




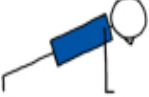




cvy Short Vinyasa sequence 4

| Image | Pose | Description | Modifications | Precautions |
|--|-------------------------|---|---|-------------------|
|  | Upward Salute | <p>Feet hip width apart. Tuck chin in. Legs slightly bent . Shoulders back and down. Raise arms overhead.</p> <p>Alternatives: Samashthiti (feet together).</p> <p>Sanskrit: Urdhva Hastasana</p> <p>Benefits: Improves posture. Strengthens legs. Engages core.</p> <p>Video: https://www.youtube.com/embed/nwiyZSmfpWY?rel=0</p> | Hands in prayer behind back. Eyes closed. | Pregnant. |
|  | Standing Forward Bend 3 | <p>Stand in Mountain. Knees hip-width apart and very bent. Fold at waist grasping opposite elbows. Let head hang. Hold.</p> <p>Alternatives: Tabletop. Gorilla.</p> <p>Sanskrit: Ardha Uttanasana (Bent Knees)</p> <p>Benefits: Stretch back, hams. Improves posture.</p> <p>Video: https://www.youtube.com/embed/VKhdmlFhak</p> | Loop fingers around big toes. | |
|  | Lunge (knee on floor) | <p>Stand in mountain pose. Step forward with right leg. Sustain slight bend in front leg while back leg raises on toe. Tighten pelvic muscles. Sustain upright trunk while lowering back leg until knee touches floor.</p> <p>Alternatives: High or Low Lunge.</p> <p>Sanskrit: Anjaneyasana</p> <p>Benefits: Stretches legs, groin, hip flexors. Strengthens thighs, buttocks.</p> <p>Video: https://www.youtube.com/embed/Hmec1bQBQOE</p> | | Knee injury. HBP. |

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|  | Crescent Moon | <p>Kneel with knees hip width apart. Keep back straight. Step forward with right foot. Foot extends slightly past knee. To increase stretch in hip, bend more on right knee. Raise both arms and bring palms together. Look forward. Focus attention on one point. Hold. Release.</p> <p>Alternatives: High Lunge.</p> <p>Sanskrit: Anjaneyasana</p> <p>Benefits: Stretches legs, groin, hip flexors. Strengthens thighs, buttocks.</p> <p>Video: https://www.youtube.com/embed/2pCcmxQSETc</p> | Move between bent and straight leg. Look up. | Knee injury. HBP. |
|  | Down Dog | <p>Start in Mountain. Forward bend. Step feet back one at time. Lift buttocks. Lengthen spine. Press down through heels. Tuck chin in. Look at feet. Release jaw.</p> <p>Alternatives: Dolphin.</p> <p>Sanskrit: Adho Mukha Svanasana</p> <p>Benefits: Stretches spine, hams, shoulders. Calms nervous system.</p> <p>Video: https://www.youtube.com/embed/ayRU3ecmPbI?rel=0</p> | Use wall. Head on block. Leg up. Arm up. Wide stance. | Pregnant. HBP. Headache. |
|  | Plank | <p>Begin on hands and knees. Knees under hips. Hands under shoulders. Roll shoulders back and down. Finger tips point forward. Don't splay elbows. Lift up in your middle as you step one foot straight back and then the other. Keep legs engaged in supporting the plank position. Hold.</p> <p>Alternatives: Dolphin.</p> <p>Sanskrit: Kumbhakasana</p> <p>Benefits: Strengthens arms, wrists, spine. Tones abs.</p> <p>Video: https://www.youtube.com/embed/pSWYGXSNjdE?rel=0</p> | Knees on floor. | Carpal tunnel syndrome |

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|  | Cobra (hands forward) | <p>Lie face down. Feet together. Toes pointing behind. Hands flat on floor by rib cage. Move hands forward 12 inches. Lift chest. Gaze forward.</p> <p>Alternatives: Sphinx. Crocodile.</p> <p>Sanskrit: Bhujangasana</p> <p>Benefits: Supple spine. Strengthen palms, wrists, toes.</p> <p>Video: https://www.youtube.com/embed/wSgmClfQBrC?rel=0</p> | Blanket under hips. 1 or 2 legs up. | Pregnancy. CTS. Back injury. |
|  | Down Dog | <p>Start in Mountain. Forward bend. Step feet back one at time. Lift buttocks. Lengthen spine. Press down through heels. Tuck chin in. Look at feet. Release jaw.</p> <p>Alternatives: Dolphin.</p> <p>Sanskrit: Adho Mukha Svanasana</p> <p>Benefits: Stretches spine, hams, shoulders. Calms nervous system.</p> <p>Video: https://www.youtube.com/embed/ayRU3ecmPbI?rel=0</p> | Use wall. Head on block. Leg up. Arm up. Wide stance. | Pregnant. HBP. Headache. |
|  | Crescent Moon | <p>Kneel with knees hip width apart. Keep back straight. Step forward with right foot. Foot extends slightly past knee. To increase stretch in hip, bend more on right knee. Raise both arms and bring palms together. Look forward. Focus attention on one point. Hold. Release.</p> <p>Alternatives: High Lunge.</p> <p>Sanskrit: Anjaneyasana</p> <p>Benefits: Stretches legs, groin, hip flexors. Strengthens thighs, buttocks.</p> <p>Video: https://www.youtube.com/embed/2pCcmxQSETc</p> | Move between bent and straight leg. Look up. | Knee injury. HBP. |
|  | Standing Forward Bend | <p>Stand in Mountain. Stretch arms overhead. Bend knees slightly. Fold forward from waste. Hold onto back of legs. Back of neck soft.</p> <p>Alternatives: Tabletop. Gorilla.</p> <p>Sanskrit: Uttanasana</p> <p>Benefits: Stretch back, hams. Improves posture.</p> <p>Video: https://www.youtube.com/embed/hrp6Q_QyDkc?rel=0</p> | Bent knees. Loop fingers around big toes. | |

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|  | Mountain Arms Up | <p>Feet hip width apart. Tuck chin in. Legs slightly bent. Shoulders back and down. Raise arms overhead.</p> <p>Alternatives: Samashthiti (feet together).</p> <p>Sanskrit: Tadasana (arms up)</p> <p>Benefits: Improves posture. Strengthens legs and arms. Engages core.</p> <p>Video: https://www.youtube.com/embed/nwiyZSmfpWY?rel=0</p> | Helicopter (twist). | Pregnant. |
|  | Mountain Namaste | <p>Feet hip width apart. Tuck chin in. Legs slightly bent. Shoulders back and down. Bring palms together over heart chakra in namaste mudra.</p> <p>Alternatives: Samashthiti (feet together). Arms out to sides.</p> <p>Sanskrit: Tadasana (namaste)</p> <p>Benefits: Improves posture. Strengthens legs and arms. Engages core.</p> <p>Video: https://www.youtube.com/embed/hvBfA5TKjYQ</p> | Choose any hand mudra. | Pregnant. |