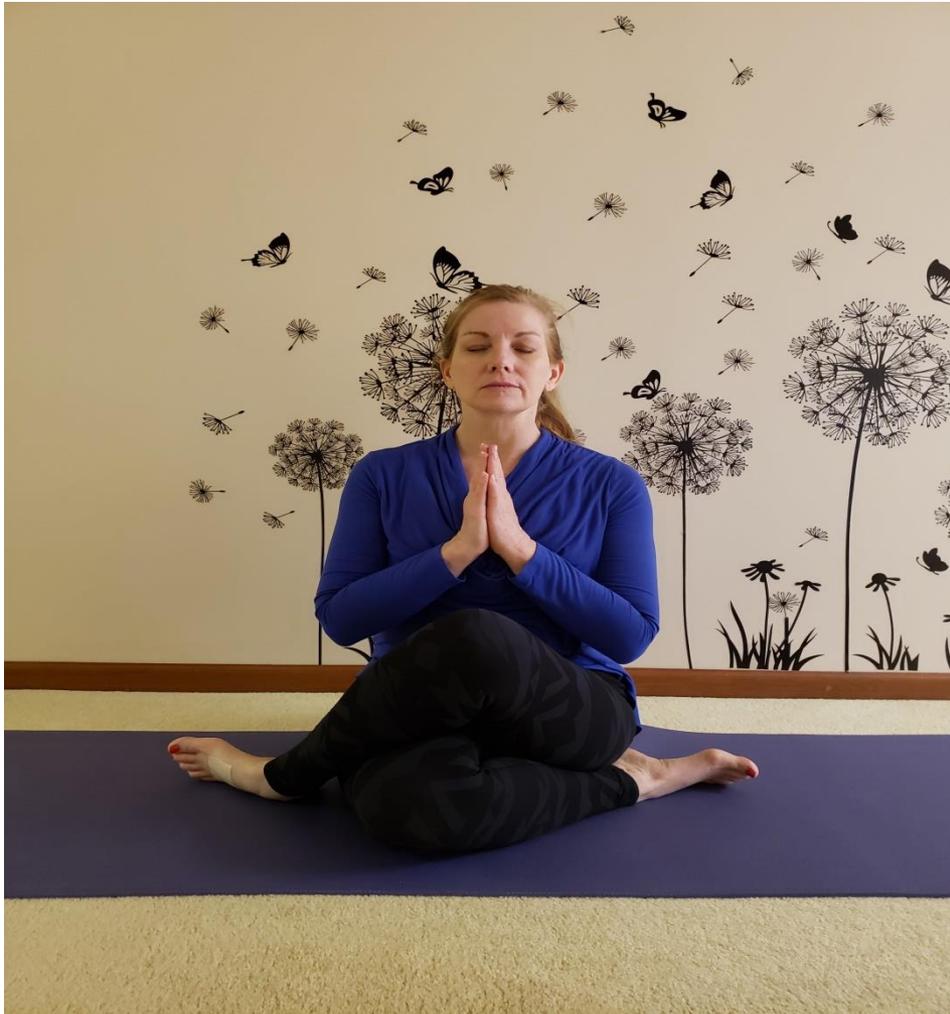


Beginner Mat Yoga

By: Teresa Speranza



Release Waiver of Liability

1. I am participating in a home yoga class offered remotely by Hanover Township Senior Center & Teresa Speranza.

2. I recognize that I must be in adequate physical and mental health to participate in yoga. I understand that yoga may require physical exertion, and I represent and warrant that I am physically fit enough to participate, and I have no medical condition which would prevent my full participation in yoga.

3. I am aware that my participation in yoga could result in physical injury and may aggravate pre-existing injuries. I understand that I could experience muscle, back, neck and other injuries as a result of my participation in yoga. I understand my physical limitations and I am sufficiently self-aware to stop or modify my participation in any activity before I become injured or aggravate a pre-existing injury.

4. In consideration of being permitted to participate in yoga, I agree to assume full responsibility for any risks, injuries or damages, known or unknown, which I might incur as a result of participating in yoga.

5. In further consideration of being permitted to participate in the yoga, I knowingly, voluntarily and expressly waive any "Claim" I may have against Hanover Township Senior Center & Teresa Speranza.

I acknowledge that I have carefully read this agreement and fully understand its contents. I voluntarily and knowingly agree to the terms and conditions stated herein.

Standing Prayer Pose (samasthiti)

Stand with feet under hips, knees slightly bent, hands to chest in prayer position.

Close eyes, bring your awareness to your breath.

Hold posture for 2-5 minutes, continue to breathe.

Decreases anxiety, grounds and centers the body.



Standing Forward Bend (Hastapadasana)

Stand feet hip width apart. Inhale and raise arms toward the ceiling.



Exhale fold forward reaching hands to thighs, shins or floor. Hold for 5 breaths. Stretches back and hamstrings.



Extended Side Angle (Utthita Parsvakonasana)

Legs one length apart left foot pointed forward and right foot turned out. Hands to chest.



Place right arm on right thigh & raise left arm up with inhalation, exhale to the right. Hold 5 breaths. Repeat to other side.



Standing Triangle Pose (Trikonasana)

Wide legs, left foot pointed forward right foot turned to the right. Right hand to floor or block inside the right foot. Inhale while raising the left arm toward ceiling.

Hold for 3-5 breaths and repeat to the other side.

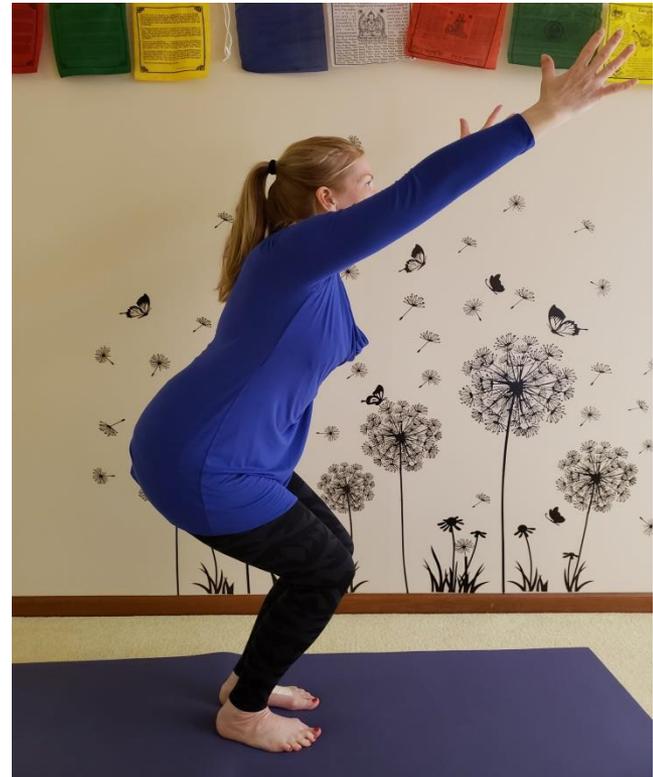


Chair Pose (Utkatasana)

Feet hip width apart, inhale & raise arms to the ceiling.



Exhale while bending the knees and bringing arms to 90 degrees palms facing inward. Hold for 5 full breaths. Come back to standing position & repeat.



Standing Mountain Pose (Talasana)

Feet hip width apart, inhale while bringing arms toward the ceiling.



Either keep feet flat on the floor or raise heels. Hold for 5 breaths.



Tree Pose

Vrksasana

Standing feet hip width apart, arms bedside you. Bring your right heel to your left shin bone. Inhale and bring the arms toward the ceiling. Thumb and pointer touch gently. Hold for 5 breaths.



Standing feet hip width apart, arms bedside you. Bring your left heel to your right shin bone. Inhale and bring the arms toward the ceiling. Thumb and pointer touch gently. Hold for 5 breaths.



King Of the Dancers (Natarajasana)

Standing with feet hip width apart, curl your right leg and reach your right hand to the right ankle. Press your right foot toward the right buttock & raise your left arm to the ceiling.



Reach left arm forward as you lean forward and push right leg back. Hold 5 breaths and repeat to other side.



Warrior 1 & 2 (Virabhadrasana)

Right foot forward, Right knee bent & directly over right ankle, left foot rotated out slightly. Arms up to the ceiling. Hold for 5 breaths.



Right arm forward, left arm straight back. Arms level with the shoulders. Lean slightly forward, hold for 5 breaths.



Reverse Warrior & Warrior 3

Raise right arm up with the in breath as left arm slides down the back of left leg. Gaze up. Hold for 5 breaths.



Lean into the front leg, bring both arms forward at shoulder height, raise back leg. Hold for 5 breaths.



Intense Side Stretch (Parsvottanasana)

Right leg straight forward, inhale while extending arms upward.

Hinge forward from hips as you exhale forward. Reach for thigh, shin or floor. Hold for 5 breaths.



Downward Dog (Adho Mukha Svanasana) & Plank

Feet hip width apart & hands shoulder width apart, Lift heels and buttocks. Hold for 5 breaths.



Slide feet back from downward dog and shift body weight forward. Pull navel in and squeeze ribcage together. Hold 5 breaths.



Dolphin & Childs Pose (Balasana)

Feet hip width apart, heels lifted, hands interlaced, elbows under shoulders. Hold 5 breaths.

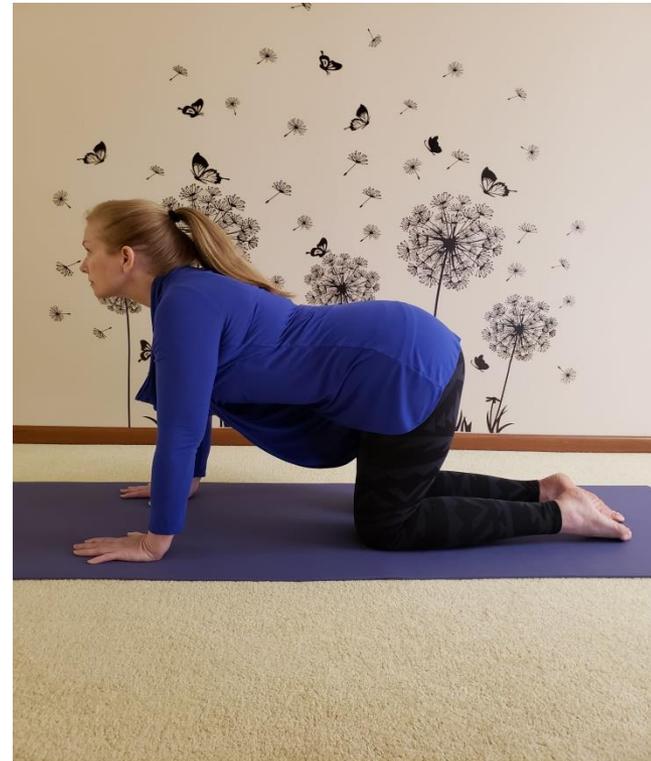
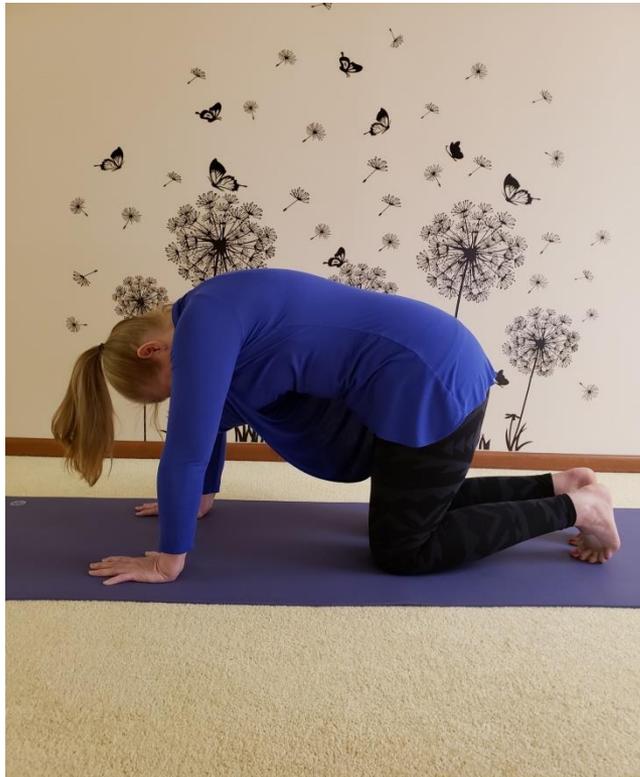
Shift body back, place knees to the ground out to the edge of the mat or together, extend arms forward pressing palms to the mat. Hold for 5 breaths.



Cat & Cow (Marjariasana)

In table top position. Knees under hips and hands under shoulders. Inhale while arching back and tucking chin. Hold 5 breaths.

Exhale while lifting chest and bending elbows slightly. Hold 5 breaths.



Bird Dog

(Parsva Balasana)

In table top position, wrists under shoulders, hands flat to the floor. Inhale while extending the right leg back and reach forward with the left arm. Hold 5 breaths.

Alternate version: Reach extended arm to ankle or foot. Hold for 5 breaths. Repeat to other side.



Half Lord of the Fishes Pose (Ardha Matsyendrasana)

Extend one leg forward, cross the opposite leg over the extended leg, bring the same arm as the bent knee inside that knee. The free arm is behind the body pressing the palm to the mat. Inhale and as you exhale twist toward the extended leg. Hold for 5 breaths.

Repeat to the other side. Hold for 5 breaths.



Seated Wide-Angle Pose (Upavistha Konasana)

Extend legs, arms forward with palms pressing to the ground. As you exhale slide your arms forward. Hold for 5 breaths.



Variation is bringing elbow's to the floor with palms together in prayer palms, fingertips resting at forehead. Hold 5 breaths.



Rowing the Boat (Paschimottasana)

Sit tall with feet hip width apart, legs extended forward & feet flexed.

Arms shoulder height, fingers forward.

Inhale and lean back, pull the navel in and squeeze the ribs together. Hold for 5 breaths.



Rowing the Boat (Paschimottasana)

Come back up to seated position.

Exhale hinging forward, reach for thighs, shins or toes. Hold for 5 breaths.



Locust Pose (Shalabhasana)

Lay face down, feet hip width apart & arms extended by your legs, palms face down, pull navel inward.

Inhale & Lift torso and legs, keep hips down to floor & spread the toes. Hold 5 breaths.



Side Laying Hand, Foot & Toe (Hastapadangushtasana)

Side laying position. Use bent bottom arm to support head, raise free arm. Knees bent.

Reach free arm to back of thigh, calf or fingers reach for toes. Hold for 5 breaths.



Two Legged Table/Bridge (Dwi Pada Pitham)

Lay on back with feet hip width apart.

Press palms down to the ground, pelvic tilt and raise buttocks away from the floor. Hold 5 breaths.



Happy Baby (Ananda Balasana)

Lay on your back and reach for the back of your thighs.
Press your back to the floor and gaze to the ceiling.
Hold 5 breaths.

Variation is to reach for the feet. Press your back to the floor and gaze to the ceiling. Hold 5 breaths.



Wind Pose (Pawamuktasana) & Corpse Pose (Savasana)

Bring knees to the chest, hands behind the thighs or over the knees. Hold 5 breaths.

Modified corpse pose, feet to edge of mat knees bent & together, arms by side palms up. Close eyes. Hold 5-10 minutes.



Corpse pose & Crocodile pose

Legs extended, arms relaxed by your side and palms up. Close eyes. Hold for 5-10 minutes.

Face down cross stack palms to support head, elbows outward. Hold for 5 minutes.

