

Yoga V9 Descriptive Text. Video Demo Available at <https://youtu.be/n4UL6G4iZtA>

Fire Log Forward Bend

Description: Sit with your legs crossed, keep a flat back and begin to hinge forward into the stretch. Walk your hands as far out as possible while keeping your sit bones rooted.

Seated Twist

Description: Sitting with your legs crossed, take a twist. Place one palm behind your hip bone and the other across your body to the outside of the opposite knee. Sit up straight and initiate a twist from the belly, press into your grounded palm, gaze over your back shoulder.

Side Bend

Description: Sitting with your legs crossed, Raise your hand above your head and reach up to the sky. Put your left hand on the ground and reach over with your other hand. Repeat to the other side.

Shoulder roll

Description: Staying in your seated position, tall back, roll your shoulders up to your ears and down. Repeat this several times.

Standing Balance

Description: Stand up tall. Lift one leg off the ground with your knee bent. Hands on hips. Repeat with other leg.

Warrior II

Description: From a standing position, the legs are separated into a wide stance. The front knee is bent in a 90-degree angle directly above the ankle. The back leg is extended and straight with the outside edge of the back foot gripping the earth in a 60-degree angle toward the front. The inner thighs are externally rotated away from each other. The pelvis is tucked. The ribcage is lifted. The arms are extended out to the sides and are aligned with the shoulders in a straight line with the fingers reaching out as the shoulder blades squeeze together. The gaze is toward the front fingers.

Triangle

Description: From a standing position, the legs are straight and separated into a wide stance. The feet are aligned and flat on the earth with the back foot in a 60-degree angle toward the front. The inner thighs are rotated externally away from each other. The pelvis is tucked and the ribcage is lifted. One arm extends up toward the sky as the other reaches down to the earth. Both arms are

aligned with the shoulders in a straight line. The fingers reach out as the shoulder blades squeeze together. The gaze is toward the front.

Tree

Description: From a standing position, one foot is rooted into the earth with the opposite heel rooted into the inner thigh with the toes pointing toward the earth. The pelvis and the chin are tucked in. The hands come together at the heart in prayer position. The gaze is forward.

Half Moon

Description: From a standing position one leg is straight while the other is extended back parallel to the earth (or a little above parallel) and one hand is on the earth (beyond the little-toe side of the foot, about 12 inches) while the other hand is extended up toward the sky. The shoulder blades are squeezed together and the fingers move outward in opposing directions. The weight of the body is supported mostly by the standing leg while the bottom hand has very little weight on it but is used intelligently to regulate balance. The upper torso is rotated open to the sky. Both hips are externally rotated. Energy is extended actively through the flexed toes to keep the raised leg strong. The inner ankle of the standing foot is lifted strongly upward, as if drawing energy from the earth. The sacrum and scapulae are firmly pressed against the back torso and lengthen the coccyx toward the raised foot. The gaze is either up or down, depending on the condition of the neck. If injured the gaze is down.

Standing Forward Bend

Description: From a standing position, the body is folded over at the crease of the hip with the spine long. The neck is relaxed and the crown of the head is toward the earth. The feet are rooted into the earth with the toes actively lifted. The spine is straight. The ribcage is lifted. The chest and the thighs are connected. The sacrum lifts up toward the sky in dog tilt. The fingertips are resting on the earth next to the toes. The gaze is down or slightly forward.

Extended Child's

Description: From a kneeling position, the toes and knees are together with most of the weight of the body resting on the heels of the feet. The arms extend to the front with the fingers spread wide. The forehead rest softly onto the earth. The gaze is down and inward.

Seated Forward Bend

Description: From a seated position with the sits bones rooted into the earth the legs extend forward to the degree that the chest and thighs can stay connected. The fingers wrap around the toes. The upper torso folds forward at the crease of the hips with the spine long. The gaze is forward.

Seated Half Bound Lotus Forward Bend

Description: Sit with your legs out in front of you. Bring one knee into Half Lotus and sweep your arm of the same side behind your back to clasp your foot's big toe with your fingers. Reach your opposite arm (same side as your extended leg) high into the sky then hinge from your hip and fold over your extended leg.

Bound Angle II

Description: Bend both knees and pull your heels toward your pelvis. Drop your knees out to the sides and press the soles of your feet together. Bring your heels as close to your pelvis as possible and try to keep the outer edges of the feet firmly on the floor. If you can, use your hands to open the soles of your feet upward. Keeping the pose, begin to round your spine as to bring your forehead to touch your toes. Keep your sit bones rooted.