

CVY gentle warmup





Image	Pose	Description	Modifications	Precautions
	Extended Child	<p>On all fours. Wrists below shoulders. Knees under hips. Use hands to walk forward and lower chest to floor. Drop buttocks until they reach halfway to feet. Arms straight. Forehead touches floor. Push hips back and stretch spine.</p> <p>Sanskrit: Uttitha Balasana</p> <p>Benefits: Stretches arms, shoulders, spine, hips.</p> <p>Video: https://www.youtube.com/embed/EDSQa4z_e2g?rel=0</p>		Knee injury.
	Breathe In			
	Cow	<p>Start on hands and knees. Knees set directly below hips and wrists. Centre head in a neutral position. Eyes looking at floor.</p> <p>Sanskrit: Bitilasana</p> <p>Benefits: Stretches torso, neck. Massages spine, core.</p> <p>Video: https://www.youtube.com/embed/VuqVVXW_N50?rel=0</p>	Paired with Cat Pose.	Neck or wrist injury.
	Breathe Out			





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	Cat	<p>Start in neutral position. Wrists under shoulders. Arms shoulder width. Pull navel into small of back. Arch backwards. Tuck chin to chest. Move slowing back & forth.</p> <p>Sanskrit: Marjaryasana</p> <p>Benefits: Stretches lower back. Concentration. Decompress spine.</p> <p>Video: https://www.youtube.com/embed/VuqVXXW_N50?rel=0</p>	Forehead to knee. Raise leg or arm.	Neck injury.
	Breathe In			
	Cow	<p>Start on hands and knees. Knees set directly below hips and wrists. Centre head in a neutral position. Eyes looking at floor.</p> <p>Sanskrit: Bitilasana</p> <p>Benefits: Stretches torso, neck. Massages spine, core.</p> <p>Video: https://www.youtube.com/embed/VuqVXXW_N50?rel=0</p>	Paired with Cat Pose.	Neck or wrist injury.
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	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.
	Breathe In			
	Cow	<p>Start on hands and knees. Knees set directly below hips and wrists. Centre head in a neutral position. Eyes looking at floor.</p> <p>Sanskrit: Bitilasana</p> <p>Benefits: Stretches torso, neck. Massages spine, core.</p> <p>Video: https://www.youtube.com/embed/VuqVXXW_N50?rel=0</p>	Paired with Cat Pose.	Neck or wrist injury.
	Extended Child	<p>On all fours. Wrists below shoulders. Knees under hips. Use hands to walk forward and lower chest to floor. Drop buttocks until they reach halfway to feet. Arms straight. Forehead touches floor. Push hips back and stretch spine.</p> <p>Sanskrit: Utthita Balasana</p> <p>Benefits: Stretches arms, shoulders, spine, hips.</p> <p>Video: https://www.youtube.com/embed/EDSQa4z_e2g?rel=0</p>		Knee injury.

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5x	Repeat 5 Times			