

cvy Short vinyasa sequence 1




Image	Pose	Description	Modifications	Precautions
	Mountain Namaste	Feet hip width apart. Tuck chin in. Legs slightly bent. Shoulders back and down. Bring palms together over heart chakra in namaste mudra. Alternatives: Samashthiti (feet together). Arms out to sides. Sanskrit: Tadasana (namaste) Benefits: Improves posture. Strengthens legs and arms. Engages core. Video: https://www.youtube.com/embed/hvBfA5TKjYQ	Choose any hand mudra.	Pregnant.
	Mountain Arms Up	Feet hip width apart. Tuck chin in. Legs slightly bent. Shoulders back and down. Raise arms overhead. Alternatives: Samashthiti (feet together). Sanskrit: Tadasana (arms up) Benefits: Improves posture. Strengthens legs and arms. Engages core. Video: https://www.youtube.com/embed/nwiyZSmfpWY?rel=0	Helicopter (twist).	Pregnant.
	Standing Forward Bend	Stand in Mountain. Stretch arms overhead. Bend knees slightly. Fold forward from waste. Hold onto back of legs. Back of neck soft. Alternatives: Tabletop. Gorilla. Sanskrit: Uttanasana Benefits: Stretch back, hams. Improves posture. Video: https://www.youtube.com/embed/hrp6Q_QyDkc?rel=0	Bent knees. Loop fingers around big toes.	




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	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.
	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.
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	Repeat On Other Side			
	Repeat			