

YOGA WARMUP EXERCISES

(Techniques from India, Nepal, Tibet and Thailand)

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Joint Mobilization Series (Active Range of Motion)

(Begin Seated with Legs Extended Straight Forward in Stick Pose)

TOES- Straight (Flex/Extend)

ANKLES- Straight, Sideways, Circle, Soles Together/Apart, Crank w/Hand

KNEES- (Grab Hamstring) Straight, Circle

HIPS- ½ Butterfly Series- Up/Down, Circle, Hug, Cradle Baby, Rock Baby

Full Butterfly Series- Flap Up/Down, Push Knees Down, Forward Bends

Hip Abduction/Adduction- (Slide 1 straight Leg in and out like Windshield Wiper)

Hip Circles- (Seated or Reclining) Begin Leg Straight, Knee to Chest, Knee to side, Circle Leg back to starting position

(May Now sit in Stick w/Legs Straight, in Butterfly or Cross legged)

TORSO- Side Bends- Lean Side to Side, (Advanced Raise Opposite Arm, Leaning on Hand or Forearm) Circle Torso Circle Ribcage Slouching- Sit Straight/Slouch

Twist- Arms & Legs Bent or Arms and Legs Straight with Legs Spread

SHOULDERS- Shrug (Single & Double), Circles (Single & Double), Kayak

Open Elbows- Fingers to Shoulders, Open and Close Elbows

Shoulder Socket Rotation- Fingers to Shoulders, Circle Elbows, Forearm Flap

ELBOWS- Flex & Extend (Touch Shoulder/Straighten Arm) Arms Forward/Sides

WRIST- Flap Up & Down, Sideways w/Palms up, Circle Fists

FINGERS- Clench Fist/Open Hand, Circling Fingers 1 Pair at a Time

NECK- Up/Down, Side to Side (Ear to Shoulder) Twist, ½ Circle, Small Circles, Big Circles (to Accentuate Stretch: Sit on Back of Hands or Hold Elbows behind Back)

JAW- Open Mouth (wide as possible)/Close, LION

EYES- Up/Down, Left/Right, X, O, 8, Near/Far Focusing, Palming

Core Series

SIDE LEG RAISING- Up & Down, Circles, Knee to Chest, Fingers to Toes

SUPINE LEG RAISES- Single Leg Raises (Easy Variation- Bend other Leg with Hands under Low Back) Hand to Opposite Foot Opposite Leg and Arm Tracking (at 30,45,60,90 Degrees)

DOUBLE LEG RAISES- Up/Down Slowly (at 30,45,60,90 Degrees) Legs Spread while moving Up or Down, Double Leg Circles, CYCLE SCISSORS LEG HOLD

Flexibility Series

(Supine) **SINGLE KNEE TO CHEST-** (Right Side First) Head on Floor (Advanced-Nose to Knee, Circle Straight Leg)

DOUBLE KNEE TO CHEST- Head on Floor (Advanced-Nose to Knee)

ROCK AND ROLL- Sideways, Up and Down

HAND TO FOOT- Cradle, Straight Up, Foot to Opposite Hand (Twist), Foot to Same Side Hand (out to side)

SUPINE TWIST- (Feet on Floor) Feet Together, Feet Apart (Drop Knee to Heel) Legs Crossed

RECLINING FULL BUTTERFLY

(Seated) **ROW BOAT CHURN MILL PULL ROPE CHOP WOOD**(Sit or Squat)

SQUAT & STAND MERMAID- Hip Rock (Leaning to Side), Circle Torso,

Forward Bend PIGEON- Prep, Twist

(Hands & Knees) **CAT-** Sit, Stretch, Balance **TIGER-** Stretch, Drunken, Tail

Standing Series

OPEN ARM BREATHING- Palms Together, Palms Outward with Fingers Up

ARM STRETCH BREATHING- 0/45/90/180 Degrees, On to Toes

PALM TREE- Side Bends (in Wind), Walk **ARM CIRCLES-** Singles

STANDING COBRA- (Fingers Interlocked Behind Low Back, Straighten Arms, draw Shoulder Blades together, or Hands Grasp Elbows) Chest Forward/Look Up

SIDE BENDS TWIST Arms Bent or Straight **CIRCLE HIPS CIRCLE RIBS**

CIRCLE FULL BODY ARM STRETCHING FORWARD/BACK BENDS

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