

## cvy Short vinyasa sequence 3

Image	Pose	Description	Modifications	Precautions
	Standing Backbend (Arms Up)	Start in Mountain. Raise arms overhead. Squeeze thighs and buttocks. Press hips forward and slowly arch back. Keep legs and buttocks engaged. <b>Sanskrit:</b> Anuvittasana <b>Benefits:</b> Stretches sides of torso, spine. Stimulates abs. <b>Video:</b> <a href="https://www.youtube.com/embed/Sjnsyy-sPBc">https://www.youtube.com/embed/Sjnsyy-sPBc</a>	Drop head back.	Back or neck injury.
	Standing Forward Bend 3	Stand in Mountain. Knees hip-width apart and very bent. Fold at waist grasping opposite elbows. Let head hang. Hold. <b>Alternatives:</b> Tabletop. Gorilla. <b>Sanskrit:</b> Ardha Uttanasana (Bent Knees) <b>Benefits:</b> Stretch back, hams. Improves posture. <b>Video:</b> <a href="https://www.youtube.com/embed/VKhdmlFhak">https://www.youtube.com/embed/VKhdmlFhak</a>	Loop fingers around big toes.	
	Lunge (hands on floor)	From Downward Facing Dog step right foot forward between hands. Hands either side of right foot. Left knees stays off ground. Lift chest. Look up. Back into Down Dog. Repeat on left leg. <b>Alternatives:</b> High Lunge. <b>Sanskrit:</b> Anjaneyasana <b>Benefits:</b> Stretches legs, groin, hip flexors. Strengthens thighs, buttocks. <b>Video:</b> <a href="https://www.youtube.com/embed/R5zeuZuA8T4?rel=0">https://www.youtube.com/embed/R5zeuZuA8T4?rel=0</a>	Move between bent and straight leg.	Knee injury. HBP.


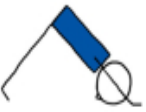
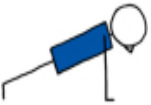

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	Warrior I	<p>Start in Mountain. Wide stance. Press into outside edge of back foot. Bend forward knee (stop above ankle). Body weight centred. Arms overhead. Switch sides.</p> <p><b>Alternatives:</b> Warrior II, III</p> <p><b>Sanskrit:</b> Virabhadrasana I</p> <p><b>Benefits:</b> Stretches chest, shoulders, abs. Strengthens arms.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/4hqmLOpkHrw?rel=0">https://www.youtube.com/embed/4hqmLOpkHrw?rel=0</a></p>	Back heel on folded blanket.	HBP. Shoulder 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><b>Alternatives:</b> Dolphin.</p> <p><b>Sanskrit:</b> Adho Mukha Svanasana</p> <p><b>Benefits:</b> Stretches spine, hams, shoulders. Calms nervous system.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/ayRU3ecmPbI?rel=0">https://www.youtube.com/embed/ayRU3ecmPbI?rel=0</a></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><b>Alternatives:</b> Dolphin.</p> <p><b>Sanskrit:</b> Kumbhakasana</p> <p><b>Benefits:</b> Strengthens arms, wrists, spine. Tones abs.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/pSWYGXSNjdE?rel=0">https://www.youtube.com/embed/pSWYGXSNjdE?rel=0</a></p>	Knees on floor.	Carpal tunnel syndrome
	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><b>Alternatives:</b> Dolphin.</p> <p><b>Sanskrit:</b> Adho Mukha Svanasana</p> <p><b>Benefits:</b> Stretches spine, hams, shoulders. Calms nervous system.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/ayRU3ecmPbI?rel=0">https://www.youtube.com/embed/ayRU3ecmPbI?rel=0</a></p>	Use wall. Head on block. Leg up. Arm up. Wide stance.	Pregnant. HBP. Headache.

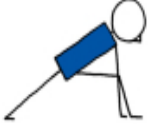




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	Half Way Lift (hands on thighs)	Stand in Mountain. Bring palms to tops of thighs with fingers pointing down. Push hands into thighs. Lengthen from tailbone through crown of head. Upper body parallel to floor. <b>Alternatives:</b> Tabletop. Gorilla. <b>Sanskrit:</b> Ardha Utt?n?sana <b>Benefits:</b> Stretches hamstrings, calves, hips. <b>Video:</b> <a href="https://www.youtube.com/embed/ihj4dVBXMPg">https://www.youtube.com/embed/ihj4dVBXMPg</a>		
	Chair	Start in Mountain. Raise arms perpendicular to floor. Keep arms parallel, palms facing inward. Bend knees. Firm shoulder blades against back. <b>Sanskrit:</b> Utkatasana <b>Benefits:</b> Strengthens ankles, thighs, calves, spine. Stretches chest. <b>Video:</b> <a href="https://www.youtube.com/embed/0_mv-gej-gg?rel=0">https://www.youtube.com/embed/0_mv-gej-gg?rel=0</a>	Block between thighs. Join palms.	Headache. Insomnia. LBP.
	Mountain Arms Up	Feet hip width apart. Tuck chin in. Legs slightly bent. Shoulders back and down. Raise arms overhead. <b>Alternatives:</b> Samashthiti (feet together). <b>Sanskrit:</b> Tadasana (arms up) <b>Benefits:</b> Improves posture. Strengthens legs and arms. Engages core. <b>Video:</b> <a href="https://www.youtube.com/embed/nwiyZSmpfWY?rel=0">https://www.youtube.com/embed/nwiyZSmpfWY?rel=0</a>	Helicopter (twist).	Pregnant.

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	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><b>Alternatives:</b> Samashthiti (feet together). Arms out to sides.</p> <p><b>Sanskrit:</b> Tadasana (namaste)</p> <p><b>Benefits:</b> Improves posture. Strengthens legs and arms. Engages core.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/hvBfA5TKjYQ">https://www.youtube.com/embed/hvBfA5TKjYQ</a></p>	Choose any hand mudra.	Pregnant.