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Yoga For Beginners

Lesson Plan

By Marc Titus

Please use discretion if you are new to Yoga. Video coming very soon...
If you are pregnant, please stay away from inversions, twists and prone poses. Consider consulting with a Yoga Teacher who has specialized in Pre-Natal Yoga. High Blood Pressure can be eased through a Yoga Practice, however, please first discuss with your physician and Yoga Teacher. Stay away from inversions and twisting poses if the condition is severe. Limited range of motion, either from injury or limited exercise, can and will be *slowly* remedied with a Yoga Practice. Go slow, to the edge of the stretch and focus on form. The adage "no pain, no gain..." is true here as well because if you injure yourself by going past pain as an indicator to ease off, your practice will suffer, so please be careful and release any old ideas of physical fitness regimes that you may have picked up in the past. Use props as needed and stay out of comparison or competition. We begin where we begin and through the practice we see steady gains in flexibility, calmness and clarity. Much Love and Kindness to you in your Practice, Namaste...

1



Savasana

Corpse Pose

Prayer/Set Intentions



2-5 minute, contract/relax muscle groups starting with your feet, legs, core, chest, arms, neck and head. Sink into deep relaxation for remainder of time. come out of pose by wiggling toes and fingers, bring feet up hip-width apart into Bridge...

2



Setu Bandha Sarvangasana

Bridge Pose



Very light bridge... Awaken core and lower back... lower slowly, draw knees to chest. Squeeze. Release L leg down, squeeze R knee close to R side of body, lower back flat. Place R ankle on top of knee, then draw L knee to chest. (Hold inside knee, rather than outside if you have had a previous knee injury.) Release L leg down. Begin twist with R knee over left leg, R shoulder down, gaze R. Switch sides. Knees to chest and roll to R side to ease up and over to Child's Pose.

3



Balasana

Child's Pose

Calm breaths in Child's Pose for a few minutes. Relax into the pose deeply...

2-5 minutes here... then gracefully transition to Easy Pose...

4



Sukhasana

Easy Pose

Continue to Strengthen Intentions...

5



Ujjayi Pranayama

Conqueror Breath

In/out through the nose. Constricted airway creates hissing or rasping noise. Cycle 9-11 times, building the prana through your central channel, or *sushumna nadi*. Then breathe normally for a few minutes of meditation and allow the light energy vibrations course through you...

6



Bitilasana

Cow Pose

Transition to all fours, table pose, back flat head, neck and spine aligned. Inhale head and sacrum up... Hold... exhale into...

7



Marjaryasana

Cat Pose

Exhale deeply, tucking under and arching the back... Cycle Cat/Cow for 5-7 breaths... When done come back to table pose, gaze down, raise L leg/R arm for balance... Reach long lines, strong core and back... Don't fall into shoulder socket or collapse. Switch Sides, R leg,/L leg... Back to all fours. Now play here! Move weight on all fours forward/back and side to side. L ear towards L hip/R ear towards R hip... When complete, ease back into Child's Pose.

8



Balasana

Child's Pose

Breathe Deeply and Relax for a minute or two...

9



Adho Mukha Svanasana

Downward-Facing Dog

Tuck toes under and extend forearms. Use core strength to draw the body up to Down Dog. Settle, fine tune... Feel. Long lines through legs and back. Sitz bones come up, press through inside palms and feet. This is the first one of the practice, so walk the heels and bend the knees. Ease into it. Down Dog

has the essence of a resting pose... 😊

10

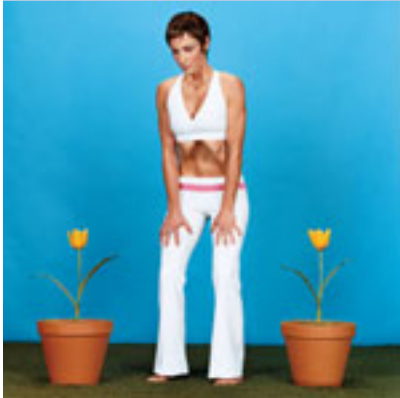


Ardha Uttanasana

Standing Half Forward Bend

Inhale... walk or step/jump lightly to the front of the mat. Align flat spine.

11



Uddiyana Bandha

Upward Abdominal Lock

Exhale...draw organs up to go deeper into fold... this is something to work towards, this *Bandha*, or muscle lock is what allows deeper access to forward fold. However, most are limited at first by hamstring or back/hips, so focus on alignment in those areas first. Just allow this information into your consciousness and it will be there for you when appropriate.

12



Uttanasana

Standing Forward Bend

Exhale... Fold at the hips, drawing quads up and sitz bones up, ribs and spine long... A few breaths here... Bend knees if there is strain in low back or hamstrings. ONLY go as far as you can with a straight spine... Be careful the first time...

13



Tadasana

Mountain Pose

Inhale up to Mountain Pose. While this appears to be very static, there is much energy moving within. Pay attention to shoulders drawing back, sacrum releasing and dropping down, core active and pulled in towards spine, and strong upward motion to the quads... Balanced. Now feel the energy flowing through you...

Begin Sun Salutations (Surya_Namaskara_A)_
Repeat 3-5 times.

Bring hands into prayer at heart...

14



Urdhva Hastasana

Upward Salute

Inhale arms up...

15



Uttanasana

Standing Forward Bend

Exhale and swan dive into forward fold...

16



Ardha Uttanasana

Standing Half Forward Bend

Inhale up and straighten...

17



Plank Pose

Exhale... Walk or Step/Jump feet back into the top of a push-up... Flat back... notice the strong lines.

18



Urdhva Mukha Svanasana

Upward-Facing Dog

slowly lower to an inch above the floor then slide forward and up into Up Dog... mindful of wrist placement. Move hands slightly forward if there is pressure at the wrists. Shoulder blades back, strong core protects the lower back.

19



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Adho Mukha Svanasana

Downward-Facing Dog

Use core strength to draw up to Down Dog...

Deep Breaths... Relaxation Pose.

on the 5th breath, inhale and look up...then,

20



Ardha Uttanasana

Standing Half Forward Bend

Walk, Jump or step the feet to the front of the mat. Flat back...

21



Uttanasana

Standing Forward Bend

Exhale fold deeper... Drawing organs up, long ribs cascade over thighs... Only go as far as flat back allows.

22



Urdhva Hastasana

Upward Salute

Inhale and hinge up at the hips... strong core and back.

23



Tadasana

Mountain Pose

Exhale draw energy down into prayer pose.

Repeat Sun Salutations 3-5 times.

24



Utkatasana

Chair Pose

Weight back on heels... Strong back and core. Then release to standing and spread legs wide on the mat...

25



Prasarita Padottanasana

Wide-Legged Forward Bend

Hinge forward at the hips and allow head, neck and shoulders relax and hang. Inhale up and wrap arms behind and clasp hands palms together into Yoga Mudra. Fold forward and allow arms to drop over head... Come to 1/2 standing, back flat... Place R hand on mat in front of chest and twist left arm up to ceiling. Switch sides. Come back to standing, then drop into a deep wide-legged squat. Come out slowly to full standing.

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Utthita Trikonasana

Extended Triangle Pose

(next 3 poses do one sides, then come back and do the other) Align R leg forward, L leg back (R heel aligned to middle of Left foot) Inhale arms up, push weight forward at hip, then start twist... R hand heading for the R shin, left hand coming into air. Long spine, no compression, strong lines.

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Parsvottanasana

Intense Side Stretch Pose

Inhale up, then exhale, align hips forward and fold over the forward leg...

28



Virabhadrasana II

Warrior II Pose

Inhale back up, re-align legs, then sink into the forward leg, mindful that the knee doesn't extend past the ankle, and align hips and arms. Cast gaze out past forward fingertips. Sink your energy into the stability of the lower half of the pose...

Complete these 3 poses on the other side...

29



Vrksasana

Tree Pose

Tree through Warrior III on R side then L.

Can start with the heel at the ankle instead of the groin... But do NOT put outward pressure on the knee. The bent leg, heel above or below the knee only.

30



Virabhadrasana III

Warrior III Pose

From tree, slowly hinge forward at the hips looking for alignment and balance. Strong Core protects back. Focus *drishti*, or gaze in one spot to assist concentration in all balance poses.

When complete move into Mountain...

31



Tadasana

Mountain Pose

Still into Mountain Prayer pose for a moment before moving to Cool Down and Sitting Poses.

32



Dandasana

Staff Pose

Strong core, lean forward on sitz bones bend at the hip, don't round the back... Strong lines of alignment

33



Uddiyana Bandha

Upward Abdominal Lock

Drawing organs up with this *Bandha*, or Lock makes it easier to go deeper into Forward Folds...

34



Paschimottasana

Seated Forward Bend

Exhale forward, inhale half up, realign, then exhale forward and hold... for a few minutes. The stretch is in the hamstrings and hips. Only go as far as you can with a flat back. A strap or belt may be used if the toes are elusive...

35



Purvottasana

Upward Plank Pose

Lean back, stretch shoulders back place hands, then strong core brings belly up, feet flat, toes forward... then relax core, keep head back and ease bottom to the floor.

36



Paripurna Navasana

Full Boat Pose

Strong Core...

Strong Lines, Shoulder blades back. Spine straight, legs straight. If this strains lower back, place feet with knees bent on the floor.



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37



Baddha Konasana

Bound Angle Pose

Heels together... Be careful, keep strain from knees... Draw up from the hips, core draws towards spine, shoulders come down and back... A forward bend can be added by hinging at the hips and keeping the spine long.



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38



Janu Sirsasana

Head-to-Knee Forward Bend

R foot inside, then L...



39



Salamba Sarvangasana

Supported Shoulderstand

Omit if uncomfortable with pose.

These following three poses are a good closing sequence, but are more advanced in nature. If you are a beginner who has never received personal instruction on these three poses, please skip to Savasana... namaste.

40



Halasana

Plow Pose

Omit if uncomfortable with pose.

41



Matsyasana

Fish Pose

Omit if uncomfortable with pose.

42



Savasana

Corpse Pose

10 minutes... Relax and let go... Deeply let go and allow the mind to drift on the currents of release coming from your practice. Enjoy longer if needed.

43



Sukhasana

Easy Pose

Roll to one side to come up to sitting or lotus...

44



Kapalabhati Pranayama

Skull Brightener Breath

Rapid inhale/exhale through nose as core moves in/out... Breath of Fire.

Can do in Lotus push up, too. Builds much *Prana* and Light to carry into World Peace Meditation.



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Dhyana

Self-Inquiry Meditation

Heal all Relations... Share Love with all Creation...

World Peace begins with you... **Mitakuye**

Oyasin!