

## Yoga with Justine

-Practice first thing in the morning, empty belly.

**Focus:** Feel the movement of the spine, its deep lumbar curve, supportive thoracic space for the lungs and the heart and its gentle and flexible cervical curve

-Breathe through your nose, exhale out the mouth to release any tension or stress.

### **Tai Chi Warm-up**

**Bouncing:** let the energy move through the body, dissolve tension through movement

**Opening the gates:** 9 times each movement, left-right:

1. Balance one leg, ankle up and down, switch sides move slowly through center
2. Balance one leg, ankle rolls, “ ”
3. Shoulder rolls, feel movement coming up from the earth into feet into shoulders
4. Spinal wave rolls (fingertips together, one hand on low belly, other on chest)

**Standing meditation** (feet hip distance, knees soft, sink down in air chair, gaze at horizon) 2-5 minutes

\*If you need any help remembering or referencing a pose please look here:

<http://www.yogajournal.com/pose-finder/>

**Seated twist:** inhale extend twisting arm up, exhale bring it down on opposite knee  
Left & right, 10 breaths (feel expansion on inhale and contraction on exhale, pelvis twist in opposite direction of spine)

**Baddha Konasana** (bound angle pose/butterfly with the legs in a diamond shape, feet together): inhale extend spine up, exhale roll down (feel for movement and flexibility in your spine), relax jaw.

-Forward fold in baddha konasana: maintain length in abdomen and movement in spine, walk hands to each side, keep arms shoulder distance apart, give your body space to breathe into, press down with opposite hip, lengthen along the outer lines of the body

**Surya Namaskar A: Sun Salutations Sequence:** repeat 3-5 times, move slowly matching your breath to each of the twelve movements (feel how a windmill moves with wind.)  
You can pause in Adho Mukha Svanasana (Downward-Facing Dog Pose) for 3-5 breaths



<http://www.yogajournal.com/article/beginners-sequences/shine/>

**Virabhadrasana I (Warrior I) with Chest Opener at the Wall:**

Forearm length from the wall, leg closest to the wall is forward, bent at 90 degrees: gentle stretch back through same side arm, other hand placed where you are feeling the stretch in the pec, breath into that space and behind the heart.

-Pivot to other side.

<http://www.yogajournal.com/article/beginners/warrior-i-pose/>

**Viparita Karani (legs up the wall with a strap around the shins—relax into the strap):**

<http://www.yogajournal.com/article/beginners/legs-up-the-wall-pose/>

-Rest & relax in Viparita Karani for 5-10 minutes—allow yourself to completely dissolve, no doing, just human being.



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