

THIS WEEK'S POSE
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THE EQUESTRIAN POSE



TAKE A FEW DEEP BREATHS

INHALE, ARMS UP

EXHALE, HANDS TO FEET



EQUESTRIAN POSE
LEFT LEG BACK
BREATHE 6-9 BREATHS

OPTIONAL: EQUESTRIAN POSE
WITH ARMS RAISED

CHILD'S POSE
REST
REPEAT, OTHER SIDE

INSTRUCTIONS:

FROM A STANDING POSITION TAKE A FEW DEEP BREATHS IN AND OUT. SMILE WITH YOUR EYES. RELEASE THE TENSION IN YOUR JAW, TONGUE AT FIRE POINT (REFER TO TIPS) ALLOW YOUR EYES TO CLOSE. CELEBRATE YOUR BREATH!

INHALE; REACH YOUR HANDS TO THE SKY.

EXHALE, AND BRING YOUR HANDS TO YOUR FEET.

INHALE, EXTEND YOUR LEFT LEG BACK BENDING YOUR RIGHT KNEE. MAKE SURE YOUR RIGHT KNEE IS SLIGHTLY BENT IN FRONT OF YOUR RIGHT ANKLE FOR SUPPORT. YOUR LEFT LEG IS EXTENDED BACK WITH YOUR TOES CURLED UNDER. BREATHE 6-9 BREATHS.

CONTINUE BREATHING AS YOU MATCH THE FORM IN THE PICTURE ABOVE.

RESTING THE TOP OF YOUR LEFT KNEE ON THE FLOOR FOR BALANCE. CLOSE YOUR EYES AND BRING YOUR AWARENESS TO YOUR LEFT HIP AND THIGH. TAKE SIX TO NINE DEEP BREATHS IN AND OUT THROUGH YOUR NOSTRILS. TONGUE AT FIRE POINT (REFER TO TIPS).

VARIATIONS: RAISE YOUR ARMS UP IF COMFORTABLE.

REST IN CHILD'S POSE. BRING YOUR RIGHT LEG BACK, BRING BOTH KNEES TO THE FLOOR AND REST YOUR FOREHEAD ON THE MAT. BREATHE IN AND OUT, FOUR TO SIX BREATHS.

REPEAT OTHER SIDE. GENTLY COME OUT OF CHILD'S POSE BY BRINGING YOUR LEFT LEG FORWARD, KEEPING THE LEFT KNEE BENT AND SLIGHTLY IN FRONT OF YOUR LEFT ANKLE FOR SUPPORT. BREATHE DEEPLY.

TIPS

CREATE A SACRED SPACE

UNPLUG THE PHONE
PLACE MAT OR TOWEL DOWN
DIM THE LIGHTS

BREATHE IN A RELAXED MANNER

FULL DEEP BREATHS
BREATHE CONTINUALLY

RELAX THROUGH THE MOVEMENT

PLACE TIP OF TONGUE GENTLY BEHIND THE TWO FRONT UPPER TEETH ON THE RIDGE OF YOUR GUM, THIS IS CALLED THE FIRE POINT.

RELAX YOUR JAW, UNCLENCH YOUR TEETH
KEEP YOUR SHOULDERS RELAXED, BACK, AND DOWN

MOVE EASILY AND GENTLY

NEVER FORCE OR STRAIN
SMILE WITH YOUR EYES BY GENTLY BRINGING THE CORNERS OF YOUR MOUTH TOWARDS YOU EARS

ENJOY THE SEQUENCE

ALLOW YOURSELF THE FREEDOM TO MOVE YOUR BODY IN ANYWAY IT NEEDS

BENEFITS

IMPROVES POSTURE AND STRENGTHENS THE SPINE

LENGTHENS THE THIGH MUSCLE

RELEASES TENSION FROM THE FRONT OF THE HIP

STRENGTHENS THE LOWER BACK AND THE BUTTOCKS MUSCLE

NOURISHES THE LARGE INTESTINE (COLON)

Safety Tips

It is VERY IMPORTANT TO KEEP THE FRONT KNEE SLIGHTLY BENT IN FRONT OF THE LEFT ANKLE FOR STABILITY.

Avoid if YOUR KNEES ARE UNCOMFORTABLE.

If PREGNANT (CONGRATULATIONS!)

MOVE KNEES OUT TO THE SIDES IN THE EQUESTRIAN POSE AND RESTING Child's POSE

NEVER FORCE OR STRAIN.

FEEL THE BODY FOR SIGNS OF COMFORT OR DISCOMFORT. Always go for THE COMFORTABLE CHOICE.

Child's POSE CAN BE DONE ON THE BACK WITH KNEES TO CHEST if THIS IS MORE COMFORTABLE.

HAVE A WONDERFUL WEEK

NAMASTE!

FOR MORE INFORMATION OR TO ORDER Claire's DVDs AND YOGA BOOKS

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