
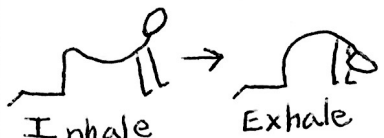


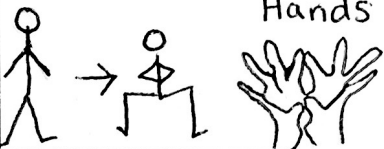
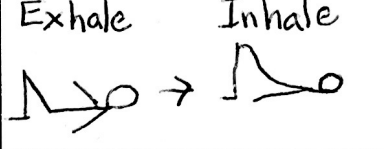
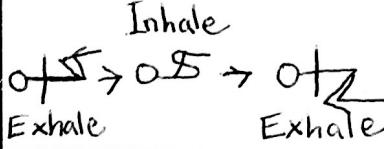
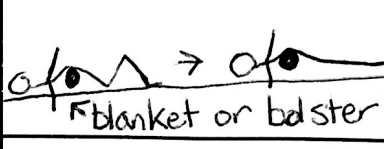


Sierra Laurel Yoga

Name: Your Name Here

Date: _____

Yoga Pose Name and Explanation	Picture of Pose	Frequency and Duration	Benefits
Sukasana: Easy Seated pose with Alternate Nostril Breathing		2-3 minutes	<ul style="list-style-type: none"> * Balances the fluctuation of energy. * Centers the mind. * Opens the hips
Cat and Cow spinal movements and any other intuitive movements on hands and knees		About 10 breaths	<ul style="list-style-type: none"> * Spinal Mobility * Strengthens abs and back * Connects movement and breath
Tadasana: Mountain pose with a yoga block between the knees		10-20 breaths	<ul style="list-style-type: none"> * Improves Postural Alignment * Builds body awareness * Strengthens legs and core
Ardha Adho Mukha Svanasana: Downward Facing Dog at a chair		5- 15 breaths	<ul style="list-style-type: none"> * Lengthens spine * Opens shoulder and chest * Stretches hamstrings
Utkata Konasana: Dynamic to static Goddess pose with Padma Mudra		5x dynamically with the breath and then hold the pose for 5 breaths	<ul style="list-style-type: none"> * Leg Strengthening * Develops will-power * Can help with the ability to give and receive love
Setu Bandha Sarvangasana: Dynamic to static Bridge pose		5x dynamically with the breath and then hold the pose for 5 breaths	<ul style="list-style-type: none"> * Strengthens back, buttocks, hamstrings * Can relieve back pain * Improves circulation of blood
Jathara Parivartanasana: Double legged reclines twist		10-20 breaths on each side	<ul style="list-style-type: none"> * Improves circulation in the gut * Mobilizes the core muscles * Relaxes, lengthens and realigns the spine
Matsyasana: Supported Fish Pose using a rolled up blanket or bolster		3-5 minutes	<ul style="list-style-type: none"> * Allows for deeper breathing * Can ease depression and anxiety * Relaxation

Please feel free to email me with questions ~ sierralaurelyoga.com ~ 925-348-1540
Thank You!

Other Recommendations

- Do this yoga protocol once a day. If that isn't working try starting with just one pose a day
- Study the concept of Tapas in the Niyamas. This can help you affirm your commitment. Develop discipline to heal and transform your body
- Meditate for 10-20 minutes when feeling stressed and use the Metta Mantra in your own words:
 - May I be filled with loving kindness
 - May I be safe from inner and outer harm
 - May I be strong and health
 - May I be happy and free