BASIC YOGA ROUTINE

GUIDELINES AND TIPS:
1. It is important to focus on slow and controlled breathing during the entire yoga series.
2. Stay within pain-free limits during each pose.
3. Complete the entire yoga routine (Upward Dog through Twisting Chair Pose) with the right or left leg forward; then repeat the entire routine with the opposite leg forward.
4. Repeat entire yoga routine up to four times.

**UPWARD DOG**

1. Lie on stomach with legs extended behind you, spread 6 inches apart.
2. Place hands on the ground alongside your lower ribs.
3. Inhale as you press your hands through the ground, straightening arms, lifting your torso.
4. Draw your shoulders down and shoulder blades back. Keep chin up.
5. Hold position up to 30 seconds.
6. Proceed to Downward Dog.

**DOWNWARD DOG**

1. Get in four-point position on hands and knees, shoulder width apart.
2. Hips should be at 90 degrees and lower back should be in neutral spine.
3. Exhale as you slowly straighten legs; pulling core in.
4. Extend through shoulders, keeping straight lines through spine and legs.
5. Hold position up to 30 seconds.
6. Proceed to Runner's Stretch.

**RUNNER’S STRETCH**

1. Begin in a plank position with hands directly below shoulders.
2. Step your right foot forward to the outer edge of your right pinky finger.
3. Relax through your hips and back, letting them sink toward the ground.
4. Hold position up to 30 seconds.
5. Proceed to Warrior One Pose, keeping same leg forward.

**WARRIOR ONE POSE**

1. Stand with right foot forward with toes pointing straight and back foot turned outward.
2. Bend front knee into a lunge, keeping back leg straight.
3. Raise your arms straight above your head, keeping shoulders pressed down.
4. Squeeze shoulder blades together and lift chin to gaze up toward hands.
5. Hold position up to 30 seconds.
6. Proceed to Warrior Two Pose, keeping same leg forward.
BASIC YOGA ROUTINE

WARRIOR TWO POSE
a. Stand with right foot forward with toes pointing straight and back foot turned outward.
b. Bend front knee into a lunge, keeping back leg straight.
c. Raise your arms to the side to shoulder height.
d. Squeeze shoulder blades together, keeping head facing forward; rotate torso in an opened position.
e. Hold position up to 30 seconds.
f. Proceed to Standing Triangle Pose.

STANDING TRIANGLE POSE
a. Stand with legs wider than shoulder width apart, torso facing forward and arms straight out to your side.
b. Rotate your right foot outward, keeping the left foot forward.
c. Bend at the waist and touch your right hand to your right foot; left arm up.
d. Turn your head so that you are looking up at left hand.
e. Hold this position up to 30 seconds.
f. Proceed to Chair Pose.

CHAIR POSE
a. Standing upright, raise your arms straight up by your ears.
b. Lower down into a squat position, keeping your arms up.
c. While in squat position with your arms up, squeeze your shoulder blades together.
d. Hold this position for 30 seconds.
e. Proceed to Twisting Chair Pose.

TWISTING CHAIR POSE
a. Standing upright, raise your arms straight up by your ears.
b. Lower down into a squat position while bringing palms together to chest level.
c. Bend at the waist, leaning your chest forward over your knees.
d. Twist to the right, placing your left elbow on the outside of your right thigh.
e. Hold this position for 30 seconds.
f. Repeat entire yoga routine with your opposite foot forward.

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