

# YOGA AT HOME

## A LATE FALL SEASONAL SEQUENCE

After completing Pranayama and Cat-Cow, do two rounds of Sun Salutations. Then move slowly through the deep and gentle twists and bends in this sequence to rejuvenate the body and calm the nervous system. Do some or all of the postures every day for a smooth transition from Fall to Winter!



**DIRGHA PRANAYAMA**  
Sit comfortably and deepen the breath – inhale belly, ribcage then collarbones, exhale collarbones ribcage then belly. Repeat 8-10 breaths.



**CAT/COW POSE**  
Come onto hands and knees and move into Cat/Cow with the breath. Inhale as you arch the back and extend the head and neck in Cow Pose; exhale into Cat Pose. Repeat 5-6 times.



**TWISTED CHAIR**  
From Mountain pose bend knees and come into Awkward Chair. Bring right elbow to left knee. Hold for 6-8 breaths. Repeat opposite side.



**TRIANGLE POSE**  
From wide-leg stance, turn right foot 90 degrees. Keep legs straight and hinge from hips to right. Hold for 5-6 breaths. Repeat opposite side.



**HALF MOON (KRISHNA)**  
From Mountain pose cross right leg over left, right arm overhead and left across waist. Hinge from hips to the left. Hold for 6-8 breaths. Repeat opposite side.



**STANDING YOGA MUDRA**  
From Mountain pose clasp hands behind back. Bend knees and hinge from hips, bringing arms up overhead. Hold for 10 - 12 breaths. Come up slowly.



**GARLAND POSE**  
Stand with feet wide apart. Squat and bring arms inside knees. Hold for 10 breaths. If heels don't come to floor, put a blanket under the heels.



**HEAD-TO-KNEE POSE**  
Come to a seated position with right leg extended, left knee bent, hips propped. Place strap around right foot or hold leg, and hinge forward from hips. Hold 15-20 breaths. Repeat other side.



**REVOLVED HEAD-TO-KNEE**  
From Head-to-knee pose place right elbow on right knee. Rest head in hands and draw top elbow up, opening chest. Hinge right and hold 6-8 breaths. Repeat other side.



**NADI SODHANA PRANAYAMA**  
Sit comfortably and let breath flow naturally. Use right hand to block off alternate nostrils. Breathe out then in, switch sides and repeat up to 30 breaths.



**SAVASANA**  
Lie on back with arms and legs extended palms up, and relax entire body. Stay here at least 5 minutes or more.