
YOGA AT HOME

A SERIES TO CALM AND REFRESH FOR SUMMER

Summer can be a time when heat and humidity frazzle the nerves and stress the body. This short sequence is designed to calm us when we're harried. Try this series of pranayama and asana each day for a week and see how refreshed you feel!



DIRGHA PRANAYAMA

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



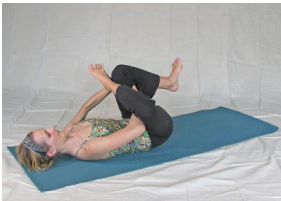
BRIDGE POSE

Come down onto back, knees bent, feet hip width apart. Exhale: lift up hips. Hold 10-15 breaths.



RECLINING PIGEON

From Table come into Downward Facing Dog. Keep back straight and chest open. Hold for 5-6 breaths.



CAT/COW

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.



COW FACE ARMS

Sit back on heels. Inhale: bring arms out in front and cross right elbow over left. Breathe into the upper back 6-8 times. Inhale: uncross arms and then re-cross with left on top. Breathe into the upper back 6-8 times.



MICHAEL WINOKUR



SEATED FORWARD BEND

Extend right leg, hips propped. Hinge forward from hips. Hold 6-8 breaths. Repeat left.



FISH

Lie on your back, legs actively extended, arms at sides. Press into elbows, dog tilt and lift the chest up coming onto back of the head. Hold 4-5 breaths.



HALF SHOULDERSTAND

SUPPORTED OR FREESTANDING

From Fish, bring knees into chest, lift and catch hips in hands and come up into half shoulder stand. Hold 5-6 breaths. Alternately come into bridge, place a block under the hips, extend legs up toward ceiling. Relax and breathe for 10-15 breaths.



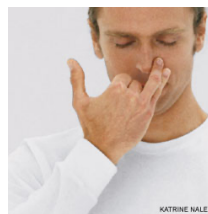
RECLINING TWIST

Bring knees to right. Turn and twist all the way right from the bottom up. Hold 5-6 breaths. Repeat left 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.



KATRINE HALEID

SAVASANA

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



MARTIN SCODUTO

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