

YogaSequence-2015-11-19

Notebook: yoga and religion

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Opening Practice

Om - Add a spiritual dimension— even chanting aum and many new students put up such defenses that complicate their experience.

Sukhasana - Easy Seated Pose - 1-3 minutes

- Welcome
- set intention
- ujjayi pranayama
- dristi - eyes are focused on a single point in each asana
- harness the mind to the breath and body.



Neck Rolls

Balasana - Child's Pose

- encourage rest in child's pose any time it is necessary
- walk hands right, take 3 breathes
- walk hands left, take 3 breathes





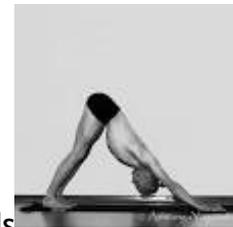
Bitilasana - Cow Pose - on the inhale, look up, drop the belly

Bidalasana - Cat Pose - on the exhale, arc the back, scoop out the navel



Teach the relationship between breath and movement even within the relative stillness of a held asana. Start this exploration in a simple seated position, and then explore it with greater movement by doing Cat and Dog Tilts on all fours.

Balasana - Child's pose - 5 breaths. Caution sensitivity to the knees and lower back.



Adho Mukha Svanasana - Downward-facing Dog Pose - 30 seconds

Standing Practice

Samasthihi - Mountain Pose

- Walk forward from Adho Mukha Svanasana
- slowly roll up to standing



Standing - Grab wrist, Side stretch left and right

Sun breathes - Forward fold, rise half way, fold, arms to sky

Surya Namaskar A - sun salutation A

- inhale - arms up, gaze to the thumbs
- exhale - forward fold - uttanasana
- inhale - rise half way with flat back - ardha uttanasana
- exhale - jump or step back - chaturanga dandasana (alt knees/chest/chin)
- inhale - cobra or updog - urdhva mukha svanasana
- exhale - down dog, hold 5 breathes - adho mukha svanasana
- at bottom of 5th exhale, hop or step forward
- inhale - rise half way with flat back - ardha uttanasana
- exhale - forward fold - uttanasana
- inhale - arms up, gaze to the thumbs
- exhale - hands to heart center - samasthiti

Surya Namaskar B - sun salutation B

- inhale - bend knees, arms up, sit back in your chair - utkatasana
- exhale - forward fold - uttanasana
- inhale - rise half way with flat back - ardha uttanasana
- exhale - jump or step back - chaturanga dandasana (alt knees/chest/chin)
- inhale - cobra or updog - urdhva mukha svanasana
- exhale - down dog - adho mukha svanasana
- inhale - step right foot forward - warrior I - virabhadrasana I
- exhale - chaturanga dandasana (alt knees/chest/chin)
- inhale - cobra or updog - urdhva mukha svanasana
- exhale - down dog - adho mukha svanasana
- inhale - step left foot forward - warrior I - virabhadrasana I
- exhale - chaturanga dandasana (alt knees/chest/chin)
- inhale - cobra or updog - urdhva mukha svanasana
- exhale - down dog, hold 5 breathes - adho mukha svanasana
- at bottom of 5th exhale, hop or step forward
- inhale - rise half way with flat back - ardha uttanasana
- exhale - forward fold - uttanasana
- inhale - inhale - bend knees, arms up, sit back in your chair - utkatasana
- exhale - hands to heart center - samasthiti

Chair/twist right

chair/twist left

warrior I/II/III sequence

Vrksasana - Group Tree Pose - 30 seconds on each side

- give neighbor permission to step on your mat and vice versa
- stand in line
- bring arms to T and put them on the shoulders of your neighbor
- feel supported
- lift your right knee toward chest
- place foot on leg above or below your knee
- rotate knee out to the side and hold 3 breathes
- repeat on other side and thank your neighbor



Grounding Practice

Setu Bandha Sarvangasana - Bridge Pose - 2 times, 5-10 breaths each time. back bends with Setu Bandha Sarvangasana (Bridge Pose), again exploring dynamically before holding for up to five breaths. Repeat two to three times.



Apanasana - Knees to Chest Pose - Guide gentle rotation of the knees in circles. Work in stretch on each side.



Supta Parivartanasana - Reclined Twist - 2 times, 5-10 breaths on each side. Offer a gentle release of the spine following back bends, starting with an easy Supta Parivartanasana (Reclined Revolved Pose) with both knees bent and together to

take it easier on the lower back.



Eka Pada Raj Kapotasana Prep - Pigeon Prep - 1-2 minutes on each side.



Dandasana - Seated Staff Pose - 1 minute. Explain grounding through the sit bones as the primary action in this and all other seated asanas.



Paschimottasana - Seated Forward Bend - 1 minute.



Peak Pose

thread the needle sequence

Inversion

legs up the wall, shoulder stand, head stand

Savasana

Final Relaxation - 10 minutes or longer.



Closing

Fetal position - with your eyes closed, slowly roll over to right side, and come back to your intention.

Comfortable seated position - keeping your eyes closed, slowly push up to comfortable seated position.

Bring your hands to heart center.

Touch thumbs to forehead for good thoughts for yourself and for others.

Touch thumbs to lips for kind words for yourself and for others.

Touch thumbs to heart for good intentions for yourself and for others.

Sukhasana

Meditation



8/2015



eka pada urdva dhanurasana at Mount Mitchell a mile high at sacred ground

Jim Ray, RYT 200 <http://yogaray.org/>

Jim has background in dance, music, martial arts, and yoga. He enjoys vinyasa slow flow yoga that synchronizes the breath, movement, and music as well as alignment-based yoga with more static poses. Expect open level practices that include inversions, back bends, and balancing peak poses where one always has the option to help spot your neighbor, to observe, and to take a child's pose at any time. He completed RYT 200 yoga teacher training in Jivamukti yoga at Republic of Yoga, Cary, NC in 2015. "My goal is to bring yoga to others to help them the way my teachers have helped me." Jim lives in Cary, NC with his wife and two sons.



Jim Ray, President

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