifeless Body/Prone exercise:
  4. Explain the holding for the Progressive Relaxation Technique:

## **Yoga Class Format**

*The following pages may be copied to assist you when instructing.*

### **Yoga Combo I: Sun Salutation-Warmup**

*This combination is used to warm up the body and prepare it for more strenuous combinations. This combination also serves as a modification combo for the Yoga II combination.*

**Mountain  
Pose**

**Standing  
Back Bend**

**Forward  
Fold**

**Back Exten-  
sion Chest  
Lift**

**Wrist  
Stretch**

**Child's  
Pose**

**Cat/Cow  
Stretch**

**Downward  
Facing Dog**

**Back Exten-  
sion Chest  
Lift**

**Forward  
Fold**

**Mountain  
Pose**

## **Yoga Combo II: Sun Salutation 2**

*This combination is a step up from Yoga Combo I. If one is not ready for Yoga Combo II, he/she can modify with Yoga Combo I. A portion of this Yoga II combination (the shaded boxes) can also be used as a transitional combination for Yoga combinations to follow.*

**Mountain  
Pose**

**Standing  
Back Bend**

**Forward  
Fold**

**Back Exten-  
sion Chest  
Lift**

**Plank**  
(1st half)

**Hover**  
(1st half)

**Cobra**  
(1st half)

**Upward  
Facing Dog**  
(1st half)

**Downward  
Facing Dog**  
(1st half)

**Back  
Extension  
Chest Lift**  
(with a jump forward)  
(2nd half)

**Forward  
Fold**  
(2nd half)

**Mountain  
Pose**  
(2nd half)

## **Yoga Combo III: Flexibility Combination**

*This Yoga combination focuses on flexibility. After Yoga I and Yoga II, the body is sufficiently warmed up for deeper poses. Perform this combination once through the cycle on one side then perform the combination again on the other side. To change from one side to the other, add Yoga II as a transition combination (poses from the shaded boxes).*

**Standing Back  
Bend in a  
Wide Stance**

**Standing  
Straddle  
Splits**

**Yoga II  
Transition**  
(1st half)

**Extended  
Angle**

**Triangle**

**Pyramid**

**Warrior I**

**Warrior  
II**

**Reverse  
Warrior**

**Pigeon**

**Yoga II  
Transition**  
(1st half)

**Extended  
Angle**  
(other side)

**Triangle**  
(other side)

**Pyramid**  
(other side)

**Warrior I**  
(other side)

**Warrior  
II**  
(other side)

**Reverse  
Warrior**  
(other side)

**Pigeon**  
(other side)

**Yoga II  
Transition**  
(1st half)

**Yoga II  
Transition**  
(2nd half)

## **Yoga Combo IV: Balance Combination**

*This Yoga combination focuses on balance. Find a place in front of you upon which to focus as you perform the balance poses. Again, you can use Yoga II combination (in the shaded boxes) as a transitional combination to switch to the other side.*

**Tree**

**Front Leg  
Extension**

**Advance  
Warrior**

**Yoga II  
Transition**  
(1st and 2nd half)

**Tree  
(other side)**

**Front Leg  
Extension  
(other side)**

**Advance  
Warrior  
(other side)**

**Yoga II  
Transition  
(1st and 2nd half)**

**Eagle**

## **Yoga Combo V: Strength Combination**

*This Yoga combination focuses on strength. Again, you can use the Yoga II combination (in the shaded boxes) as a transitional combination to move from one strength pose to the next.*

**Powerful  
Chair**

**Yoga II  
Transition**  
(1st and 2nd half)

**Elevated  
Chair**

**Yoga II  
Transition**  
(1st and 2nd half)

**Table Top**

**Incline  
Plank**

**Side  
Plank**

**Supported  
Shoulder  
Stand**

## **Yoga Combo VI: Finishing Poses**

*This Yoga combination completes the Yoga session with these added poses seated on the mat.*

<b>Gate</b>	<b>Camel</b>	<b>Quad Stretch I/II/III</b>	<b>Boat</b>
<b>Stick</b>	<b>Seated Forward Fold</b>	<b>Seated Straddle Splits</b>	<b>Butterfly I/II</b>
<b>Happy Twist</b>	<b>Seated Twist</b>	<b>Locust</b>	<b>Bow</b>
<b>Knot</b>	<b>Mini Back Bend/Bridge</b>	<b>Spinal Roll</b>	<b>Lying Down Spinal Twist</b>

## **Yoga Combo VII: Relaxation Poses**

*This combination is to be done at the very end of class for a nice finishing touch.*

**Knee Hug**

**Lifeless  
Body  
(Prone)**

**Lifeless  
Body  
(Supine)**

**Progressive  
Relaxation**



Below are a series of questions designed to help you remember the course material efficiently. Before proceeding to the next page of the course content, please answer the following review questions.

**Section # 9 Review Questions**

- 1. Explain the Yoga Class Format: Yoga Comb I: Sun Salutation-Warm-up**
  
- 2. Explain the Yoga Combo II: Sun Salutation 2**
  
- 3. Explain the Yoga Combo III: Flexibility Combination**
  
- 4. Explain the Yoga Combo IV: Balance Combination**
  
- 5. Explain the Yoga Combo V: Strength Combination**
  
- 6. Explain the Yoga Combo VI: Finishing Poses**
  
- 7. Explain the Yoga Combo VII: Relaxation Poses**
  
- 8. After completing the review of the study manual, please take the time to complete the Instructor Observation form located on the next page of this study manual. This is an optional review exercise. However, completion of this exercise will significantly increase the knowledge and understanding necessary to become a certified fitness instructor.**

### **FiTOUR® Fitness Instructor Observation Sheet**

Please contact a fitness instructor from a local health club, YMCA, or any other institution so that you may arrange a time that is convenient for both to complete the instructor observation. This observation will allow you to gain perspective as to the methods of teaching and instruction in the particular discipline. Please complete the form below while doing the observation. NOTE: Please be sure to explain to the instructor that this observation will not be used for anything other than to aid in learning and that this observation sheet will not be viewed by anyone.

Instructor Name \_\_\_\_\_ Class Location/Name \_\_\_\_\_

<b><u>PERSONALITY</u></b>	<b><u>PREPARATION</u></b>	<b><u>TECHNIQUE</u></b>	<b><u>PARTICPANTS</u></b>
Please place a number from 1-5 on the lines below (5 being the highest)  <input type="checkbox"/> Maintains Positive Personal Hygiene <input type="checkbox"/> Maintains Poise and Composure <input type="checkbox"/> Maintains professional attitude <input type="checkbox"/> Develops a Rapport with Participants <input type="checkbox"/> Creates a Fun, Safe, Enjoyable Atmosphere  <input type="checkbox"/> Total out of 25	Please place a number from 1-5 on the lines below (5 being the highest)  <input type="checkbox"/> Time was used effectively and efficiently <input type="checkbox"/> Use of Appropriate Language <input type="checkbox"/> Evidence of Planning/Preparation <input type="checkbox"/> Room Size/Rom Temperature was Adequate <input type="checkbox"/> Demonstrates Proficient Knowledge in Subject Area  <input type="checkbox"/> Total out of 25	Please place a number from 1-5 on the lines below (5 being the highest)  <input type="checkbox"/> Encourages with Positive Reinforcement <input type="checkbox"/> Provides an Atmosphere Conducive to Learning <input type="checkbox"/> Utilizes "Hands On" Teaching Strategies <input type="checkbox"/> Voice Projection <input type="checkbox"/> Proximity-Changes Places Frequently to Observe  <input type="checkbox"/> Total out of 25	Please place a number from 1-5 on the lines below (5 being the highest)  <input type="checkbox"/> Participants are Enjoying the Class <input type="checkbox"/> Participants are on Task Throughout the Class <input type="checkbox"/> Participants Approach Instructor for "chitchat" <input type="checkbox"/> Participants are Serious About the Class <input type="checkbox"/> Communicates with Participants  <input type="checkbox"/> Total out of 25

**Total out of 100**

**Evaluation/Comments:**

## **References and Recommended Reading**

Alter, M. *Science of Flexibility*. Human Kinetics: Champaign, IL, 1996.

Chapman, J. *Yoga in Focus*. Ulysses Press: Berkeley, CA, 2002.

Fraser, T. *Total Yoga*. Duncan Baird Publishers: London, 2001.

Lark, L. *Yoga for Life*. Carlton Books Limited: London, 2001.

Pegrum, J. *Ashtanga Yoga*. Sterling Publishing: New York, 2001.

Yoga Journal: [www.yogajournal.com](http://www.yogajournal.com)



## **About FiTOUR® Certifications**

**FiTOUR®** offers affordable, nationally recognized, advanced fitness certifications. Join the thousands of fitness professionals who have chosen to become a **FiTOUR®** Professional and take your fitness instruction to the next level! **FiTOUR®** offers various certification programs for any fitness instructor or trainer looking to advance their knowledge while simultaneously creating a marketing edge for themselves as a serious fitness professional. **FiTOUR®** offers In-Home Certifications and Workshop Certifications to accommodate every fitness professional!

## **FiTOUR® Certification Programs**

- **LEVEL I - FiTOUR® Instructor**

Increase your earning potential and jump-start your career by becoming certified with **FiTOUR®**. **FiTOUR®** is a nationally recognized certifying organization ranked high among their class. We offer a wide range of fitness certifications that will meet the demands of the novice all the way to the veteran fitness professional. This program requires successful completion of one certification course.

- **LEVEL II - FiTOUR® Specialist**

Two course required program which includes the **FiTOUR®** Group Exercise certification course and any other **FiTOUR®** certification program. This program requires successful completion of two certification courses. The **FiTOUR®** Specialist status will be achieved when you have completed the **FiTOUR®** Group Exercise certification course AND the course of your chosen discipline. **FiTOUR®** Specialist programs are available in Pilates, Yoga, Aqua, Personal Training, Kickbox, Cycling, Elderly Fitness, and more.

- **LEVEL III - FiTOUR® Practitioner**

Take your business to the next level with these high quality, affordable, advanced level certification programs. Become a **FiTOUR®** Practitioner in Pilates, Yoga or Personal Training! These **FiTOUR®** programs are advanced level fitness certifications that require learning through a progression of three required courses.

- **LEVEL IV - FiTOUR® MASTER Practitioner**

The **FiTOUR®** MASTER Practitioner program is for any fitness instructor or trainer looking to advance their knowledge while simultaneously creating a marketing edge for themselves as a serious professional. The **FiTOUR®** MASTER Practitioner program is the highest level certification available and is clearly a mark of distinction. Become a **FiTOUR®** Practitioner in Pilates, Yoga or Personal Training! These **FiTOUR®** programs are advanced level fitness certifications that require learning through a progression of four required courses.



### **About the FiTOUR® Renewal Program**

**FiTOUR®** is dedicated to providing fitness professionals with high quality, convenient, fitness education. Because many of the fitness organizations have raised the CEC requirements resulting in an increased cost to maintain your certification, **FiTOUR®** has designed a renewal program that will save you valuable money and is unlike any other in the fitness industry.

- **NO Continuing Education Credits required!!** Simply complete a 25 question renewal examination in the area which you hold the certification!
- The **FiTOUR®** renewal fee is **ONLY \$25** for any **FiTOUR®** Certification! That means that \$25 every two years renews your **FiTOUR®** Certification!
- Your certification is valid/current for two (2) years from the date issued on the certificate

### **Renewal Fees**

Each **FiTOUR®** certification is valid for two years from the date issued and can be renewed anytime within 90 days prior to the expiration date. The renewal fee is **ONLY \$25** for each **FiTOUR®** Certification.

### **About the Renewal Examination**

The certification renewal examination consists of 25 questions that are derived from the original certification examination. Please reference your **FiTOUR®** certification study manual in the area of which you hold the certification prior to taking the renewal examination.

If the minimum score (75%) is not achieved on the renewal examination, a retest is available. You may retest as many times as necessary. The fee for each retest is \$25.

### **How To Renew Your FiTOUR® Certification**

1. Login to the Exam Center located at [www.FiTOUT.com](http://www.FiTOUT.com) within 90 days prior to the expiration date. Certifications will not be eligible for renewal until 90 days prior to the expiration date. (you may check the expiration date(s) of your certification(s) by logging into you're the My Account section at [www.FiTOUT.com](http://www.FiTOUT.com)).
2. Pay the \$25 renewal fee via our secure online processing system
3. Begin and successfully complete (75% or higher) the 25 question renewal examination in the area of your certification
4. Receive an updated certificate with an expiration date for another two years!
5. Maintain your fitness certification for **ONLY \$25** and NO CEC's!!