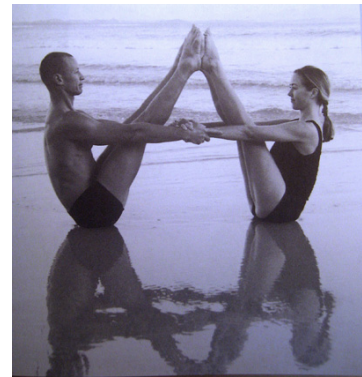




Yoga for Awakening & Partner Poses

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Not all Asanas (poses) are for all bodies...

Consult your doctor before attempting any of these asanas. Any loss/liability/damage incurred by performing any of the asanas or following the advice or instructions shown in this document is expressly disclaimed.

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Sequence 1. Savasana/Corpse Pose

Pranayama: Ujjayi Breath

Lie on your mat, face up, with your legs extended straight about hip-width apart. If you feel tension or strain in your low back, bend your knees, place your feet on the floor slightly wider than your hips, and allow your knees to rest together. Place one hand on your belly and one hand on your chest, noticing the rhythm of your breath. Begin to Inhale and Exhale through your nose, lengthening your breath. Gently constrict the back of your throat, creating a soft sound as if you were fogging up a mirror with your mouth open, but keeping it closed. Let the tip of your tongue lightly touch the roof of your mouth, allowing your jaw and facial muscles to soften.

Maintaining this Ujjayi breath, feel your belly rise with each Inhale and lower with each Exhale. Now begin to deepen your Exhales, drawing your navel toward your spine as you activate your abdominal muscles. As you squeeze the old air from your lungs, you allow new oxygen to enter your lungs and your belly to rise higher with each Inhale.

Continue to feel the expansion of your breath all the way up into your chest, first allowing the belly to rise, and then the chest to rise on each Inhale. On each Exhale, feel the chest fall slowly, and then the belly, creating a wave of expansion and contraction of the belly and chest.

Awaken like a cat — reach arms overhead and extend legs long, feeling your body stretch longer in both directions. On an Inhale, extend your right arm high overhead, reaching through your fingertips and lengthening through your left leg and toes. Exhale and return to neutral. Switch, extending opposite arm and leg on each Inhale, returning to center on each Exhale.

On a deep Inhale, begin to contract the muscles of your feet, legs, buttocks, belly, chest, shoulders, arms, hands, jaw, nose, forehead. Exhale, allowing everything to relax. Repeat 2X. As you feel your body melt into the floor and your mind become clear, set an intention for your morning practice and set an intention for the rest of your day as you gather your creative energies to design and direct your day just as you have imagined.

Apanasana/Wind-Releasing Pose

From Savasana, bring your knees in toward your chest by grabbing behind your knees, keeping your shoulders relaxed and head resting on the floor (or pillow). Take several deep breaths, allowing your belly to press into your knees on each Inhale, and bringing your knees a little closer toward your chest with each Exhale.

Ananda Balasana/Happy Baby Pose

From Apanasana, release your hands and grab the outer edges of the soles of your feet, gently pulling your knees down toward your shoulders. Take several deep breaths, bringing your tailbone slightly closer toward the floor. Slowly rock back and forth, pulling your Right knee closer to your Right shoulder on an Exhale, back to center on each Inhale, and pulling your Left knee closer to your Left shoulder on an Exhale. Playfully repeat several times as if discovering your feet and knees for the first time.

Supta Parivartanasana/Reclined Twist Pose

From Ananda Balasana, release your hands to the floor, palms down at shoulder height. Keep your knees bent and slowly lower them to one side, gently turning your head to opposite side. Take several breaths, feeling a nice spinal twist with each one, and repeat on other side.

Sukhasana/Easy Seated Pose/*Back-to-Back*

Pranayama: Ujjayi Breath

Find a comfortable seated position, grounding down through your sitting bones, lifting up from the crown of your head, allowing your shoulder blades to slide down your back ribs. Rest your palms face up on your thighs, ready to receive whatever intention you have set for yourself.

Inhale and Exhale through your nose, noticing the rhythm and quality of your breath. Gently constrict the back of your throat, creating a whispering ocean sound. Notice the space between the inhale and the exhale, and the exhale and the inhale. Lengthen each Inhale and Exhale and the pause between them.

Inhale, lifting both arms high overhead, Exhale, dropping the shoulder blades down your back. Take three more breaths, allowing the spine to lengthen and the core to strengthen as you keep your navel and lower ribs pulled in toward your spine.

Partners: *Sitting Back-to-Back, connect with your partner's breath, creating a comfortable rhythm for both of you. On each Inhale, allow your ribcage to expand all the way around as you feel your partner's ribcage broadening into yours.*

Next, Partner 1 raises both arms high overhead, shoulders dropping down the back ribs while Partner 2 reaches back, placing hands just above Partner 1's knees for a nice chest opener.

Finally, Partner 1 lowers his/her arms to the floor in front, slowly walking them further out, hinging forward at the hips, keeping a neutral spine. After a few breaths, the chin tucks and the spine rounds, allowing the head to drop toward the floor. Partner 2 extends backward with Partner 1, allowing an opening of the chest. If a deeper stretch is preferred, both partners interlock elbows as Partner 2 arches backward over the back of Partner 1. Each Inhale brings expansion and each Exhale a deeper stretch for both partners.

Repeat with Partner 1 receiving a chest opening extension, and Partner 2 a spinal forward flexion.

Bharadvajasana/Seated Twist/*Back-to-Back*

Remain in a comfortable seated position and begin to rotate to the Left from the base of your spine, placing your Right hand on the outside of your Left mid-thigh, palm up. Reach your Left hand behind you placing it on the ground close to your spine. Inhale, lifting your spine taller, Exhale, finding your mid-spine begin to rotate. Inhale, lift tall, Exhale, rotate your head to gaze behind you with your eyes looking as far back as is comfortable. Take a few breaths here, allowing a gentle squeeze of your internal organs and a lubrication and a fresh supply of blood to flow through your entire spine.

Partners: *Remain sitting Back-to-Back and begin twisting to the Left, starting from your lower spine. Place your Right palm on your outer Left mid-thigh. Continue rotating to the left as you gently place your Left hand just above your partner's Right knee to further the twist up into your mid-spine. Inhale and Exhale through your nose, lifting taller on each Inhale and twisting further on each Exhale. Finally, rotate your head and follow the rotation with your eyes to gaze behind your shoulder.*

Repeat, twisting to the Right.

Dandasana/Seated Staff Pose/Back-to-Back

Sit with legs extended in front of you, feet hip-width apart. Find your ischial tuberosities/sitting bones and wiggle your buttocks so that your bones are grounding down to the earth as your spine lifts up taller through the crown of your head. (You may place your hands on the floor beside you or sit on a folded blanket to assist a neutral spine.) With each Inhale, expand your front, side and back ribs. On each Exhale, activate your core muscles, drawing your naval toward your spine. Activate your thigh muscles, pulling up your kneecaps. Flex your feet, extending through your heels.

Paschimottanasana/Forward Fold/Back-to-Back

From Dandasana, Inhale, lift tall, raise arms overhead. Exhale, hinge forward at the hips, keeping chest lifted, spine neutral. Walk your hands down your legs, reaching toward your toes. If by reaching forward, your spine begins to round, walk your hands further up your legs or wrap a non-elastic strap around the balls of your feet, holding on to each side of the strap, and pull your chest forward, keeping your spine long. After several breaths, release your hands from your legs or strap, allowing your spine to round and head to drop forward. Take several breaths into your spine and slowly roll up one vertebrae at a time, with the head coming up last.

Partners: *Partner 1 remains in Dandasana while Partner 2 bends his/her knees with feet placed on the floor. Partner 1 Inhales, lifting taller, and Exhales, hinging forward at the hips, with hands reaching for the shins or toes into Paschimottanasana. Partner 2 reaches up and extends backward over Partner 1. If both partners are very flexible, Partner 1 (in Paschimottanasana) reaches up to grab the wrists of Partner 2, gently pulling Partner 2 further into back extension.*

Take several breaths, release your hands, slowly roll up to Dandasana and switch sides.

Upavistakonasana/Wide Angle Forward Fold/Front-to-Front

Sit with your legs extended wide apart in front of you. Activate your thigh muscles and flex your feet with toes pointed up toward the sky. Wiggle your sitting bones toward the floor as you activate your core muscles to sit tall with a neutral spine. Place your hands behind you or a folded blanket under your sitting bones to lift taller and feel the stretch of your inner thighs. Reach your hands to your shins as you hinge forward at the hips, keeping your spine lengthened. Take a few breaths here, and if you are feeling flexible, reach your index and middle fingers to grab your big toes, keeping your chest lifted and spine lengthened. Inhale, lift taller, Exhale hinge further forward. Finally, release your hands in front of you, allowing your spine to round and head to drop toward the floor. You may want to place a folded blanket or one hand upon the other for a place to rest your head. Relax your legs and feet and rest here for several breaths.

Partners: *Sit with your legs extended wide in front of you, with the soles of your feet meeting with your partner's. With your thigh muscles active, feet flexed, and spine lengthened, grab your partner's wrists to feel a stretch in your inner thighs and hamstrings. Partner 1 slowly leans backward, bringing Partner 2 forward for a deeper inner thigh stretch. Both partners keep their shoulders dropped, chests open and spines lengthened.*

Switch sides and Repeat. Come to center, grab under your knees, and cross your legs in a comfortable seated position.

Sukhasana/Seated Pose Notice your breath, warmth of muscles, length of spine, peace of mind...

Aum/Om, Shanti, Shanti, Shanti, Aum/Om. Namaste.

Sequence 2. Tadasana/Mountain

Engage Padha, Mula, Udiyana, Jaladhara Bandhas/Locks

Padha Bandha: Stand tall with your feet hip-width apart (or you may prefer to keep them together), spreading your toes, lifting your arches, distributing your weight evenly amongst the four corners of each foot, and evenly between both feet, Engage your upper thigh muscles, lifting your kneecaps to assist in keeping you grounded, centered and balanced.

Mula Bandha: Activate and pull up on your pelvic floor muscles to assist in stabilizing your Powerhouse/core.

Udiyana Bandha: While breathing easily in and out through the nose, engage your abdominal/core muscles by pulling your navel toward your spine (especially on the Exhale), as if you needed to squeeze in between another passenger and the aisle on your way to the airplane restroom.

Jaladhara Bandha: Lift your sternum keeping a very slight tuck in your chin. Allow your shoulder blades to slide down your back ribs as you lift up from the crown of your head toward the sky. By keeping your head and chin centered on top of your shoulders, you avoid being in Fight-Or-Flight/Sympathetic Mode.

Knocking on the Door of Life

Spread your feet a little wider than hip-width, keeping knees bent slightly, (Horse stance). Using an open palm or a loose fist, rotate your spine to the left on an Inhale as your Right hand swings to tap the front of your belly at navel level and your Left hand knocks at the opposite point on your back. Rotate your spine to the Right on an Exhale as your Left hand swings to tap the front of your belly and your Right hand knocks at the opposite point on your back. Continue breathing and tapping as you allow the low back, belly and spine to open. This percussive tapping stimulates the kidneys, digestive organs, and lymphatic system, which is highly concentrated in this area. By tapping a little higher at sternum level, the thymus can be activated to stimulate the immune system.

Tadasana/Mountain

Activate all 4 Bandhas. Notice how your energy has shifted, perhaps feeling revitalized and more awake, perhaps feeling more grounded, more balanced. Notice your breath and how it is flowing. Notice your muscles and how they have been activated. Notice your bones and how they are stacked by gravity from top-to-bottom, and bottom-to-top.

Uttanasana/Standing Forward Fold

From Tadasana, activate thigh and core muscles. Inhale, bring hands to hips, Exhale hinge forward at hips, lengthen spine, neck neutral. Inhale, lengthen, Exhale round forward, placing hands on shins or floor. Take several breaths, letting head hang. Bend knees, slowly roll up.

Group Circle, alternately facing inward and outward

Stand together in a circle, each person alternately facing inward and outward. Bend your elbows, bringing them up shoulder height slightly > 90 degrees, palms facing forward. Cross forearms with the forearms of each person next to you and gently lean forward, feeling an opening of your chest and a connection with everyone in the circle. Take several deep breaths, feeling connected, supported, with your heart open to give and receive.

Vrksasana/Tree/Side-by-Side

Standing in Tadasana, root your Lt foot down. Place your gaze on a non-moving object in front of you. Find your balance. Lift your Rt. foot, placing the heel on your inner Lt ankle (Lev. 1), inner Lt calf (Lev. 2), or inner Lt thigh (Lev. 3). Press the foot into the calf or thigh (avoid the knee), creating more space in the hip while keeping the hips level. Bring your palms together in front of your heart, slowly lifting them overhead, and then out to the sides like a cactus (the elbows are shoulder-height, fingers spread, pointing upward with the palms facing forward. Slide your shoulder blades down the back ribs as you lift taller. Bring your palms together at your heart.

Follow **2.** below using both hands to grab under your knee and pull it toward your chest and the same hand of bent knee to guide knee to side and grab big toe for front leg extension.

Stand in Tadasana next to your partner, facing forward. Take your inside arm and wrap it around your partner's waist, which will provide you both with additional balance. Bring your outside foot to your ankle, calf, or inner thigh and find your balance. Raise your outside arm overhead to meet your palm with your partner's palm, OR take your outside palm to meet your partner's at heart level.

2. After several deep breaths, release your outside hand and grab under your outside knee as you pull it up toward your chest. Keep your spine tall by engaging your core muscles. When you feel balanced, bring your forward bent knee out to the side and take a few breaths. Bring it back to center, pulling it in toward your chest. If you're feeling flexible, grab onto your big toe and extend your leg straight in front of you keeping your hips level and spine tall. Release and switch sides.

Virabhadrasana II/Warrior II/Back Feet together

Prep: With hips facing long side of mat and feet at least one leg's distance apart, rotate Rt. foot out about 90 degrees. Rotate Lt. foot in about 30 degrees, keeping the outer edge pressing into the floor and the inner arch in line with the heel of the Rt. foot.

Inhale the arms out to the side, parallel to the floor, extending through the fingertips. Draw the shoulder blades down the ribs.

Exhale, bending the Rt. knee so as not to extend it past the ankle (if it does, wiggle the foot forward for a wider stance). Keep the knee centered and stable. Gaze out over your fingertips, keeping your torso centered above your hips, feeling strength in all directions.

Partners: *Stand in a wide stance with the outside edge of your Left foot meeting with your partner's Left foot. Keeping your hips facing long edge of mat, rotate your Right foot 90 degrees to point to the short edge of your mat. Inhale arms out parallel to floor, interlocking Left wrists with your partner. Exhale, bend your Right knee slowly and gaze out over your Right fingertips. Your partner is there so you can feel your back foot rooting into the earth, torso centered, arms stretching apart.*

Dancing Warrior/Back Feet together

Keeping your knee bent, slide your back hand down your back thigh. Raise your front arm overhead bringing it next to your ear and gaze upward (or toward the floor if more comfortable). Take several breaths, feeling a front-side stretch, a hip flexor stretch in the back leg and a strengthening in your front leg.

Partners: *Keeping your knee bent, unlock your wrist and slide it down your back thigh. Raise your front arm overhead bringing it next to your ear and gaze upward (or toward floor). Take several breaths.*

Virabhadrasana II/Warrior II/Back Feet together

Uttitha Trikonasana/Extended Triangle/Back Feet together

From Warrior II, keep your arms strong and reaching in opposite directions, straighten your bent knee and pull up both kneecaps as you activate your thigh muscles. Keeping your hips facing the long side of mat, slide your hips to side over back leg as torso extends out over front leg. When your front fingertips can reach no further, drop your hand to your shin and extend your back arm and fingertips straight up to the sky. Gaze upward and feel your chest open as you imagine your body squeezed between two panes of glass. As you activate your core and extend further to the side, sense the triangle space created by your side torso, front arm and front thigh. Take several breaths, Exhale as you draw your navel toward your spin, lift torso up to center, and drop your arms to your sides.

Partners: *Unlock your wrists, straighten your knee bent, and follow directions above. Take several breaths.*

Prasarita Padottanasana/Wide Angle Forward Fold/Inside Feet together

Keeping a wide stance, rotate your feet with toes pointing to long side of mat, kneecaps still pulling up. Place hands at hips, hinging torso forward from hips. Inhale, extend spine long, neck neutral. Exhale, fold forward placing hands on shins or floor. Depending on flexibility, you may bend knees to reach hands to floor. Allow head to release toward floor, feeling a great hamstring, inner thigh and spinal stretch. You may spread legs wider for a deeper stretch. After several breaths, bend knees, Inhale, and roll up one vertebrae at a time, with your head rolling up last. Bring your feet together and repeat Warrior, Triangle and Wide Angle Forward Fold sequence (above 5 poses) on other side.

Partners: *Keeping your inside foot next to your partner's inside foot, follow directions above.*

Balasana/Child's Pose...from hands & knees, feet together, extend hips back to heels, forehead rests on floor, arms rest along sides, palms up. Breathe into belly (knees can be wide).

Savasana/Corpse Lie on your back, legs extended, arms comfortably out at your sides, palms facing up, neck neutral (on a pillow or towel, if necessary). Find your breath and slow it down, allowing your central nervous to unwind, your thoughts to dissipate, any tensions remaining in your body to melt into the floor, any plans for the day or things left undone yesterday, disappear into the present moment where you remain connected with the rhythm of your breath, the beating of your heart, the sense of gravity pulling you softly against the earth, the sparkle in your soul that truly understands the infinite wisdom of the universe.

A poem by John McQuiston II, from "Always We Begin Again"

At the beginning of each day, after we open our eyes to receive the light of that day,

As we listen to the voices and sounds that surround us, We must resolve to treat each hour as the rarest of gifts,

And be grateful for the consciousness that allows us to experience it,

Recalling in thanks that our awareness is a present from we know not where, or how, or why.

When we rise from sleep, let us rise for the joy of the true Work that we will be about this day, and considerately cheer one another on.

Life will always provide matters for concern. Each day, however, brings with it reasons for joy.

Every day carries the potential to bring the experience of heaven; Have the courage to expect good from it.

Be gentle with this life, and use the light of life to live fully in your time.

Sukhasana/Seated Pose....Aum, Namaste

Sequence 3. Sukhasana/Easy Seated Pose

Nadi Shodana/Alternate Nostril Breath. Sit comfortably. Bring your awareness to your breath, noticing how it enters and exits both nostrils as you slow the breath to a relaxing, cleansing rhythm. Curl Rt. index and middle fingers toward palm, with pinkie finger extended. Place ring finger over Lt nostril, **Inhale** through Rt. nostril 4 counts. Place thumb over Rt. nostril, holding breath 4-8 counts. Release Lt. nostril, **Exhaling** 8 counts. **Inhale** 4 counts through Lt. nostril. Close Lt. nostril, holding breath 4-8 counts. Release Rt. nostril, **Exhaling** 8 counts. Repeat by **Inhaling** through Rt. nostril at your own comfortable pace. After several rounds, return to Ujjayi breath, Inhaling and Exhaling through your nose at a relaxing pace.

Cat/Cow Stretch (3-5x)

Prep: Kneel on mat, knees under hips, tops of feet resting on mat. Place hands on mat under shoulders, spreading fingers (middle fingers pointing forward), connecting entire surface of hand to the floor (like a gecko). Keep spine neutral with a long neck. This is **Table Top** position.

Inhale, look up, lifting tailbone, creating a slight arch in your lower spine. **Exhale**, press palms into floor, pull navel toward spine, look down, tucking chin, tuck tailbone under, arching back upward to resemble a scared cat.

Knee to Chest, Leg Extension (3-5x each side)

Inhale, Keeping finger mounds rooted to mat and shoulder blades pulled down. Extend Rt. leg straight behind you, hip height, parallel to floor, toes pointed. Keep spine neutral, looking down just in front of your hands. **Exhale**, pull knee toward chest, tuck chin. Drop shoulder blades, spread collar bones wide.

Alternate Arm, Leg Extension (3-5x each side)

From **Table Top**, engage your core muscles and extend Rt. arm straight in front of you, palm facing inward toward midline. Finding your balance, extend Lt. leg back, parallel to floor, toes pointed. Keep spine lengthened (looking down) and hips level, engaging core, thigh, arm and buttocks muscles. Take several deep breaths and switch sides.

Calf Stretch (2x each side)

From **Table Top**, extend your right leg back, pressing toes into mat. Keeping your spine long and collar bones wide, slowly straighten and bend your knee a few times to feel the stretch in your upper and lower calf muscles, respectively. Switch legs and repeat.

Shoulder Stretch/Spinal Twist (1x each side)

From **Table Top**, Inhale, extend your Rt. arm out to the side and up high. Exhale, lower your arm and slide it under your torso, placing your Rt. shoulder on the mat under your left shoulder. Move your Lt. palm slightly forward, pressing it into the mat to enhance your spinal twist and increase the stretch between your shoulder blade and spine. Take several deep breaths and repeat on other side.

Adho Mukha Svanasana/Downward-Facing Dog/F-to-B or F-to-F

From **Table Top**, with hands under shoulders, knees under hips, firmly press your palms and spread your fingers, grounding the pads into the mat. Keeping your knees bent, tuck your toes under, lifting your hips up high. Keep your knees bent and heels lifted as you extend through your spine, allowing your head to hang with ears resting between your upper arms. Straighten one leg, and the other, bicycling the legs from one calf stretch to the other. After warming the calves, straighten both legs to find your heels closer to, or touching the floor while activating your thighs, maintaining a micro bend in your knees. **Inhale**, lengthen. **Exhale**, sink your heels further toward the mat.

Partners: Partner may encourage hips higher, spine longer by gently pulling hips back and up with hands/strap, lightly pressing sacrum up and back, or standing in Down Dog with feet on client's sacrum. All of these assist in the lengthening of the spine and the stretch in the backs of the legs.

If you have weak or injured wrists, instead of down dog, try the **Puppy or Dolphin Pose**.

Puppy: From **Table Top**, Keep your hips above your knees, walk your hands forward until you feel your spine lengthen and chest open. Place your forehead on the mat or a pillow. **Inhale**, lengthen. **Exhale**, sink deeper into the earth.

Dolphin From **Utthita Balasana** (Extended Child's Pose) with hands and elbows shoulder-width, knees hip-width apart, press into your forearms, tuck your toes and lift your hips up high to stand on your forearms and feet. Feel your spine lengthen as you bend your knees and raise your hips higher. Keep the thigh muscles active as you allow your heels to move closer to the floor.

Optional Sun Salutation — one on each side, OR remain in Down Dog and then to Balasana

From Dog, **Inhale**, Step Rt. foot between hands, extend back leg, lift chest for hip flexor stretch. **Exhale**, bring Lt. foot next to Rt. **Inhale**, lift torso parallel to floor, place palms on shins, lengthen spine, looking down, **Exhale**, fold forward, dropping head, keeping kneecaps lifted. **Inhale**, slowly roll up to Tadasana. **Exhale**, engage core, **Inhale**, bring arms out and up overhead, feeling a slight arch in lower spine, Exhale, hinge forward at your hips, sweeping arms out and down, dropping head. Inhale, lift torso parallel to floor, Exhale, place palms on floor, step back with Lt. Foot and Rt. foot to plank (straight line head to toe), engage your core and leg muscles, lower your knees to the floor, lower your chest to floor keeping elbows close to side ribs (or Chaturanga with straight legs). Inhale, pull chest forward as chin glides just above mat, press tops of feet into floor, engage back muscles to lift chest, drop shoulders, gaze forward. Exhale, tuck toes under and press into Down Dog. Inhale, repeat stepping Lt. foot between hands.

Balasana/Child's Pose (Sequence 1)

Pilates Core/Front-to-Front (3-5x)

Lifts: Lie on back, knees bent, feet on mat, fingertips touching head behind ears, elbows open wide, shoulders relaxed, eyes looking to the sky. With navel drawn toward spine, Inhale into side ribs, lifting shoulders off of mat, spine lengthened, Exhale, rest shoulders and head on mat.

Twists: Same as above, but with each lift, Inhale, pulling opposite knee and shoulder toward each other, activating the oblique muscles to twist the torso, and Exhale, resting shoulders and head, dropping foot to floor.

Partners: Follow instructions above with the soles of feet pressing into partner's feet.

Navasana/Boat Pose/Front-to-Front

Sit up tall, knees bent, feet on floor. Grab under knees and lean back slightly to find your point of balance between your sitting bones and tailbone. Engage your core and slowly lift one foot just off of the mat, and then the other. If you feel balanced here, pull your knees closer toward you, extend your legs straight, holding under your knees for support (your torso and legs should be in a “V”). If you feel strong and balanced, release your arms forward, with fingertips reaching toward toes, keeping spine lengthened, heart open, shoulders drawing down. Slowly lower feet and hands to floor, sitting up tall in a comfortable position.

Partners: *Facing your partner with bent knees and feet resting on the floor near your partner's, begin to feel your point of balance between your sitting bones and tailbone. Interlock wrists with your partner (or use a strap to hold for more arm length) and begin to lift one foot off of the floor and carefully place it sole-to-sole with your partner's opposite foot, and then lift the other foot. Extend your legs comfortably straight as you lengthen your spine and lift your chest, engaging your abdominal muscles and bicep muscles to assist with your balance and the lengthening of your spine and hamstrings. Take several breaths and slowly bend your knees, bring your feet to the floor, one at a time, and then releasing your wrists. Come to sitting comfortably.*

Dandasana/Seated Staff Pose/Front-to-Back

Sit with legs extended in front of you, feet hip-width apart. Find your ischial tuberosities/sitting bones and wiggle your buttocks so that your bones are grounding down to the earth as your spine lifts up taller through the crown of your head. (You may place your hands on the floor beside you or sit on a folded blanket to assist a neutral spine.) With each Inhale, expand your front, side and back ribs. On each Exhale, activate your core muscles, drawing your naval toward your spine. Activate your thigh muscles, pulling up your kneecaps. Flex your feet, extending through your heels.

Partners: *Facing partner's back side, sit with bent knees, place hands beside you on mat for support, and walk your feet close to your partner's back. Lift one foot, carefully placing the ball of your foot to the top of partner's sacrum. Lift other foot, placing it on the other side of the sacrum. Gently squeeze toes and gently press into sacrum and just to either side of the lower spine for a soothing massage of your partner's low back. If your partner would like a chest-opening stretch, move closer and interlock partner's wrists, pressing toes gently into lower back on either side of the spine. Avoid pulling too far, as this can overstretch the shoulders and cause injury. If partner is feeling great here, walk your toes up between the shoulder blades for a deeper chest opener. Release wrists and switch sides.*

Savasana

Feeling the earth supporting your back, legs, arms and head, take several deep breaths, expanding on each Inhale and sinking deeper into the earth on each Exhale. With each Inhale, bring calm, joy, love, light, and gratitude into your lungs, allowing it to circulate throughout your entire body and into every cell of your amazing being. With each Exhale, clean out your old ways of being which no longer serve you, self-doubt, harsh criticisms, feelings of fear, anger, inferiority, superiority. Allow your body to BE, your mind to rest, your organs to do their jobs, your muscles to let go, feeling a sense of heaviness in your bones and lightness in your BEING. Imagine someone sprinkling magic magnetic dust all over you, attracting everything else you would like to release from your being. Inhale, Let it rise to the surface of your skin, and Exhale, allow it to dissipate with the gentle breeze, transforming it into light and love, shared by all.