

The Chopra Center Weekly Yoga Session with Claire!

www.ClaireDiab.com

This week's Pose: **Bridge Pose**



Lying down
Breathe 6-9 breaths



Raise Hips up
Breath 6-9 Breaths



Lower Hips down
Bring Knees to Chest

Instructions:

- ❖ Lying down, bend both knees with your feet flat on the floor. Breathe in and out 6-9 times. (Make sure ankles are under the knees.)
- ❖ Exhaling lift your hips toward the sky. Interlace your fingers, palms toward each other .Keep your head on your mat with your chin toward your belly. Breathe deeply, 6-9 Breaths.
- ❖ Lower your hips down. Bring your knees toward your chest rocking right and left. Breathing in and out.
- ❖ Repeat this sequence 2-3 times.

Benefits

- ❖ Strengthens the muscles around the spine and legs.
- ❖ Nourishes and massages the liver and kidneys.
- ❖ Nourishes your thyroid.
- ❖ Increases blood flow to the muscles and nerves in the face.

Safety Tips

- ❖ If your back bothers you, just rest with your knees to your chest, rocking right and left.

- ❖ Avoid this pose if you have back or knee pain.

This Week's Mantra

Om Varunam Namah

Pronunciation: Om Vahr-U-Nahm Nah-Mah

“My life is in harmony with the Universe.”

This week:

- ❖ Be gentle with yourself and others.
- ❖ Notice the things you love to do and do more.
- ❖ Notice the people you love to be around and spend more time with them.

If You Have Any Questions or to Order Claire's DVD's and Books Contact Me

Claire@Chopra.com

www.ClaireDiab.com

Have a Wonderful Week, Happy New Year!

Namaste!