



# THE VIBRANT HEALTH LIFESTYLE PROGRAM

*Revitalize Your Health and Energy*

**10 POSE YOGA SEQUENCE,**  
PLUS MORE YOGA RESOURCES

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## 10 POSE YOGA SEQUENCE, PLUS MORE YOGA RESOURCES

### *JUST STARTING OUT?*

Try holding each pose for about a minute. You can time yourself, or experiment to find out how many deep in-and-out breaths you take in one minute. It's probably around ten to fifteen. Then, as you breathe in and out you get some of the meditative benefit as well.

You don't absolutely have to have a yoga mat, but it is easier to have a surface that is grippy so that your feet don't slip. You can get a decent yoga mat for about 25 or 30 dollars at a sporting goods store or even a health food store. I also found a nice beginning yoga kit at [gaiam.com](http://gaiam.com) for less than \$30 which includes the mat, a strap and a block. The link is [here](#).

### *AM I DOING IT RIGHT?*

The most important part, really, is that it feels good and there's no pain. If you get hurt you've defeated the purpose! Having said that, while practicing on your own is very beneficial, going to classes sometimes can help you to adjust your poses and learn different variations of the poses. You will get more out of the classes if you also practice on your own.

Two books I use for yoga pose inspiration are B.K.S. Iyengar Yoga The Path To Holistic Health and Light on Yoga by B.K.S. Iyengar.

### *EVERY DAY?*

Your body (and mind) will thank you if you can fit in a little yoga every day. I don't manage every day consistently, but I know when I do a few days in a row, my body and my mind start to crave it.

### *YOGA CAN REALLY HELP WITH PRACTICALLY EVERYTHING AND ALMOST EVERYONE CAN DO IT.*

That's one of the reasons why I like Iyengar yoga so much. It makes use of props, as much as is needed, so that anyone can do variations of the poses. Even if it's not possible to sit on the floor. Yoga really benefits the mind, body, and spirit. It really helps in dealing with the stresses of life!



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## DAILY YOGA SEQUENCE

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### *TADASANA – MOUNTAIN POSE*

In mountain pose, you stand with feet together or slightly apart, with your hands at your side. Your palms can be facing your legs, or as I like to do it facing forward to open up my chest. Try to stand evenly on both feet and keep your head, neck, and spine in a straight line. Try to imagine you have a string attached to the top of your head, pulling it upwards.

Hold the pose for about 30 seconds, breathing deeply in and out. This is a nice start for your yoga practice.

Mountain Pose improves the alignment of your body, correcting your posture and toning your legs and buttocks muscles.



### *DOWNWARD FACING DOG*

Dog pose is really nice for stretching the back and reducing stiffness in the shoulder blades. It also strengthens the ankles, tones the leg muscles and reduces pain in your heels. Not to mention, it slows down the heart beat and calms your mind.

Bend forward at your waist, putting your hands on the floor. Bend your knees if you need to. I certainly do! Step your legs back three or four feet, one at a time. Try to push your bottom up towards the sky, while pushing your heels toward the floor. If you need to keep your knees bent to make the posture more comfortable, it's completely okay. Think about keeping a straight line from your head to your hips. Hold this pose for about a minute (10 – 15 breaths).



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### *CHILDS POSE*

Child's pose is a great resting pose, but also has a lot of other benefits. It stretches and tones the spine, helps with breathlessness, dizziness, fatigue and headaches. It also reduces high blood pressure and alleviates menstrual pain.

To get into Child's Pose from Downward Facing Dog, bring your knees to the floor, more than hip width apart. Keep your arms stretched out in front of you and bring your forehead to the floor.

Alternately, you can place a couple of pillows or a bolster in front of you to rest your torso and head on. Stretch your bottom back away from your head. If you have any small people around, you can have them sit on your hips to get more of a stretch.

Hold this pose for about a minute or longer if you have time and you're comfortable!



### *TRIANGLE*

Triangle pose helps to open up the chest, read helps with posture. It also improves the flexibility of the spine and alleviates back ache.

To get into the pose, place your feet 3 ½ to 4 feet apart. Bring your arms up even with your shoulders (drop your shoulders a bit if you can). Stretch your right hand out, letting your torso follow your hand out to the right, letting your hand drop down to your leg. Bring your left arm up above your head, so that your arms make a somewhat straight line between your hands. You should feel a stretch in the left side of your body, from your hip, through to your shoulder and the side of your arm.

Do this pose for a minute, then switch to the other side.



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### *PRASARITA PADDOTTANASANA*

I usually pepper this pose throughout my practice, spending about a minute in it between other standing poses. It feels restful, but still stretches the legs, hips and back. It also helps to relieve stress related headaches and migraines, reduces lower back pain, and strengthens the knee joint.

To get into the pose, place your feet three to four feet apart. Your feet should be parallel to each other or even pointing in slightly. Keeping your legs straight, bend forward, extending your spine and bringing your torso towards the floor.

Look up as you bend forward, making sure that your back is concave and place both hands on the ground, if you can. You can also place them on blocks if you have them or books will work as well. If you can bend further, while keeping your back concave, go for it.

Stay in the pose for about a minute, coming up slowly when you're finished so you don't get light headed.



### *WARRIOR I*

Warrior I is especially both a strengthening and stretching pose. It strengthens the back muscles and tones the abdominal muscles. It stretches the calves and strengthens the quadriceps. It also relieves backache and sciatica.

To get into the pose, place your feet about four feet apart. Raise your arms up above your head, with your elbows near your ears. Turn your right toes out letting your body follow to the right, keeping your arms lifted up, then bend your right knee, so that it is in line with your ankle. Be sure that your knee doesn't go beyond your ankle. Try to keep your shoulders squared and bring your left hip forward, while keeping your left leg straight. The weight of your body should be lifting up, towards the hands, not resting on your knee.

To begin with, stay in the pose for about thirty seconds, then repeat with the other side.





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### *UTTANASANA, OR FORWARD BEND*

Uttanasana feels really good after sitting or standing for a long time. It relieves mental and physical exhaustion, slows down the heartbeat, and tones the liver, spleen, and kidneys. It also reduces abdominal and back pain during menstruation.

To get into this pose start in mountain pose, raise both arms up over your head. Take a breath in and with your exhale, bend at your waist bringing your hands toward the floor. Try to keep your back concave, even if you need to rest your hands on blocks, books or something else you have around the house. Try lifting your toes up, while pressing your heels into the floor.

Stay in the pose for about a minute. To come out of the posture, inhale and raise your head first. Then raise your torso gradually, unbending from the waist and keeping your back straight as you come up.



### *WARRIOR II*

This is another pose that opens up the chest and relieves lower back ache. It also strengthens your arms and shoulders and opens up your groin muscles.

To get into Warrior II, place your feet about four feet apart with your toes pointing forward. Raise your arms up to the sides, about even with your shoulders, with your palms facing downwards. At the same time, and the entire time you're in the posture, try to relax your shoulders down. Yes, I'm talking to myself!!! Turn your right toes out to the side, along with head and bend your right knee so that it is positioned above your right heel. Stretch your left leg back and try to keep the side of the foot on the floor. Try to also keep your right knee forward, opening out through your groin muscles. Also, be sure to keep your torso perpendicular to the floor. There is a tendency to lean the torso toward the forward hand.

Stay in this pose for about a minute, then straighten your right knee, turn to the left and repeat. Try to keep your arms raised as switch sides. If it's too much, take a little rest in between sides.



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### *EXTENDED SIDE ANGLE*

This pose is a really nice stretch along the entire side of the body from your foot to your hand. This pose relieves sciatic and arthritic pain, improves digestion, and stretches the hips.

To get into this pose, place the feet about four feet apart. Bring your arms up from your sides, like in Warrior II, level with your shoulders. Turn your right toes towards the right and bend your right knee over your right heel, just like Warrior II. This time continue extending your right arm out towards the right, eventually resting your elbow on your right thigh. Bring your left arm up over your head, straightening it so that you have a fairly straight line from your left foot to your left hand. You should feel a stretch up the entire left side of your body. At the same time, keep your right knee in line with your left toes, so that you still feel a nice stretch in your inner groin.

Hold this pose for about. Minute, straighten your right knee, turn to the left and repeat.



### *SPINAL TWIST, OR MARICHYASANA*

This pose also feels really good around the lower back and hips. Twists squeeze the abdominal organs and flush them with blood. They relieve spinal, hip, and groin tightness and improve the suppleness of the diaphragm. Twists also increase the suppleness of the spine, and improves blood flow to the spinal nerves and increases your energy level.

To get into this pose, sit on a folded blanket, if you have one, to elevate your hips. Start with both legs straight in front of you. Bring your right knee up towards your chest, with your right foot on the floor near your buttocks. With your spine nice and long, twist towards your right. If you can, wedge your left elbow on the outside of your right knee. If that's too much, hold your right knee with your left arm. Move your right arm behind you to stabilize. Keep bringing attention to keeping your spine long, while you twist.

This pose can also be done for about a minute on each side. If you don't have a good place to sit



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on the floor, you can also sit in a chair, with both feet firmly planted on the floor. While sitting tall and even, twist to the right for a minute, then do the other side. You can also do this at your desk whenever you feel like you need to stretch a bit.

### OTHER YOGA RESOURCES

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- [Yoga Glo](#) is a subscription service with good quality teachers and various classes you can do at home. Some of them are themed and others are more general. They are all different lengths so you can do what you have time for. They have a 15-day free trial if you want to give it a try.
- [Yoga Trail](#) is a free app that points you to yoga studios and classes near you, plus keeps the schedules of your favorite classes handy.
- [Gaiam](#) has yoga supplies, yoga videos and an app subscription service like Yoga Glo.

### NOTES

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