



yoga BUILDER

Name: **Warm Up**Description: **e.g. Performed before breakfast**Difficulty: **Easy**

1

Easy Pose
*Warm up, Restorative***Start Position:**

Seated

Description:

Starting off sitting up nice and tall in a comfortable cross-legged position. If your knees are high then sitting on a yoga block by feel more comfortable. Ensure that both sit bones are grounded into the mat beneath you and make sure your pelvis tips forward so that your back doesn't round back. Imagine there is a strong magnetic force drawing the crown of your head upward to the sky. Feel your spine elongating upward as your shoulder blades slip into your back pockets. Mindfully release the creases at the top of your legs and place your hands, palms up on the top of your knees or in prayer at hearts centre. Close the eyes and turn your attention inward; begin to focus on your long and slow breath.

Benefits:

- Opens hips
- Promotes good posture

Contraindication(s):

Knee Injury

Footnotes:

Carolyn Weatherson, *Teacher Training Manual*, (Guelph: Maha Pura Publishing, 2010), 30

1



2

Neck Stretches 1
*Warm up, Restorative***Start Position:**

Seated

Description:

Sit tall in Easy Pose and bring your attention to your breath. Exhale and as you do slowly begin dropping your chin down toward your chest and draw your shoulder blades away from the ears. Inhale and raise the chin up, carefully dropping the head back, feel a stretch in the front of the throat. Flow between the two for 2 more deep breaths, making certain the shoulders remain still. Bring your head back to centre.

Benefits:

1



2



- Relaxing
- Blissful
- Increased mobility in your neck
- Stimulates thyroid

Contraindication(s):

Knee Injury, Neck Injury

Footnotes:*Carolyn Weatherson, Teacher Training Manual, (Guelph: Maha Pura Publishing, 2010), 31*

3

Neck Stretches 3*Warm up, Restorative***Start Position:**

Seated

Description:

Begin by sitting in Easy Pose and drawing your attention inward toward your ocean breath. Draw the sternum up and open the collarbones. Drop your right ear toward your right shoulder and let your right ear be heavy as you feel a gentle stretch in the left side of the neck. If you wish reach your left hand down and away. Touching your fingertips to the mat behind you. Pause for several breaths allowing the side of your neck to release. With each exhale, feel your shoulders melt further down your back and away from your ears. Next, slowly turn your nose more toward your shoulder. Fiddle with the placement of your chin, finding a whole new stretch for your neck. If you wish, reach hand further out and back. Let your nose be heavy as your neck releases, use the weight of your head to draw you deeper in this stretch, as straining yourself will only injure yourself in the long run. Hold here for several breaths. Slowly with control bring your head back up to centre and bring your hand back to your knee. Repeat on the left side.

Benefits:

- Relaxing
- Blissful
- Increased mobility in your neck
- Stimulates thyroid

Contraindication(s):

Knee Injury, Neck Injury

Footnotes:*Carolyn Weatherson, Teacher Training Manual, (Guelph: Maha Pura Publishing, 2010), 31*

1



2



4

Rotator Cuff Rotation*Warm up***Start Position:**

Standing



2



3



4

**Description:**

Sitting up nice and tall in Easy Pose. Begin to zip your lower abs together and then your upper abs. Creating space between your ears and your shoulders, tuck your shoulders down into your back pockets. Feel your spine drawing long, upward to the sky. Airplane your arms out to either side, to shoulder height and have your palms facing forward, thumbs up. Leading with your thumbs, inhale and begin to rotate your arms all the way

palms facing forward, thumbs up. Leading with your thumbs, inhale and begin to rotate your arms all the way forward until eventually your thumbs are reaching to the sky. Exhale and rotate the opposite way until you pinky fingers are facing the sky. Slowly and mindfully, flowing around to the rhythm of your breath for about 4 breath cycles. When you are finished relax your arms to your sides, give them a quick shake and take a deep breath to wash away any tension.

Benefits:

- Pain relief
- Increases mobility in the shoulders

Contraindication(s):

Shoulder Injury

Footnotes:

Carolyn Weatherson, *Teacher Training Manual*, (Guelph: Maha Pura Publishing, 2010),

5

Wrist Rolls

Warm up, Restorative

1

2

3

Start Position:

Seated

Description:

Sit tall in Easy Pose. Bring your hands out to your sides with your elbows tucked in and your hands in fists. Slowly begin rolling your wrists clockwise, making full circles. Continue for several breaths then roll them out in the other direction.



Benefits:

- Promotes mobility in wrists
- Helpful for carpal tunnel

Contraindication(s):

Wrist Injury

Footnotes:

Carolyn Weatherson, *Teacher Training Manual*, (Guelph: Maha Pura Publishing, 2010), 36

6

Seated Side Bend Pose

Warm up, Active, Restorative

Start Position:

Seated

Description:

Beginning in easy pose, position your hands out at your sides with your palms facing downward. On the exhale side the right hand along the floor, away from the body. At the same time have the left arm come up and over, as you focus on getting all of the air out as you deepen the bend. Ensure that your sit bones remain grounded and that your top shoulder does not drop forward. Engage mula bandha and inhale back up to centre. Flow gently from side to side following the rhythm of your breath for 6 cycles.



Benefits:

- Opens side body
- Calming

- Canine
- Creates space in between vertebrae
- Relieves tension

Contraindication(s):

Knee Injury

Footnotes:*Carolyn Weatherson, Teacher Training Manual, (Guelph: Maha Pura Publishing, 2010), 38*

7

Cat Pose*Warm up*

1

Start Position:

Table

Description:

Begin in Table pose with your shoulders stacked directly over your wrists and your hips over your knees. Exhale, get all of the air out and round the upper part of your back, the space between your shoulder blades, to the sky. Chin tucks into towards the chest, let your head follow, feeling a stretch the back of your neck. At the same time, your tailbone should tip down and tuck under while you pull your abdomen upward. Imagine an angry cat that has puffed up its back. Always come back to your neutral spine.

Benefits:

Creates space in vertebrae, creates sense of peace, gently tones core

Contraindication(s):

Wrist Injury, Knee Injury, Spinal Injury

Footnotes:*Carolyn Weatherson, Teacher Training Manual, (Guelph: Maha Pura Publishing, 2010), 69*

8

Cow Pose*Warm up, Active*

1

Start Position:

Table

Description:

Begin in Table pose with your shoulders stacked directly over your wrists and your hips over your knees. On the inhale, do just the opposite of cat pose. Concave the back, tilt the tail up to the sky and draw the shoulder blades together and down your back. Feel a great stretch in the front of the torso as you gaze up. Always come back to your neutral spine.

Benefits:

Creates space in vertebrae, creates sense of peace, gently tones core

Contraindication(s):

Wrist Injury, Knee Injury, Spinal Injury

Footnotes:*Carolyn Weatherson, Teacher Training Manual, (Guelph: Maha Pura Publishing, 2010), 69*

9

Childs Pose*Warm up, Active, Restorative*

1

Start Position:

Table

Description:

From laying on your belly. Begin by planting your hands beside your chest on the mat. Inhale and push your way into Table pose then exhale and sink your hips down to your heels. Reaching your straight arms out in front of you, sink your forehead to the mat. Ensure that the tops of your feet are relaxed on the mat. Take several luxurious breaths here, feel for the upper back to fill with air on inhales.

Benefits:

Aids relaxation, aids digestion, tones diaphragm

Contraindication(s):

Ankle Injury, Knee Injury, High Blood Pressure, Low Back Injury

Footnotes:

Carolyn Weatherson, *Teacher Training Manual*, (Guelph: Maha Pura Publishing, 2010), 64



10

Downward Facing Dog Pose

Active, Restorative

Start Position:

Table

Description:

Begin in Table pose, walk the knees back 4-6 inches behind the hips and tuck your toes under. On exhale, push the hips up and back, reaching your heels toward the mat. Relax your neck, allowing the head to drop between the arms. Slightly tilt your tailbone up toward the sky to feel a whole new stretch in the back of the legs. Feel your chest arching downward, release the backs of the knees. Every exhale moves the body farther back, pressing down evening into the mat with the four corners of each hand and foot. Hold here for several breaths.

Transition= high plank and drop your knees, relax the tops of your feet on the mat behind you and exhale as you lower your upper body flat onto the mat. Keep your elbows tucked into your side

Benefits:

Cultivates energy, strengthens ankles, strengthens legs, strengthens hips, strengthens core, strengthens shoulders, strengthens wrists, Relieves stiffness in shoulders, tones abs, tones diaphragm.

Contraindication(s):

Wrist Injury, Shoulder Injury, High Blood Pressure

Footnotes:

Carolyn Weatherson, *Teacher Training Manual*, (Guelph: Maha Pura Publishing, 2010), 79



11

High Lunge Pose

Active

Start Position:

Table

Description:

From Table pose rise up onto your knees. Step your right foot forward, stacking your right knee directly over your right ankle. Right knee points toward your middle toe of your right foot. Slide your left knee back and sink your hips toward the floor until you feel your hip flexor stretch. Place the palms on the floor on either side of your right ankle. Lift your chest and gaze forward. Next, tuck your toes under on your left foot and straighten your left leg. Feel your back quadriceps engage as you reach your left heel away. Once you have found stability in this lunge bring your hands up



engage as you reach your left foot away. Once you have found stability in this lunge bring your hands up one at a time onto your right leg and lift your torso away from your thigh. Slightly tuck your tailbone under and lengthen your spine upward toward the sky. Feel your shoulders spread like angel wings down your back. Hold here for several breaths and then release your back knee down with control. Repeat with opposite foot forward.

Benefits:

Stretches hips, stretches groin, strengthens legs, tones legs

Contraindication(s):

Hip Injury, Knee Injury

Footnotes:

Carolyn Weatherson, Teacher Training Manual, (Guelph: Maha Pura Publishing, 2010), 75