



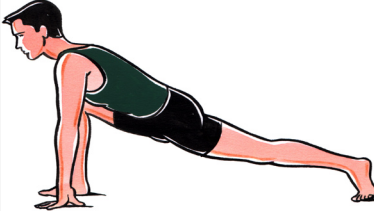





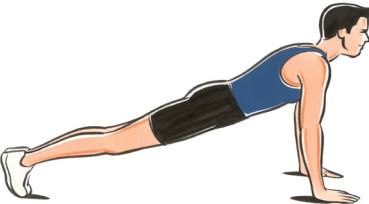



# Yoga Program

Yoga creates a general sense of well being with it's blend of strength and flexibility.

Sets: 1, Hold each posture for 5-10 breaths, Frequency: 3 times a week

Exercise Program

<p><b>Mountain</b></p>  <p>Feet together @ hip width. Navel to spine. Lengthen spine. Relax shoulders. Press down through feet. Contract thighs. Spine in neutral.</p>	<p><b>Chair</b></p>  <p>Stand tall. Lengthen spine. Draw in abdominals. Sit hips back as if into a chair. Heels down. Extend arms upward. Lift chest. Relax shoulders.</p>	<p><b>Long Lunge</b></p>  <p>Knee over front heel. Hands beside foot. Back heel lifted. Roll forward onto toes. Navel to spine. Lift back knee. Drop hip. Lengthen spine</p>	<p><b>Warrior 1</b></p>  <p>Feet wide. Front foot straight ahead. Back foot at 90°. Front knee at right angle. Back leg straight. Lift arms. Lengthen spine. Navel to front.</p>	<p><b>Warrior 2</b></p>  <p>Feet wide. Front foot straight ahead. Back foot at 90°. Front knee at right angle. Back leg straight. Arms at shoulder height. Navel to side.</p>
<p><b>Triangle</b></p>  <p>Wide stance. Draw in abdominals. Front foot straight ahead. Back foot turned in. Tail tucked. Front hand on shin/floor. Turn chest to ceiling.</p>	<p><b>Revolved Lunge</b></p>  <p>Front knee over heel. Hand beside foot. Back knee/heel lifted. Navel to spine. Drop hip. Rotate torso. Lengthen spine. Extend top arm up.</p>	<p><b>Downward Dog</b></p>  <p>Kneel. Feet hip width. Hands as far forward as possible. Spread fingers. Navel to spine. Lift hips. Press down through heels. Lengthen spine.</p>	<p><b>Plank</b></p>  <p>Hands under shoulders. Engage abdominals. Lengthen spine. Body aligned from ankles through knees/ hips to shoulders. Don't lock elbows.</p>	<p><b>Extended Child</b></p>  <p>From hands &amp; knees. Push back. Sit bottom on heels. Chest on knees. Forehead on floor. Arms stretched out in front. Lengthen spine. Relax.</p>

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