

# Yoga FOR EVERYONE

50 POSES FOR EVERY TYPE OF BODY

»» DIANNE BONDY ««









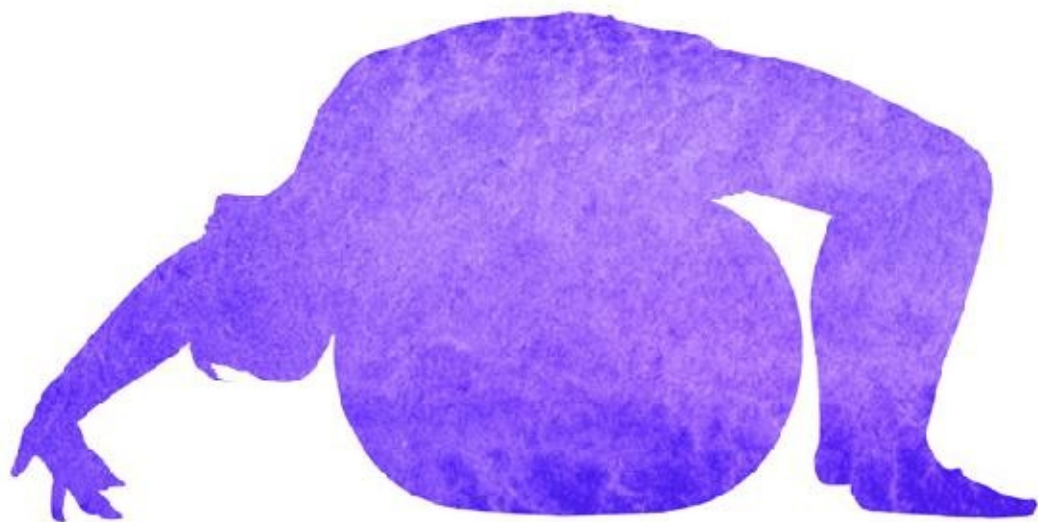
















Yoga

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**Everyone**

DIANNE

**50 Poses FOR EVERY TYPE OF BODY**

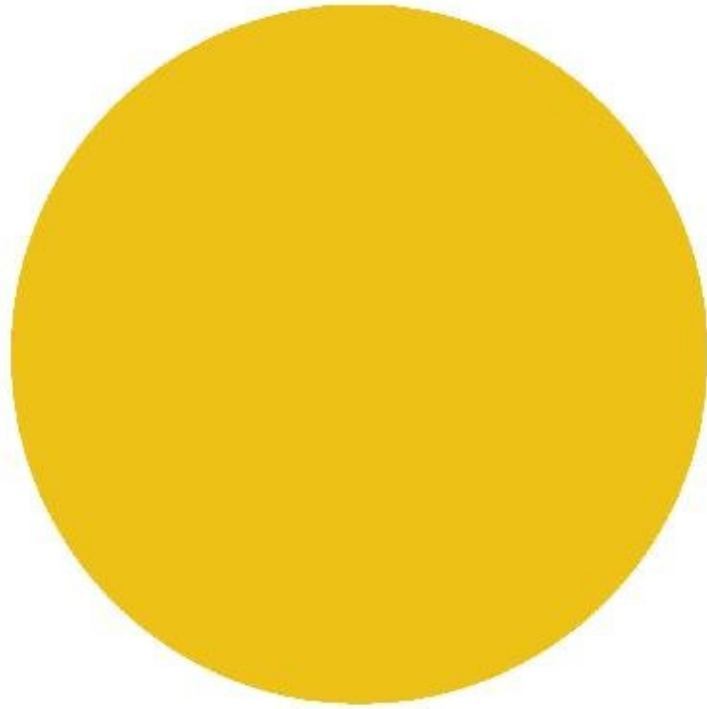
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Yoga

**for**

**Everyone**

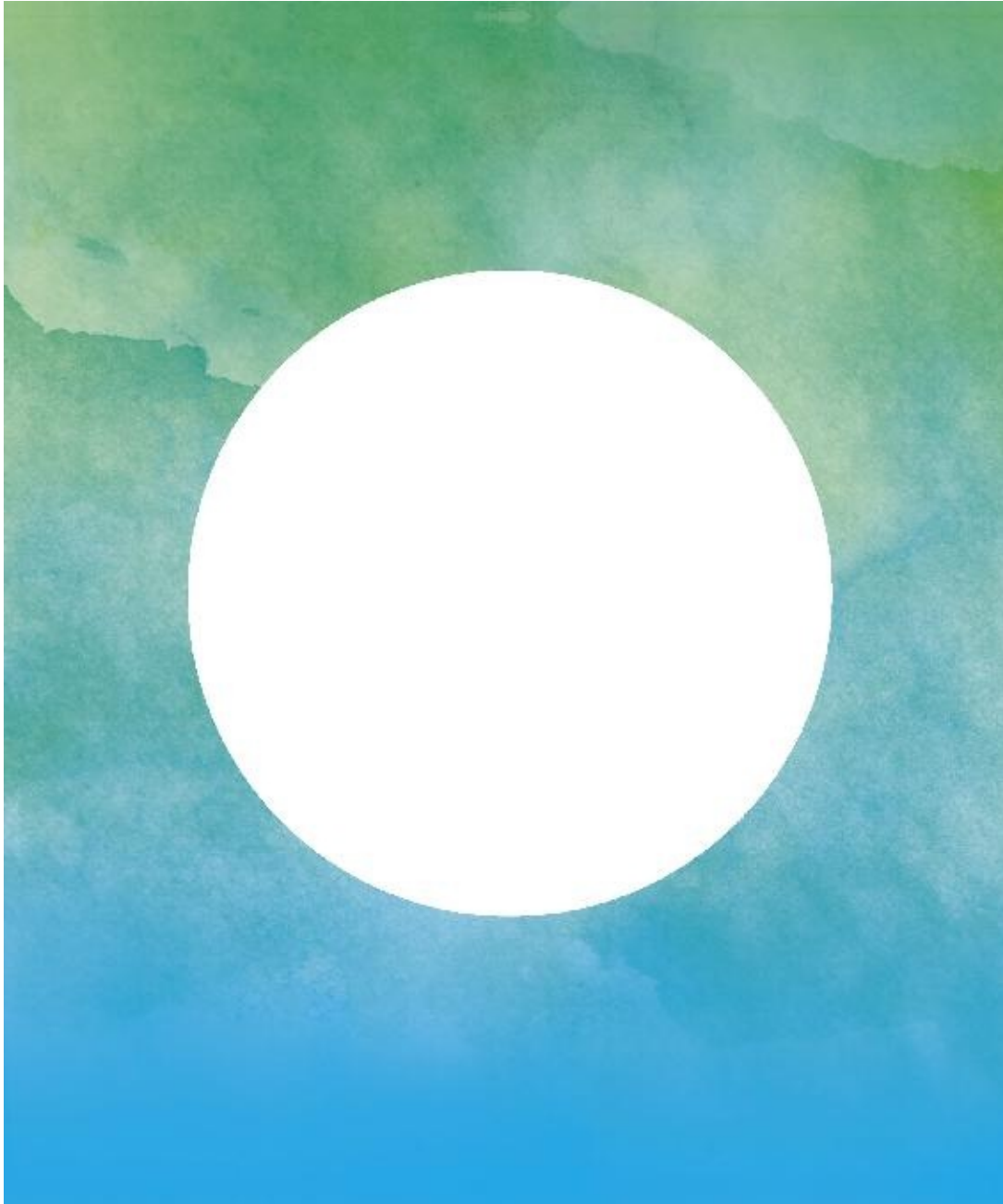
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Yoga

**for**

**Everyone**

**50 Poses FOR EVERY TYPE OF BODY**

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**Senior Designer** Jessica Lee

**Art Director** Nigel Wright

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**FOREWORD** I remember the first time I stepped into a yoga class.

I sat in my car until I was almost late for class. My heart was racing as I unrolled a mat in the back corner of the class. I didn't know the first thing about yoga.

But I was pretty sure that people like me

didn't belong in a yoga studio.

You see, I'm plus-sized. A person in a bigger body. Round. Fat. (You can pick the word you like.) This big body has always been my "yoga body."

Yoga marketing and the covers of magazines had taught me that only thin, wealthy, hyperflexible, white women practiced yoga, and so there I was in my fat, awkward, tattooed body and my decidedly unfashionable workout clothing, nervous and waiting for class to start.

I struggled through that first class, but I felt such a profound benefit from the internal regulation tools that yoga offered me that I kept coming back.

After each class, my mind was quieter, I was less self-conscious, I felt more grounded in my body.

But that doesn't mean the physical practice of yoga felt easy to me.

When I began practicing yoga, teachers didn't know what the heck to do with me. Even though my body wasn't making many of the shapes they were

asking of it, in most of the classes I went to, I was ignored. Teachers didn't offer me modifications, variations on poses, or ways to personalize my

practice. Sometimes, teachers would tell me to

"use a prop if I needed one," but I was clueless about what to do with props.

Looking back now, being ignored for a few years

of my practice was a gift because it meant I had to be creative and have agency when it came to my

practice. Back then, there weren't online videos telling you how to modify poses. There weren't yogis who looked like me with hundreds of thousands of

followers on Instagram. And in class, no one was telling me why I couldn't step my foot forward

between my hands to get from Downward Dog into

Lunge or how to get there in a different way, so I had to figure it out myself.

Back then, I'd have given anything for a book

like this—or a teacher like Dianne. She's a masterful 001-011\_Frontmatter.indd  
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Amber Kay

Photo by Andrea Killam

teacher and has an intuitive understanding of what your body is thinner, younger, fitter, or more flexible.

folks' bodies are capable of. That's why she's the In the words of Arthur Ashe: "Start where you are.

perfect person to write *Yoga for Everyone*.

Use what you have. Do what you can."

Each pose in this book shows several different

Learning to personalize my yoga practice all

ways to personalize and adapt the traditional

those years ago helped me make peace with my

expression of a posture. This gives folks in many body. I became more physically fluent—and that

different body types — people of all shapes, sizes, changed everything. Mindful movement made

and abilities — the opportunity to receive the

me more certain of myself. My body got stronger.

benefits of each pose, even if they don't look like I learned to move with intention. And I also made someone on the cover of a yoga magazine.

friends with my mind.

*Yoga for Everyone* shows representations of what My yoga practice helped me feel sure—helped

the human beings who practice yoga actually look me know in my bones—that my body was a

like. Contrary to what media images would have you powerful, good, and safe place to be.

believe, yoga isn't just for thin, wealthy, flexible, *Yoga for Everyone* can also help you learn that.

white women. Wellness belongs to all of us.

Your body is powerful, good, and a safe place to be Wellness is our birthright. Flipping through these

— just as it is today.

pages, you'll surely see someone you can identify with and you'll definitely find a version of each yoga pose that can work for your unique human body.

Dianne's teachings will give you agency to

## **AMBER KARNES**

personalize your practice. You don't need to change Founder, Body Positive Yoga

who you are or hope for some magical day when

[bodypositiveyoga.com](http://bodypositiveyoga.com)

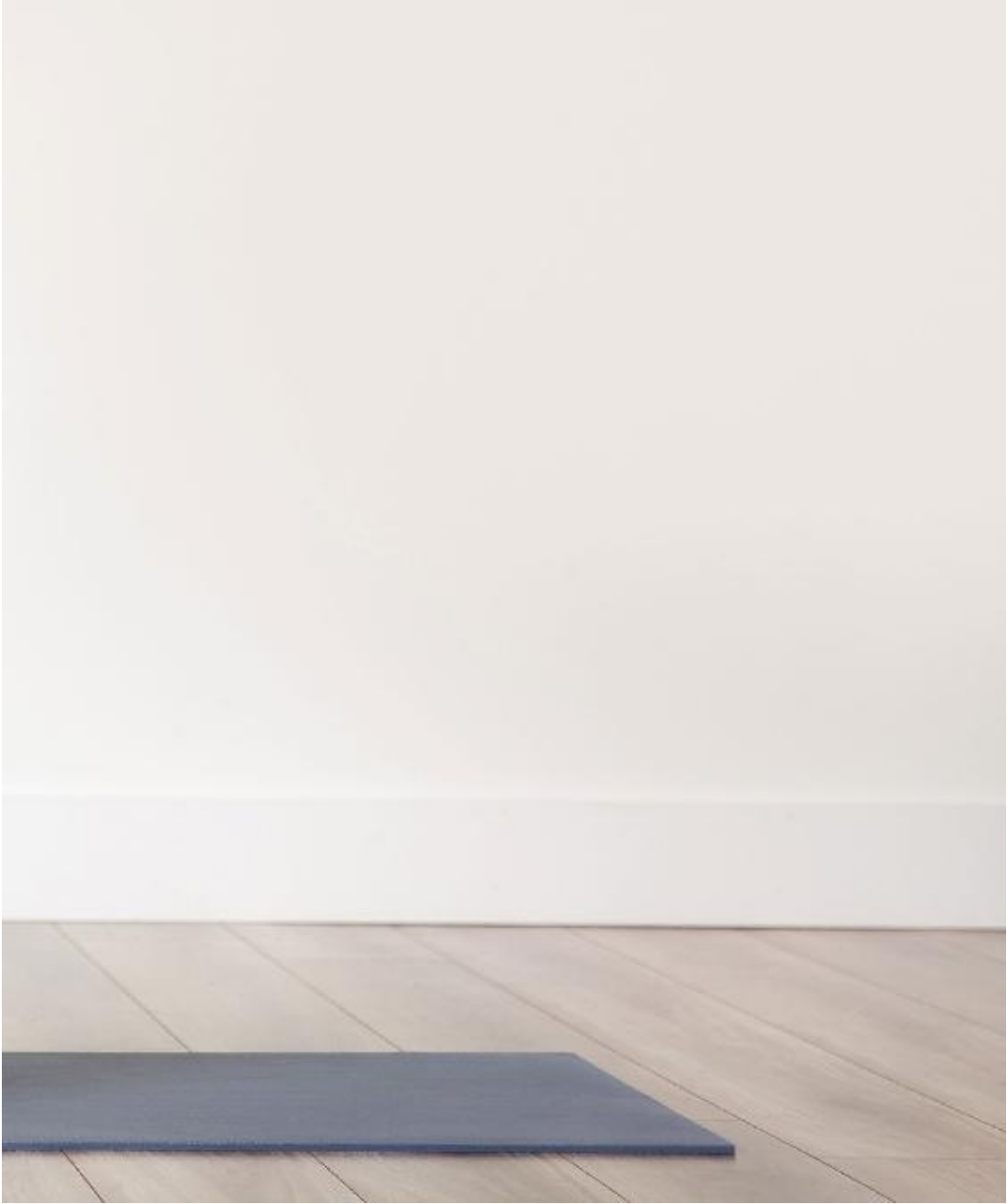
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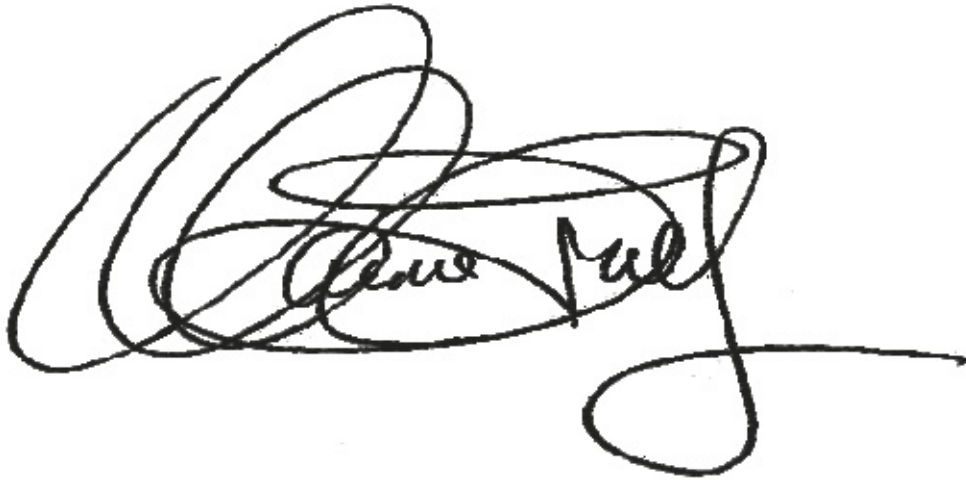


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Yes, You Can Do Yoga!

I began practicing yoga when I was a young girl.

This book intends to provide you with the tools

My mother practiced yoga as a way to cope with

you need to begin a customized yoga practice with the stress of being a new mom in a new place.

adaptations that work for your body. You'll find the We practiced together at home and it became

basic movements for many classic yoga poses as

a special moment for us. Yoga is one of the

well as a variety of accessible variations. While this greatest gifts my mother gave to me. Yoga taught book can help you develop a sustainable at-home

me courage, compassion, connection—and how

practice, it's also beneficial to visit a public yoga to do a handstand.

class. Practicing with others can provide a great Over the course of my life, I've practiced,

sense of community. And this book can help you studied, and taught many different styles of yoga.

develop the confidence to practice in a public

As a woman of color in a more substantial body,

setting regardless of whether the other students I often felt like I didn't belong in the practice.

look or move like you do.

My body didn't move the same way as smaller

My hope for you is that this book provides you

bodies, and because of this, I had a number of

with the tools you need to adapt your practice to physical and emotional challenges in public classes.

your body—no matter where you practice. Most of

I didn't move as quickly as others. Yoga began to all, I hope it inspires you to be kind and gentle with feel like an exclusionary club for the wealthy, thin, your body. It's my belief that a yoga practice can be flexible, or able-bodied. No one looked like me or a catalyst for positive and lasting change.

moved like me—and I felt left out.

I wish you the gifts of self-awareness and

As I struggled to learn yoga poses, I began to

compassion and the realization that you're more

understand that not all bodies move in the same  
than enough—just as you are.

way. Poses look different in different bodies and we I dedicate this book to  
anyone who has felt left need to make space for this. Poses like the Warrior out  
or felt marginalized by this practice. Yoga is for series, Downward Dog, and  
Tree all take on a

you. You can do this. Let me show you how.

different shape and orientation in different-sized bodies. We must allow for the  
individualization of each pose to accommodate different abilities. It thus became  
my passion to share what I've learned

during my 25 years of teaching yoga and movement to bodies of all shapes,  
sizes, and levels of ability.

**DIANNE BONDY**

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### **Who is Dianne Bondy?**

I'm passionate, hardworking, generous, funny, kind, grateful, and sometimes reactive. I'm a person who knows my own mind and worth. I've been practicing yoga for most of my life and teaching exercise and movement for almost 30 years.

I'm smart, strong, focused, compassionate,

and educated. I'm a woman who lives in a world where I always have to prove myself. This chore has made me strong, opinionated, and focused on creating a fair and just society for all. I'm so grateful and happy that this book is really happening. Representation matters.

**What has yoga brought to your life?**

Yoga has taught me how to make peace with my body. Yoga has taught me contentment, focus, empathy, and compassion. My first experience with a public yoga class was disappointing, which

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**FAVORITE POSE**

TRIANGLE

**MOST CHALLENGING POSE**

LOW PLANK

## **OCCUPATION**

YOGA INSTRUCTOR AND

BODY POSITIVITY ADVOCATE

inspired me to open my own space. I attempt to do a 15-minute meditation and yoga practice every

day. I use my yoga to navigate the world with peace, kindness, and passion. I love how yoga slows down time. Yoga helps me deal with stress and makes me more aware. I also love the peace of mind and the challenge to my body, and I love feeling a sense of peace and gratitude through movement.

### **What advice do you have for potential yoga practitioners?**

Start with a beginner in a safe and comfortable environment, like a community center or an online source. Find a teacher who knows how to work with your body and take a chance. I think seeing people that look like you doing yoga will inspire people to try. Seeing all kinds of bodies as yoga bodies is so important.

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## **CHAPTER 1**

### Yoga Basics

This chapter can help kick-start your yoga practice, highlighting the benefits of yoga, breathing techniques, equipment you need, how to set up your own yoga space, and how to navigate the rest of this book.



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**MAKING YOGA**

**ACCESSIBLE—**

**FOR EVERYONE**

Yoga is for *every* body. No matter who you are or what you look like or what

your abilities are, you *can* do yoga.

This book shows you how to practice  
and enjoy yoga—and the journey  
begins with discovering how yoga  
can benefit you every day.

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“Yoga is the journey of the self, through the self, to the self.”

— EXCERPT FROM *BHAGAVAD GITA*

**Create variations and adaptations**

connection between the mind and the spirit.

One great reason to appreciate yoga is that any

A regular yoga practice can elevate your

pose can be adapted and varied to suit your needs.

understanding of self-actualization.

Even the most vigorous- and rigorous-looking poses can be tamed to fit your ability. Every pose in this **Develop mental acuity**

book has at least two variations, giving you a chance Yoga depends as much on your breathing as

to practice poses that might have felt intimidating anything physical. Proper breathing can turn a

before. In this way, yoga conforms to you and your simple exercise regime into a mindful and

needs—and you won't have to skip any poses.

transformative experience that leads to greater

You'll develop the confidence to take what you

self-awareness. The philosophies behind yoga can gain from your yoga practice off the mat and into foster body positivity by helping you realize that the world around you.

you're enough. The central tenets of yoga include nonviolence, contentment, gratitude, and self-study.

### **Increase physical health**

When you practice these actions, you can start to More and more people have begun to discover the

reduce negative self-chatter and allow yourself to powerful influence yoga can have on their bodies.

believe how amazing you are.

When you practice a pose, you're stretching muscles, helping you strengthen weak areas,

### **Appreciate your body**

further develop strong areas, and potentially

When you apply kindness and compassion to how

prevent injuries. Yoga is also a helpful tool for as you move and connect with your body, you can

aging body. As you get older, your balance, focus, begin to cultivate self-acceptance. Yoga actually and flexibility begin to diminish. Yoga can help invites you to expand your understanding of your keep you mobile by improving circulation and

body's natural limits, allowing you to make peace stability, managing blood pressure, and reducing with your body as you move on your mat. Yes,

the risk of heart disease.

negative body image is an invasive issue in

Western culture, and social and economic

### **Relieve stress and pain**

landscapes profit from body dissatisfaction. You're Most people come to yoga to relieve back pain,

fed a daily stream of unrealistic images of how your increase flexibility, reduce stress, or improve physical body should look and perform, and this creates

and mental health. People often begin a yoga

many issues that directly affect your mental and practice simply as another form of movement or

physical health. But when you practice yoga often, exercise, but over time, the practice evolves into a you and your body develop power and influence

journey of self-exploration. Yoga offers a unique over your everyday life.

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## **CREATING YOUR PRACTICE**

If you're new to yoga, please know this: You can practice anywhere. If you can't make it to a yoga studio or would prefer to practice in private, setting up a home practice gives you the freedom to practice for as long or as short as desired. This is also a great way to keep your practice consistent and sustainable. Because yoga is meant to help reduce stress and create peace of mind, try these suggestions to help you cultivate your practice.

### **Make time**

an intention to get moving! Setting an intention is Your yoga practice doesn't need to be 90 minutes essentially a built-in measure of accountability. Your long every single day. You can start small, doing a intention acts as motivation—the “why” behind your pose or two a day, and work toward performing

actions. It's up to you to work toward that goal.

more when you're ready. You don't even need to

perform yoga during a single period of time. If you **Create a space**

incorporate moments of yoga and meditation

You don't need a lot of space in which to perform throughout your day, you'll find opportunities to yoga. All you really need is enough room for your practice when you least expect them—and you'll be yoga mat, any props, and your body. One way to

more willing to practice more often.

make your practice consistent is to choose a

convenient spot you walk by every day. You can

### **Set an intention**

even place yoga mats in several strategic spots

If you're looking to make your yoga practice a



in your dwelling, greatly increasing the likelihood regular part of your everyday life, start by setting you'll perform yoga every day.

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“The success of yoga does not lie in the ability to perform postures but in how it positively changes the way we live our life and our relationships.”

— T. K. V. DESIKACHAR, YOGA TEACHER

## **Practice what you love**

### **Find your practice**

You don't have to practice all the poses and

This book can help you discover how yoga works for sequences in this book. Find ones you think you'll enjoy and practice them when you feel like it. In that a variation for stability works well with one pose time, you might decide to try poses that initially but not for another or that a variation to help with intimidated you. Make yoga your oasis away from

your challenges with mobility doesn't work for you.

stress and obligation. Create a fun playlist and set In these cases, make your own modifications as

aside some time to move your body in all directions.

needed—or just forego a pose, variation, or

Most importantly, don't beat yourself up if you don't sequence entirely. Listen to your body and pay

practice for several days, weeks, or months. When attention to how it reacts. You can always revisit a you do return to your practice, start slowly again, skipped pose in the future. Because yoga is for

doing only what feels right to you, and you'll find every body—and that means you!—change your

you haven't missed a step.

practice to make it what you need it to be for you.



## **BREATHING TECHNIQUES**

Practicing pranayama—the Sanskrit word for breath control—can help you balance your energy, calm your nervous system, and encourage a meditative state.

There are three main types of breathing techniques you can explore in your yoga practice

—and each one has a different purpose.

### **Nadi shodhana pranayama**

3. Deeply inhale through your left nostril.

Nadi shodhana—also known as the alternate nostril 4. Seal off your left nostril with your right ring finger breath—is a technique you can perform before or and release your right nostril.

after practicing yoga. It brings balance to both sides 5. Deeply exhale through your right nostril.

of your body, helping reduce stress and anxiety, 6. Deeply inhale through your right nostril.

lower your heart rate and blood pressure, relieve 7. Seal off your right nostril with your right thumb tension, and revitalize a tired mind and body. Using and release your left nostril.

the above photos as guides, follow these steps to 8. Deeply exhale through your left nostril. This perform nadi shodhana:

completes one round of breathing. Repeat these

steps for 1 minute or for as long as desired.

1. Sit on the mat or on a meditation cushion in a comfortable cross-legged position, with your hands resting on your thighs or relaxed at your sides.

### **Ujjayi pranayama**

2. Bend the index and middle fingers of your right hand Ujjayi—also known as victory breath or ocean

toward your right palm and press your right thumb breath—is the most common breathing technique

against your right nostril to seal it.

used during a yoga practice. It can add texture and 012-021\_CH1\_Intro.indd 18

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contemplate on the sublime within you.”

— TIRUMALAI KRISHNAMACHARYA, YOGA TEACHER

dimension to your breathing pattern, and it helps reduce anxiety. This method helps refocus your

the body from within and draws life energy upward.

thoughts and bring peace of mind and calm to your body. Follow these steps to perform ujjayi during the

entire body. Because of its simplicity, this technique is included in this book:

also helps create more space for relaxation in a busy schedule. You can perform this before, during, or after a yoga practice. Follow these steps to perform sama vritti: 1. With your mouth closed, inhale a long breath through your nose, gently constrict the back of your throat, sama vritti:

and make a subtle *haah* or *ahhhh* sound.

2. Continue to keep your mouth closed as you exhale. 1. Deeply inhale for a count of 4 and hold this

a long breath through your nose, continuing to

inhalation for another count of 4. As you inhale, constrict the back of your throat.

imagine your breath following each side of a square.

3. Repeat these steps throughout each pose.

2. Deeply exhale for a count of 4 and hold this

exhalation for another count of 4. As you exhale, **Sama vritti pranayama**

imagine your breath following each side of a square.

Sama vritti—also known as square breathing—is an excellent technique for helping relieve stress and these

steps throughout each pose.

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**WHAT YOU NEED  
TO PRACTICE YOGA**

Props are tools you can use to customize your yoga practice. They can add support, stability, resistance, the opportunity for creativity, and access. They can also allow you to experiment with different movements in poses.

This is a brief introduction to the props used in this book.

## **Yoga mats**

### **Straps**

Although a standard yoga mat is 24 inches by

68 inches, you have other options: a longer or wider mat, metal D-rings to allow you to adjust the length, a stickier mat to prevent slipping, or a thicker mat. Straps that are too long can be difficult to use for additional cushioning. If you plan to practice use. If you find that a strap is hard to hold, you can regularly, invest in a high-quality yoga mat.

also use a belt, necktie, dog leash, sash, or scarf.

### **Blocks**

#### **Wall**

Blocks come in a variety of sizes, shapes,

This is the easiest prop because you can find a wall and textures, and they provide weight, structure, anywhere. A wall offers accessibility, stabilization, and stability. They're helpful for many different and resistance—and can even aid in relaxation.

poses. Have a few different kinds handy to help

Use one with plenty of nearby floor space

you customize your practice.

#### **Chair**

#### **bolsters**



If you have limited mobility or flexibility, a chair has Like blocks, bolsters also come in different sizes, especially good versatility. A chair can help you shapes, and textures, but they're softer than blocks stand or offer support for extended periods of time.

and provide better support. Find one that feels

A chair can also help you defy gravity by making it comfortable when you hug it to your chest.

easier to go upside down. A simple chair with just a seat and a back is best for yoga practice.

## **Blankets**

A yoga blanket provides better customization and **Clothes**

support than a towel. Find one with some weight to You should wear clothes that allow you to move

it—like ones that are a mix of wool and polyester or freely and without constriction. What matters most is Mexican blankets—to allow for extended wear.

that you feel comfortable no matter what you wear.

“The body is the prop for the soul. So why not let the body be propped by a wall or a block?”

— B. K. S. IYENGAR, YOGA TEACHER

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## HOW TO USE THIS BOOK

This book has four main components.

Step-by-step instructions

Instructions for

for performing poses

making modifications

Instructions for

Personal perspectives

performing yoga flows

from each model

## **MEET THE MODELS**

**Dianne**

**dylan**

**Josie**

**John**

**Gail**

**Don**

**Alex**

**Gwen**

**bondy**

**galos**

**donato**

**azlen**

**parker**

**Coyle**

**traubert**

**jeun**

Read her story

Read his story

Read her story

Read his story

Read her story

Read his story

Read her story Read her story

on page 10.

on page 90.

on page 56.

on page 212.

on page 238.

on page 158.

on page 124.

on page 186.

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## **CHAPTER 2**

Standing, Balancing,  
and Reclining

This chapter focuses on standing poses, proper posture, and improving how you move. It also examines the influence of balancing and reclining poses, including how they build strength, cultivate self-awareness, and develop active rest.

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Happy Baby

**tANANDA BALASANA**<sub>u</sub>

This pose might have a fun name, but don't let that fool you into thinking it's easy. This popular hip opener can help with mobility and tight muscles. You'll especially stretch the muscles of your inner thighs, groin, and lower back.

1Lie on your back, with your legs  
extended, your feet slightly apart,  
and your arms relaxed at your sides.

Keep your head and back

flat on the mat

press your knees

2Bend your knees and place your feet

flat on the mat.

toward each other

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3 Grab your shins and pull your legs  
toward your chest, angling your knees  
toward your shoulders.  
flex your feet  
toward your body

4Grab the outer edges of your feet, push your feet toward the sky, and pull your knees toward the mat. Hold this position for 3 to 5 full breaths. (You can also gently roll back and forth on your lower back.)

Keep your lower back flat on the mat

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iHAPPY BABYh

### **Variations**

Happy Baby can be a joyful pose, but if you have trouble getting into and maintaining this position, these variations can help you better enjoy this experience.

## **Variation #1**

In step 3, grab the  
backs of your thighs  
or ankles.

Keep your head and  
back flat on the mat

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### **Variation #2**

Wrap a strap around your feet. In step 2, hold an end of the strap in each hand. Press your feet into the strap and widen your knees.

Adjust your hand

placements as needed

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## Easy Pose

### †SUKHASANA‡

You might recognize this seated cross-legged pose as a classic position in yoga, but don't let the name fool you.

Your movements require focus and balance, which this pose can help you develop and strengthen.

Keep your head

and back straight

1 Sit on the mat, with your legs extended

and your arms relaxed at your sides.

Press your sitting bones into the mat for support and lengthen your spine through the crown of your head.

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Lift your chest and  
relax your shoulders

Rest your hands  
on your knees

2Bend your right knee and bring your right heel as close to your sitting bones as



possible. Bend your left knee and bring your left heel as close to your sitting bones as possible, aligning the front of your right ankle with the back of your left ankle. Hold this position for 3 to 5 full breaths.

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iEASY POSEh

## **Variations**

Easy Pose isn't always easy. If you have sore knees or need extra support for your back, try these modifications.

Keep your

head and

back straight

### **variation #1**

In step 1, place a folded blanket, bolster, or block under your sitting bones.

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Keep your head flat  
against the wall

**variation #2**

In step 1, sit with your  
back against a wall.



Considered a resting pose, this is often known as the pose of surrender—but the good kind. You'll feel a stretch in your spine, shoulders, hips, and thighs. And have some fun during this pose to intensify the results.

1Place your hands, knees, and the tops of your feet flat on the mat.

Widen your knees as far apart as possible, with your lower legs angled inward until your big toes touch.

Keep your head and back aligned

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2 Push your body back  
toward your heels and  
lean your torso forward.

3 Extend your arms, slowly  
lowering your torso to the

mat. Hold this position for

3 to 5 full breaths.

continue to keep your

head and back aligned

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CHILD'S POSE

### Variations

This pose is great for when you need an extra moment to catch your breath during practice. However, it can be uncomfortable for people with larger bodies or for anyone with previous or current knee injuries.



## **Variation #1**

Place a rolled blanket or a small bolster nearby and a large bolster under your torso. In step 3, place the blanket or bolster behind your thighs

and on top of your calves. In step 4, lower your torso onto the bolster and relax your arms at

your sides.

Allow your back

to gently curve

toward your head

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### **Variation #2**

1. Sit cross-legged (or place the soles of your feet together) on a rolled blanket or a small bolster and face the front of a chair.
2. Lower your torso across the seat of the

chair, stack your forearms on the seat, and rest your head on your forearms. Hold this position for 3 to 5 full breaths.

Keep your head  
and back aligned

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Plank

**tPHALAKASANAu**

Performing this foundational yoga pose builds strength in your shoulders, arms, and chest. In fact, this pose is one of the fastest ways to develop better strength, and it's often used for transitioning from pose to pose during a sequence.

Keep your Head

and back aligned

1Place your hands and knees flat on the mat,  
with your toes curled under and your wrists  
aligned with your shoulders.

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continue to Keep your

toes curled under

2Lift your knees off the ground until your legs are straight.

Press your hands into the mat to keep your body lifted.

Hold this position for 3 to 5 full breaths.



Keep your head  
and back straight

iPLANKh

## **Variations**

This pose is all about strength and stability. Use one of these variations to help give your body more support.

### **Variation #1**

1. Stand an arm's length from a wall, with a block between your upper thighs and your hands flat on the wall and aligned with your shoulders.
2. Walk your feet away from the wall, lengthen through your arms, and lean into the wall.
3. Push the wall away from you and balance your weight in your hands. Hold this position for 3 to 5 full breaths.





Curl your toes toward your body

### **Variation #2**

In step 1, place your heels against a wall.

Align your shoulders

and wrists

### Variation #3

In step 2, place your knees on the mat.

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Low Plank

**tCHATURANGA DANDASANAu**

Although you might find this to be a physically challenging pose, just keep telling yourself that it can strengthen your upper-body stamina. To execute this pose, you must recruit your arms, shoulders, chest, and core muscles.

1Place your hands and knees flat on  
the mat, with your toes curled toward  
your knees and your wrists aligned with  
your shoulders.

Keep your Head

and back aligned

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2Extend your legs behind you one at a time until your legs are straight, curling your toes toward your body. Press your hands into the mat and push your heels away from your body.

lift the backs

of your thighs up

Push your lower ribs

toward your hips

3Bend your elbows and lower your body

until your upper arms align with your torso,

pulling your elbows toward your body and

squeezing your thighs together. Hold this

position for 3 to 5 full breaths.

Pull your shoulder

blades together

and down

Engage your

abdominal muscles

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iLOW PLANKh

### **Variations**

This pose can be one of the toughest and most repetitive poses in yoga practice. Here are some ways to make this pose more accessible and to still build strength.

Press your torso

into the bolster

### **Variation #1**

Place a large bolster under your torso. In step 3, lower your body onto the bolster.

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Align your wrists

with the block

### **Variation #2**

Place a block long side up on the mat under

your chest. In step 3, lower your chest onto the block. (You can also perform this



step with the  
block on its side.)

Keep your head and  
back straight

### **Variation #3**

In step 2, keep one or both knees on the mat to  
support your weight.

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Low Lunge

**tANJANEYASANA**

Sometimes known as Runner's Lunge, this pose stretches your quads, hamstrings, groin, and hips. This can also create more flexibility in your lower body, and it's great for anyone who needs some extra strength in their lower

body.

Keep your

head and

back straight

Keep your

arms

straight

1Stand with your weight equally balanced 2Bend at your waist, lean your torso toward between your feet and your arms relaxed

your thighs, and place your hands on the

at your sides.

mat in front of you, slightly bending your knees.

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Keep your

leg straight

press the ball of your

foot into the mat

3Extend your left leg behind you and align your right knee with your right ankle,

lengthening your spine through the crown of your head and looking forward.  
Hold this position for 3 to 5 full breaths. Repeat these steps on the other side.

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## iLOW LUNGEh

### **Variations**

If you find this pose too hard to get into or maintain, use some props to make it easier and more accessible.

#### **variation #1**

1. Stand a few feet away from a wall, facing away from the wall and relaxing your arms at your sides.

Place a block short of your feet. Keep your head and neck in line with the edge of the block. Rest your back straight on the wall of your right leg.

2. Extend your left leg behind you and place your left foot flat on the wall.

3. Bend your right

knee until aligned  
with your right ankle.

Lean forward,  
lowering yourself  
toward the mat and  
placing your hands  
on the blocks. Hold  
this position for 3 to  
5 full breaths. Repeat  
these steps on the  
other side.

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### **variation #2**

Place a block long edge up on each side of your right leg. In step 3, place your hands on the blocks when you lean



forward. (You can also place a  
blanket under your left leg  
and place your left knee on it  
when you lean forward.)

Align your

elbows and

knees if possible

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Extended

Hand to Big Toe

**U**TTTHITA HASTA PADANGUSTHASANA

This pose tests your balance and core strength while requiring an intense focus

to help you hold the final position. These movements demand hamstring and hip flexibility, which this pose can also help you develop.

Engage

your core

press down

through your foot

1Stand with your weight balanced equally

between your feet and your arms relaxed

2Shift your weight to your right foot, bend

your left knee, lift your left knee toward

at your sides.

your left armpit, and wrap your left hand

around the outer edge of your left foot.

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Keep looking

straight ahead

3Hook your left index and middle

fingers around your left big toe.

(Or continue to hold the outer edge

of your foot.) Extend your left leg to your left, pull back on your big toe, and press down through your left heel. When you find your balance, extend your right arm to your right. Hold this position for 3 to 5 full breaths. Repeat these steps on the other side.

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iEXTENDED HAND TO BIG TOEh

### **Variations**

Using a strap, a wall, or a chair can help make this pose more accessible—and much more enjoyable.

## **variation #1**

In step 2, lengthen  
your arms by  
wrapping a strap  
around the sole of the  
Keep your legs straight  
foot of your extended  
leg. Grab the ends of  
the strap using one or  
both of your hands.

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## **variation #2**

Place the seat of  
a chair against a wall.

In step 3, place your  
left leg across the



back of the chair and  
reach for your toes  
with your left hand.

Pull your  
toes toward  
your body

### **variation #3**

In step 1, stand a leg's  
length away from a  
wall. In step 3, extend  
your left leg toward  
the wall and place  
your left foot flat  
against the wall.

Form a 90°  
angle with  
your legs

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Reclining

Hand to Big Toe

**tSUPTA PADANGUSTHASANAu**

Are you looking for a way to give your hamstrings and lower back an incredible

stretch? This pose can help you do that.

The movements of this hip opener also stretch your hip flexors and your calf muscles.

1Lie on your back, with your legs extended and your feet slightly apart, and lift your kneecaps toward your head.

Flex your feet toward your body press your thighs together

2Bend your right knee, bring your right leg toward your chest, and grab your right big toe with your right index and middle fingers. (You can also hold the outer edge of your right foot with your right hand.)

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3 Gently straighten your right leg and arm, continuing to keep your left leg flat on the mat.

Continue

to flex

Continue to lift

your foot

your left kneecap

4Extend your right leg to your

right and extend your left arm

to your left. Hold this position for

3 to 5 full breaths. Repeat these

steps on the other side.

Pull your toes

toward your body

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RECLINING HAND TO BIG TOE

### **Variations**

Most of us have legs that are longer than our arms.

This disproportionate ratio can make this pose challenging.

Fortunately, these variations can help this pose feel more accessible.

**variation #1**

In step 2, wrap your intertwined fingers around the back of your right thigh. Extend your right leg toward the sky. Press your right thigh into your hands and pull back against your right thigh with your hands. Bend your left knee and plant the sole of your left foot into the mat.

Keep your head and back flat on the mat

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## **variation #2**

In step 2, loop a strap around the ball of your right foot after bending your right knee toward your chest.

Hold an end of the strap in each



hand and extend your right leg  
toward the sky. Pull the strap  
toward your body, flex your right  
foot toward your body, and press  
Straighten your  
the ball of your foot into the strap.  
arms when pulling

### **variation #3**

Place a bolster or a block to the right of  
your right leg. In step 2, bend your right knee  
toward your chest and keep your left leg  
extended. In step 3, extend your right leg to your Flex your feet  
toward your body  
right and place it on the block or bolster.  
Extend your arms to form a T.

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### **Who is Josie Marie Donato?**

I'm outgoing. I start off shy, but it just depends on the person. I'm very driven.

I like new experiences, like throwing myself into this book. I work with campers at the

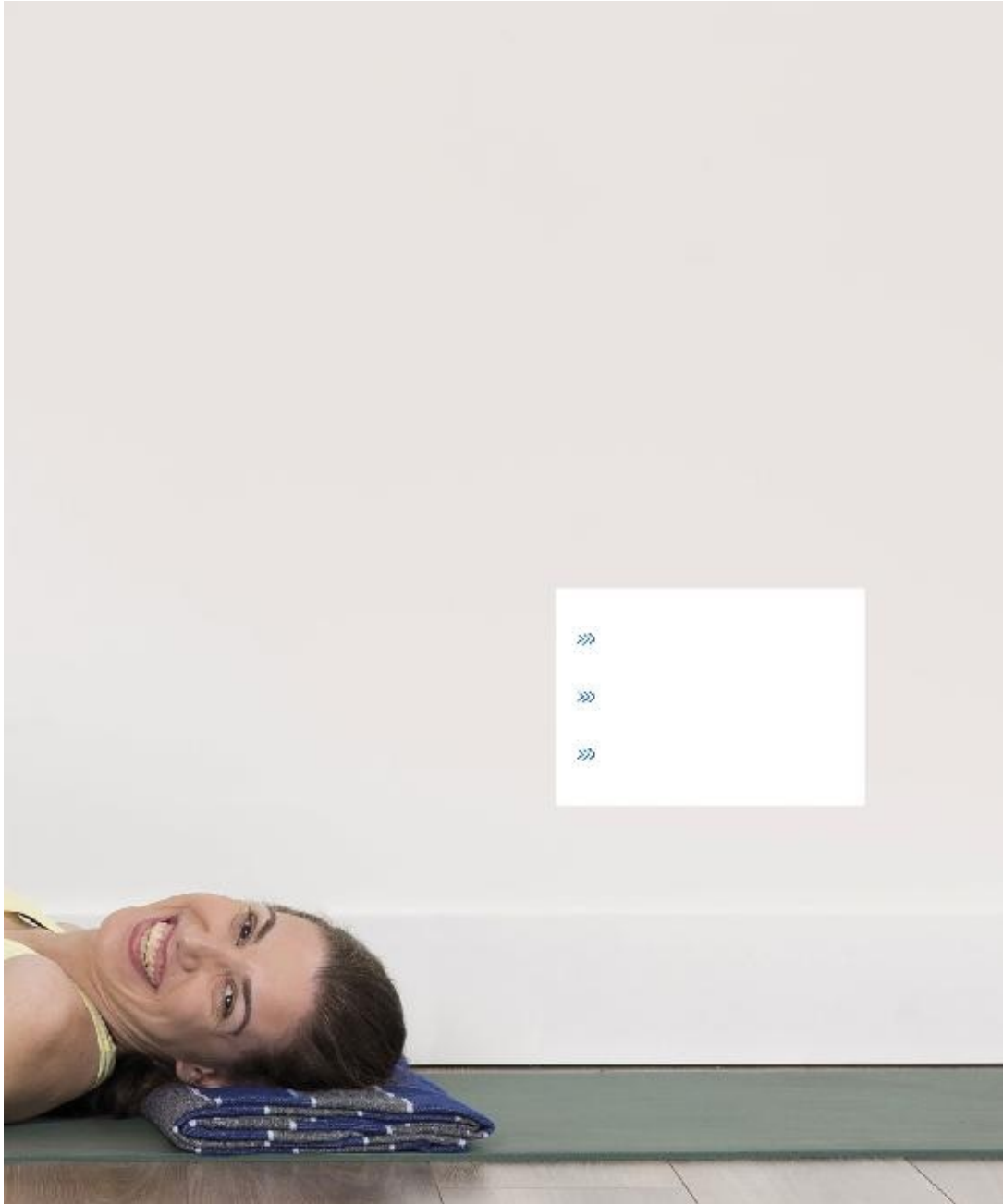
John McGivney Children's Center in Windsor, Ontario. We do arts, crafts, and physical activities. I'm also studying autism behavioral science at St. Clair College in Windsor. I'm thinking about teaching or finding a role in helping provide autism services.

**How has practicing  
yoga helped  
you physically  
and mentally?**

I just think for my body, it's made things easier. I'm more flexible. I'm in my head too much sometimes, but yoga helps get things out of

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my head. I just think about what I'm doing in that into a pose. But after my first time practicing, no one moment—and I stay very much in that moment. It's was judgmental. I felt good. I felt instant comfort.

easier to do yoga than some other things because I'm becoming more comfortable with my

it's calm. Very peaceful. The expectations are there instructor. My goal is to do these things on my own to know there's no chaos.

and have the confidence to do them. It's not as

I'd like to get better. I'm comfortable doing most of intimidating as it seems. I just need to keep trying to the poses. I'm open to trying to do whatever's being put myself out there. My instructor modifies poses asked of me. I'll get more comfortable and better to my ability, and I don't worry about how it looks.

with time. I want to see if I can hold a position It's intimidating to be inspirational to others with longer each time I practice a pose.

cerebral palsy or other kinds of physical challenges. I I'm learning to be open to the experience. To be feel better, though, after I push myself through open to chanting and laughing. There are many

something difficult and find success. I love the parts of yoga that can be intimidating. I just have to challenges that yoga encourages me to overcome.

get into others' ways of doing it. There's a tone. It's Building confidence is good.

very encouraging. It helps with movements and

positions. You have to breathe through it—even if it hurts. Center your breathing even when the

## **FAVORITE POSE**

breathing is difficult.

## **LEGS UP THE WALL**

## **MOST CHALLENGING POSE**

## **What are your goals with yoga?**

## **LOW LUNGE**

Putting myself out there even though I practice

## **OCCUPATION**

privately—just the yoga teacher and me right now.

CAMP COUNSELOR FOR

I'm getting used to being in front of other people. I KIDS WITH DISABILITIES  
don't want people to see me contorting to try to get

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Handstand

**tADHO MUKHA VRKSASANAu**

This challenging pose requires a great deal of upper-body strength, especially from your arms, chest, and upper back.

It also demands balance, focus, determination, and practice, making this pose exhilarating and terrifying.

1Lift your knees off the mat,

2Bend your right knee, press your right

straightening your legs, and slowly

foot into the mat, and lift your right leg

walk your feet toward your hands.

toward the wall.

Contract

your core

muscles

toward

your midline

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3 Push up through your left foot, bending your left knee as needed, and lift your left leg toward the wall until parallel with your right leg. Press down through your hands, pulling your shoulder blades

together, and try to push the mat away from you. Hold this position for 3 to 5 full breaths.

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## iHANDSTANDh

**Variations**

Handstands help create strength and alleviate fear, but they aren't easy. These variations give you similar benefits to the main handstand—but in a more accessible way.

**variation #1**

Lift your heels

off the wall

1. Facing away from a wall, place your hands, knees, and the tops of your feet flat on the mat.
2. Extend your legs and place your feet flat on the wall.
3. Walk your feet up the wall until your body is almost parallel with the wall. (You can also walk your hands backward to try to become closer to parallel with the wall.) Hold this position for

3 to 5 full breaths.

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**variation #2**

1. Facing away from a wall,

Form a 90° angle

place your hands, knees, and

with your body

the tops of your feet flat on

the mat, with your feet flat

against the base of the wall.

2. Lift your knees off the mat

and walk your legs up the wall

until they're parallel with the

mat. Pull your shoulder blades

together, keep your legs

straight, and press down

through your hands to push

the mat away from you.

3. Extend either leg toward

the sky. Hold this position for

3 to 5 full breaths.

4. Return your leg to the wall

and repeat step 3 with your

Keep your arms

other leg.

straight throughout

**variation #3**

1. Facing away from a wall, lie on your back, with your arms extended overhead, your fingertips touching the mat, and your feet pressed into the base of the wall.
2. Lift your kneecaps toward your head and flex your feet toward your body. Press down through your feet and press out through your hands. Hold this position for 3 to 5 full breaths.

press your

thighs together

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Forearm Stand

**tPINCHA MAYURASANAu**

This is an excellent pose for strengthening your arms, shoulders, upper back, and core muscles. These movements ask a lot of you—from strength and balance to focus and courage—but with continual practice, you can handle them.

contract your core

Keep your

muscles toward

head and

your midline

back straight

1Facing a wall, kneel in the

2Interwhine your fingers and place your

middle of the mat, with the tops

forearms flat on the mat, with your elbows

of your feet flat on the mat and

aligned under your shoulders.

your hands resting on your thighs.

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3Lift your knees off the mat  
and walk your feet toward your  
shoulders, pressing down through  
your forearms, pulling your  
shoulder blades together, and

pressing your upper arms toward  
each other.

Flex your toes  
toward the mat

Squeeze your  
thighs together

4Lift your left leg toward the  
wall. Once you find your  
balance, lift your right leg until  
parallel with your left leg, using  
your forearms to help maintain  
your balance. Press your thighs  
together and push up through your  
heels. Hold this position for  
3 to 5 full breaths.

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iFOREARM STANDh

### **Variations**

You can use different starting positions and a wall to help with these alternatives that come with similar benefits to the main pose but offer more support.

Align your elbows

and shoulders

**variation #1**

In step 2, place a block long side up between

your hands. In step 3, press your hands into the sides of the block. In step 4, extend your right leg until aligned with your torso. Hold this

position for 3 to 5 full breaths. Repeat these

steps on the other side.

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## **variation #2**

In step 1, face a wall and loop a strap around your upper arms.

In step 4, lift your legs toward the wall, resting your heels against the

wall and pressing down through  
your forearms.

contract your

core muscles toward

your midline

### **variation #3**

1. Facing away from a wall, place  
your knees flat on the mat, with  
your feet flat against the base of  
the wall and your hands interlaced

Form a 90° angle

in front of you.

with your legs

2. Walk your feet up the wall until  
your legs are parallel with the mat.

Press down through your forearms

and pull your shoulder blades

together. Press your thighs

together and press the backs of

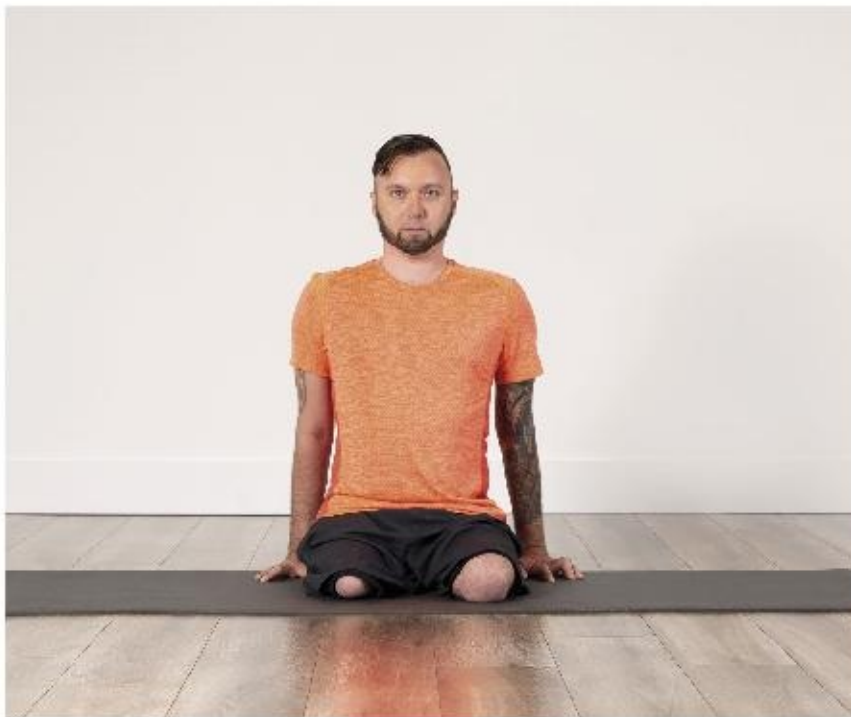
your legs toward the sky. Press

down through your forearms and

push the mat away from you. Hold  
this position for 3 to 5 full breaths.

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Wide-Angled

Seated Forward Fold

**tUPAVISTHA KONASANAu**

This is an excellent preparatory pose for deeper forward folds, twists, and wide-legged poses. These movements stretch your hamstrings, inner thighs, calves, glutes, and lower back, but your upper body won't be neglected.

1 Sit with your legs extended

and your arms relaxed at

your sides.

Keep your head

and back straight

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2 Spread your legs as wide  
as possible and place your  
Lengthen your spine  
hands flat on the mat in front  
through the crown

of you.

of your head

3Bend at your waist and

press down through the

backs of your legs. Walk your

hands forward as far as you

can go. Hold this position for

lengthen forward

3 to 5 full breaths.

and soften your body

toward the mat

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iWIDE-ANGLED SEATED FORWARD FOLDh

### **Variations**

Using a prop or wall can help alleviate stress on certain muscles as well as make this pose more accessible for a wide variety of body types.

### **variation #1**

In step 2, place a block on the mat between your legs. (Add a second block as needed.) In step 3, touch your forehead to the block. (Adjust the placement of the block as needed as you lean forward. You can also place a rolled blanket under each knee.)

Place your  
hands on  
your shins

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## **variation #2**

In step 2, place a bolster and then a folded blanket on top of a block on the mat between your legs. In step 3, touch your

forehead to the blanket and  
place your hands and  
forearms flat on the mat  
between your legs.

Adjust the prop  
placements as needed

### **variation #3**

In step 1, sit on a folded  
blanket. (You can also place  
a folded blanket under your  
knees.) In step 2, keep your  
legs only slightly apart. In step  
3, reach for and grab your feet  
with your hands.

Pull your toes  
toward your body

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Forward Fold

**tUTTANASANAu**

Helping you stretch your lower back, hamstrings, and calves, this pose offers grounding energy and can help recenter your thoughts. This pose's simple movements can also be a relaxing way to relieve stress in your body.

Align your elbows

and shoulder blades

Press down through the

outer edges of your feet

1Stand in the middle of the mat, with your 2Place your hands on your hips and  
gently weight balanced equally between your feet

bend at your waist, bringing your chest

and your arms relaxed at your sides. Lift your

parallel with the mat and pulling your shoulder

toes off the mat, separate your toes, and anchor blades together. (Slightly bend  
your knees as

each toe into the mat.

needed for balance.)

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Let your chest

lean over

your thighs

3Extend your arms

toward the mat,

placing your fingertips

or hands on the mat.

(Or rest your hands on

your shins or feet.)

Push up through

where your legs meet

your buttocks—close

to your sitting bones.

Hold this position for

3 to 5 full breaths.

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72

iFORWARD FOLDh

### **Variations**

If you have tight hamstrings, a tight middle or lower back, or an abundance in the center of your body, this pose can prove difficult. But these variations can help.

## **variation #1**

1. Sit in a chair, with your legs as wide apart as the chair and your arms relaxed at your sides.
2. Bend at your waist, bringing your chest toward your thighs, and place your hands on the mat in front of you. (Or place them on blocks in front of you.) Hold this position for 3 to 5 full breaths.

Keep your  
arms straight

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## **variation #2**

1. Facing an arm's distance away from a wall, place your hands flat on the wall.

2. Walk your feet  
backward and walk  
your hands down the  
wall until your torso is  
parallel with the mat.  
Hold this position for  
Slightly bend  
3 to 5 full breaths.  
your knees

**variation #3**

Allow your back  
to gently curve  
Place a block long  
edge up in front of  
each foot. In step 3,  
place your hands on  
the blocks when you  
bend and keep a slight  
bend in your knees.  
(Experiment with  
different heights by

using more than one  
block per hand to help  
bring the mat closer  
to you.)

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74

Head-to-Knee

Forward Fold

**tJANU SIRSASANAu**

Forward folds are essential components of a well-rounded yoga practice because



they're soothing and quieting for the nervous system. Because this particular pose is one of the more accessible forward folds, enjoy the calm it brings.

1 Sit on a folded blanket, with your legs extended and your arms relaxed at your sides. Lengthen your spine through the crown of your head and press down through the backs of your thighs.

Keep your head and back straight

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2Bend your left knee to bring the heel of your left foot toward your pubic bone, keeping your left foot flat on the mat. Press down through the back of your right leg. (Bend the knee of your extended right leg if you feel

tightness in your hamstrings or lower back.)

Place your hands

where comfortable

3Bring the sole of your left foot toward the inside of your right leg. Align your body with your right leg and lengthen your spine toward your right foot. Walk your hands forward as far as you can and place your hands on your right shin. (You can also place your hands on the mat.

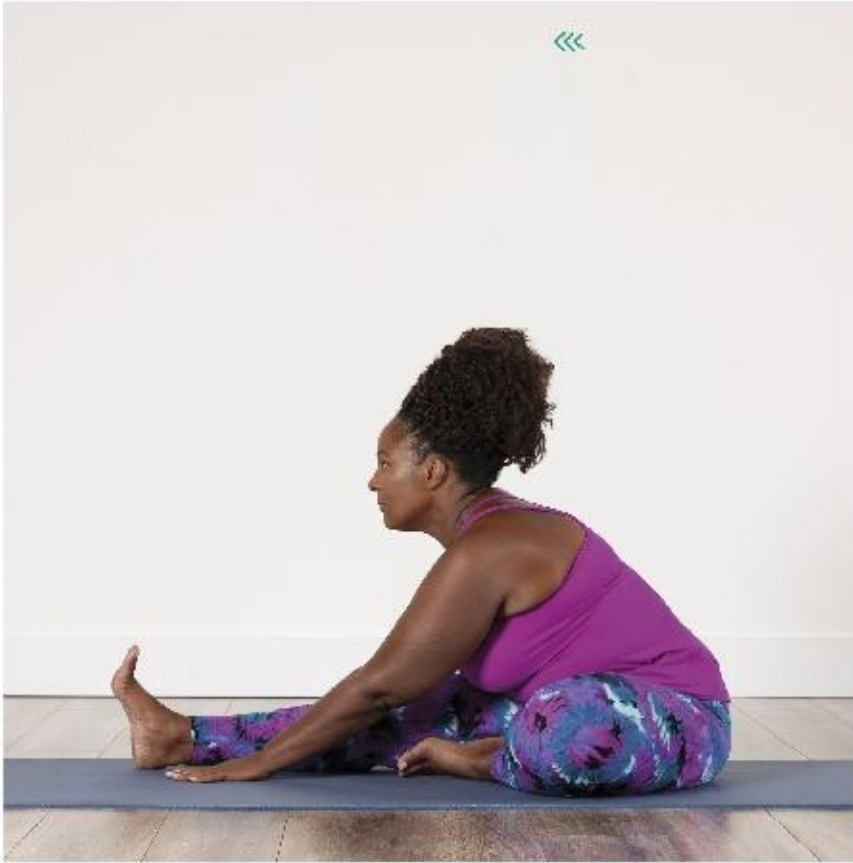
If your left knee lifts too much, place a block under it for support.) Hold this position for 3 to 5 full breaths. Repeat these steps on the other side.

Flex your foot away

from your body

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76

## HEAD-TO-KNEE FORWARD FOLD

### **Variations**

This is an excellent warmup or cooldown pose, and it has a few accessible variations that can help you enjoy all the benefits of these movements.

**variation #1**

In step 3, walk a hand forward  
on each side of your extended  
leg or place your hands on  
your thighs.

Flex your feet  
toward your body

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## **variation #2**

In step 1, wrap a strap around the ball of the foot of your extended leg. In step 3, when you lean forward, lead with

your chest rather than be  
guided by pulling on the strap.

Align your chin and knee

### **variation #3**

In step 1, sit on a bolster or  
a folded blanket. In step 2,  
keep your body facing  
forward. In step 3, fold  
straight forward.

Place your  
hands in the  
middle of  
the mat

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78

Revolved Side Angle

**tPARSVAKONASANAu**

This twist starts from under your rib cage, and the flexibility of your clavicle and scapula aids in the upper-body stretch.



This pose builds strength and balance in your legs while also stimulating your abdominal organs and lungs.

align your

knee with

your ankle

continue to keep

your foot flat

on the mat

1Stand in the middle of the mat, step your 2Bend at your waist and lean forward until right leg forward, and keep your right foot

your shoulders align with your right knee.

flat. Step your left leg behind you and lift your left heel. Face your torso toward the top of the mat and place your hands on your hips.

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pull your body

toward your midline

face your palm

toward the sky

3 Rotate your torso toward your right thigh. Place your left elbow on the outside

of your right knee and press your upper left arm against your right thigh. Extend your right arm until aligned with your left leg. Hold this position for 3 to 5 full breaths. Repeat these steps on the other side.

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## iREVOLVED SIDE ANGLEh

### **Variations**

This pose can prove challenging if you have a larger midsection, tight shoulders, or shorter arms. These variations use a prop to make the movements easier.

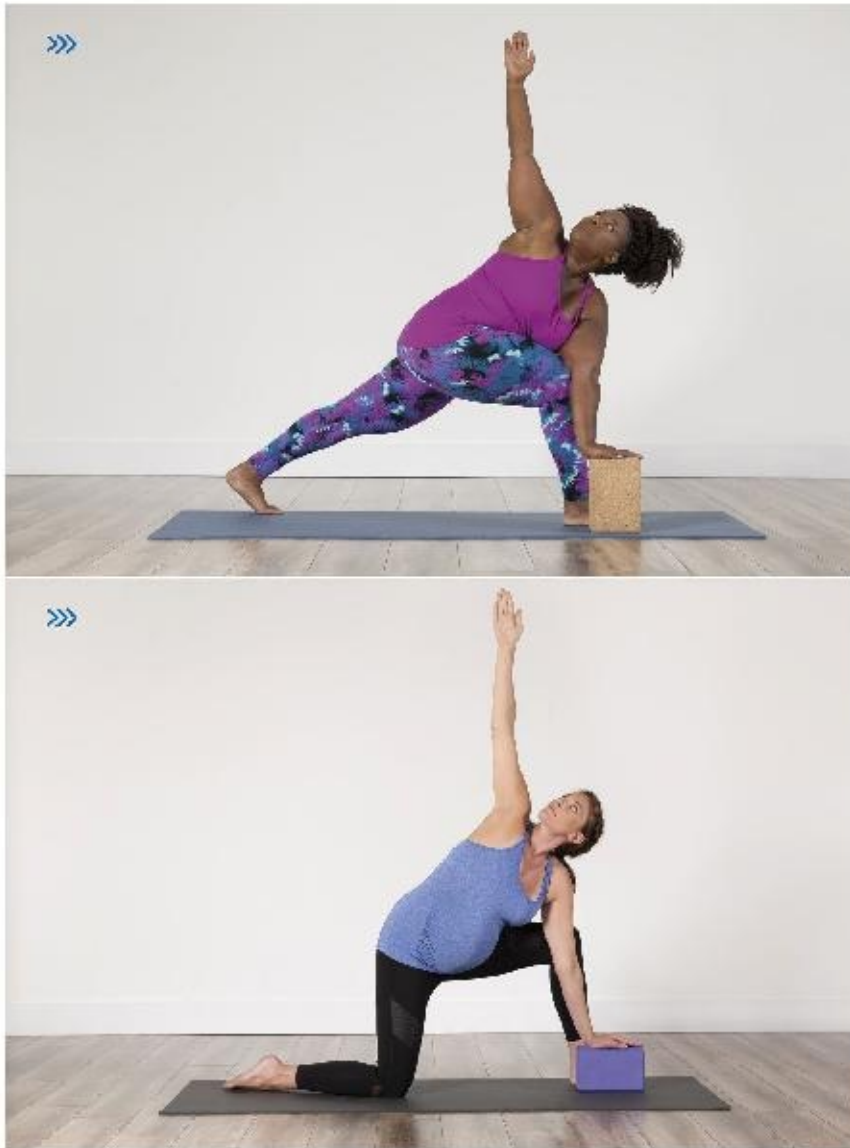
#### **variation #1**

1. Stand with the left side of your body against a wall and place a block long edge up on the outside of your right foot.
2. Extend your left leg behind you, resting Place your hand your left hip against the wall. against the wall for added support
3. Rotate your torso toward your right thigh, leaning your back into the wall for support, and place your left hand flat on the block. Extend your right arm toward the sky until aligned with your right leg. (Place your right hand against the wall for more support.) Hold this position for 3 to 5 full breaths. Repeat these steps on

the other side.

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**variation #2**

Place a block on the outside

of your right leg. In step 2, when you twist, bring your left arm toward the outside of your right foot. Place your left hand on the block and extend your right arm toward the sky until aligned with your right leg.

Balance your leg on the ball of your foot

### **variation #3**

In step 1, place your right knee on the mat and a block on the inside of your left leg.

In step 2, when you twist, place your left hand on the block and extend your right arm toward the sky or rest your right hand on your hip.

Align your elbow with your knee

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Wind Relieving

**tPAWANMUKTASANAu**

This supine pose helps massage your internal abdominal organs and encourages

the release of tension in your belly and lower back. And as the name suggests, this pose can also aid with digestion.

1Lie on your back, with your legs

extended and your arms

relaxed at your sides.

Keep your legs together

Keep your head and

back flat on the mat

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2Bend your right knee,  
bring your right leg toward  
your chest, and wrap your  
hands around your right shin.  
Slightly lift your head and

Align your knee

bring your forehead toward

and elbow

your right knee.

Flex your toes

3On an exhale, bend your

left knee and bring your

left leg toward your chest,

toward your head

wrapping your hands around

your shins. Hold this position

for 3 to 5 full breaths. Repeat

these steps on the other side.

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84

iWIND RELIEVINGh

### **Variations**

If you have an abundance in the center of your body, this might be a difficult pose. But worry not: There are a couple variations you can perform instead.

Place the soles of  
your feet together

**variation #1**

In step 2, bring your knees toward  
your armpits, allowing your knees  
to fall open, and grab your ankles  
with your hands.

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Align your elbows  
and knees

**variation #2**

In steps 2 and 3, keep your head  
flat on the mat.



This is no ordinary squat. It's a powerful pose that stretches your inner thighs and hip flexors while also strengthening your lower back and leg muscles. Engaging your abdominal muscles helps you maintain your balance.

Keep your head

and back straight

1Stand in the middle of the mat, with your 2Place your feet as wide as the mat, angling weight balanced equally between your feet

your feet toward the corners of the top of

and your arms relaxed at your sides.

the mat. Place your hands on your hips or in

a prayer position in front of your chest.

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Continue to keep

your head and

back straight

3Bend your knees to lower yourself into a squat. Lift onto your toes or widen your feet until your heels touch the mat. (If you lift onto your toes, you can place a folded blanket under your heels.) Hold this position for 3 to 5 full breaths.





This squat can put a lot of pressure on your knee joints.

Using a prop can help relieve some of this pressure as you lower into the squat and as you hold that position.

**variation #1**

Place a block behind

your legs. In step 3,

sit on the block.

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## **variation #2**

1. Stand with your back against a wall and your arms relaxed at your sides.

2. Widen your stance,  
bend your knees, and  
slide your back down  
Press your  
contract your core  
the wall until you're in  
lower back  
muscles toward  
a squatting position.  
into the wall  
your midline  
Relax your arms at  
your sides, place your  
hands in a prayer  
position in front of  
Point your  
your chest, or rest  
toes toward  
your hands on your  
the corners  
thighs. Hold this

of the mat

position for 3 to 5

full breaths.

**variation #3**

1. Facing a wall, lie on your back, with your knees bent and your feet flat against the wall.

2. Angle your feet to resemble a squatting position.

(If your legs need more space, move farther away from the wall.) Relax your arms at your sides, place your hands in a prayer position in front of your chest, or rest your hands on your

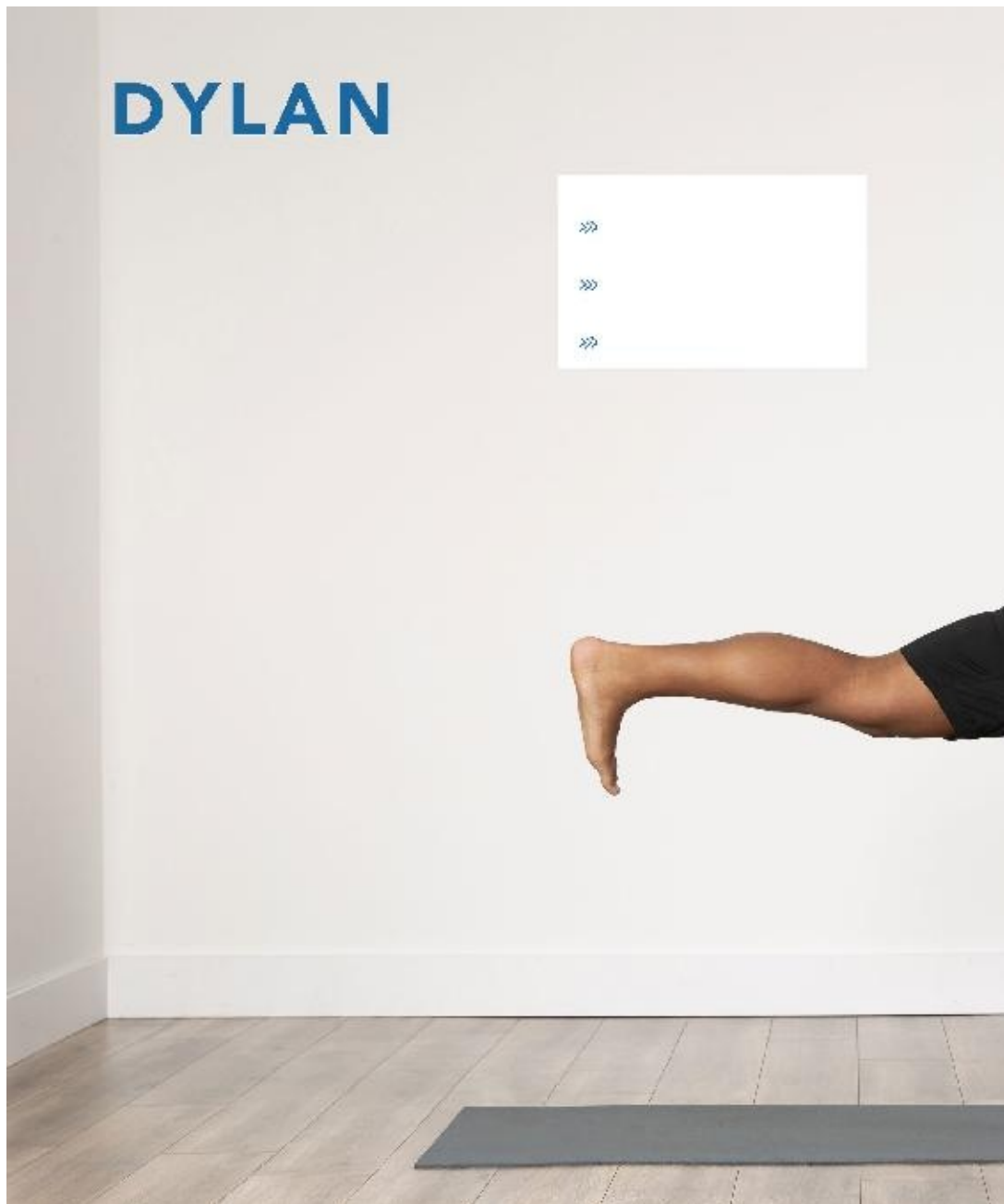
thighs. Hold this

position for 3 to

5 full breaths.

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## **Who is Dylan Galos?**

### **FAVORITE POSE**

I'm a dreamer and a realist, a lover and a fighter, REVOLVING HALF MOON  
someone who wades through the world searching

for certainty and accepting relativity. I live in the **MOST CHALLENGING  
POSE**

spaces between categories and labels, and I find SIDE CROW

truth in paradox. Based on impressions from the

### **OCCUPATION**

outside, one might be surprised I'm a big nerdy

### **EPIDEMIOLOGIST**

yoga teacher who loves to play with puppies and

cats. I love bad puns, drone metal, and rainbows.

I'm also an epidemiologist (meaning I study the

determinants of health and health-related states and events at a population level).

I work at an evaluation and research firm working on projects that focus on the social systems and behaviors that influence our health, evaluating programs, creating policies, and working with practitioners. I also teach at universities as an adjunct professor—when time permits.

### **How does yoga help you combat obstacles in**

### **your life—physical, mental, and emotional?**

Learning to be more patient and learning how and when to stay in uncomfortable situations. Not only that but also to discern whether there's value in them. I've learned that walking away from

something is sometimes not only a necessary choice but also a wise one. The biggest obstacle that yoga has taught me to face is the notion of seeking and clinging to the idea of something permanent;

nothing is permanent. What I've learned from yoga is that while everything changes, there is something familiar and grounding that can be found in the situations life throws our way.

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**How did yoga become a part of your life?**

**How have you sustained your practice?**

It wasn't until I was in a motorcycle crash in 2012 that I began to explore a practice with consistency and inquire more about the aspects of yoga that are off the mat. Yoga changed my life by giving me a space to find consistency and

contentment without

requiring anything besides my body. My practice

has helped me have fewer walls to different kinds of people and to be more open. That's not to say

practicing yoga automatically makes someone a

kind person, but rather, it's been a set of tools that's given me space to make changes and be.

Yoga is so much more than a

Google search tells you it is. You

don't ever have to stand on your

hands to do yoga, and while not

everyone will find that yoga is the

thing for them, I believe there's a

practice of yoga that can be reached

by everyone. At some point—and I hear

this is common—I've become less strict about

the specifics of what my yoga practice looks like. It's more important to be consistent with it in a way that fits. Rarely does my practice look like a 75-minute group class in a studio. A lot of it is bringing yoga to the other things I do. Sometimes, it involves

bringing that same focus and attention to the

weight room with barbells; other times, it involves lying down on bolsters. What I've learned from

allowing flexibility in my yoga practice is that it makes it possible to be

consistent.

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Fire Log

## tAGNISTAMBHASANAu

This powerful hip-opening pose is known for building heat within the body, especially an intense stretch in your hip flexors. These movements can also invigorate your outer hips, thighs, buttocks, lower back, and internal organs.

Align your ankles

1 Sit in a cross-legged position, with your

2 Step your right foot forward and slide your

hands resting on your thighs. (You can also

left heel toward your sitting bones, placing

sit on a folded blanket for more support.)

your hands at your sides.

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3Place your right  
foot on top of your  
left knee, grab your  
right foot with your  
left hand, and rest

Flex your toes  
your right hand on  
toward your knees  
your right knee.

4 Press your  
tailbone down into  
the mat, lengthening  
your spine, and bend  
at your waist and lean  
Keep your shins parallel  
your chest over your  
with the sides of the mat  
legs. Hold this position  
for 3 to 5 full breaths.

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94

iFIRE LOGh

### **Variations**

There's more than one way to build a fire. And if you have or had an injury to your hips and knees, you might want to try one of the variations of this pose.

## **variation #1**

1. Sit in a chair, with your knees bent, your feet flat on the mat, and back straight and a block near your left foot.

2. Cross your right ankle over your left knee, hold your right foot with your left hand, and rest your right hand on your right knee. Place the outer edge of your left foot on the block.

3. Bend at your waist and lean your chest over your legs. Hold this position for 3 to 5



full breaths.

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**variation #2**

Place a block flat side

up on the mat near  
your left leg and place  
a block short edge up  
near your right leg. In  
step 2, place your  
right foot on the flat  
block and place your  
knee on the tall block.

(You can also place  
the block under your  
left foot instead.)

Bring your hands  
together in a prayer  
position in front of  
your chest.

### **variation #3**

Place a block on its  
longest edge near  
your left leg. In step 2,  
place your right foot  
on the block and place

your right hand on the  
sole of your left foot.

Keep your feet  
parallel with the  
top and bottom  
of the mat

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Dancer

**tNATARAJASANAu**

It's time to show off your dance moves! And while you're doing that, you can increase strength and flexibility; relieve tightness in your shoulders, chest, and hips; develop your thigh muscles; and improve your overall balance and focus.

Keep your  
head and back  
straight  
keep your  
arm straight

1Stand in the middle of the mat, with your 2Bend your right knee and lift your  
right heel weight balanced equally between your feet  
toward your buttocks. Grab your right ankle  
and your arms relaxed at your sides.  
with your right hand, shifting your weight to  
your left foot, and extend your left arm toward  
the sky.

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Continue to align

your head and back

3Bend at your waist and slowly lean forward

until your left arm aligns with your right

leg. Lift your right leg up as far as you can and press your right foot into your

right hand. Hold this position for 3 to 5 full breaths. Repeat these steps on the other side.

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iDANCERh

## **Variations**

There's more than one way to dance. These variations use a strap, a wall, or the mat to help make this pose more accessible—and more fun for your body.

Press your foot

into the strap

### **variation #1**

In step 2, wrap a strap around the top of your left foot. In step 3, pull the strap with your hands to bring your left heel toward your buttocks and lean forward.

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## **variation #2**

In step 1, stand an arm's length from a wall. In step 2, place your left fingertips on the wall.

(You can also place your  
left hand flat on the wall.)

Bring your foot as  
close to your  
buttocks as possible

**variation #3**

1. Lie on your belly, with your legs extended and your arms relaxed at your sides.
2. Bend your right knee, reach your right arm behind you, and grab your right ankle with your right hand. Hold this position for 3 to 5 full breaths. Repeat these steps with your left leg.

Keep your knees flat on the mat

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100

Half Moon

**tARDHA CHANDRASANAu**

From challenging your balance, building strength in your legs, and stretching your glutes, shoulders, and hips, this pose can impact your entire body. These movements are also great for warming up your muscles.

1 Stand in the middle of the  
keep your head  
mat, with your left foot  
and back straight  
pointing forward, your right  
foot extended behind you,  
and your arms forming a T.  
contract your core  
muscles toward  
your midline

Point your toes toward  
the side of the mat

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2Bend at your waist toward your  
3Walk your left fingers forward and  
left and place your left fingertips  
lift your right leg until parallel with  
on the mat in front of your left foot.

the mat. Place your right fingertips on

Place your right hand on your waist

the mat for extra balance.

and keep your gaze toward the mat.

4Rotate your hips to turn your torso

toward your right. Keep your left

fingertips on the mat and extend your

right arm toward the sky until aligned with

your left arm. Hold this position for 3 to 5

full breaths. Repeat these steps on the

Keep your

other side.

arms straight

keep a slight bend

in your knee

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## HALF MOON

### **Variations**

You can still reach for the stars by using blocks or a wall in these accessible variations.

Align your hips

and shoulders

**variation #1**

1. Stand in the middle of the mat, with your back against a wall and your feet wide apart.

2. Hold a block in your left hand, bend toward your left, and place the block in front of your left foot.

Press your

3. Extend your right leg behind you,

head into

rotate your chest to your right, and

the wall

place your back against the wall.

4. Press your right heel into the wall

and extend your right arm until

aligned with your left arm, resting the

back of your right hand against the

wall. Hold this position for 3 to 5 full

breaths. Repeat these steps on the



other side.

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### **variation #2**

1. Stand facing a couple feet away

from a wall, placing a block in front of your left foot.

Point your toes toward

2. Bend at your waist, extend your the side of the mat

right leg behind you, place your right foot flat on the wall, and place your left hand on the block.

3. Rotate your hips to your right, extending your right arm toward the sky until aligned with your left arm, and press your left hand into the block. Hold this position for 3 to 5 full breaths. Repeat these steps on the other side.

### **variation #3**

1. Place your hands, knees, and the tops of your feet flat on the mat.

2. Extend your right leg behind you, keeping your knee straight.

3. Rotate your hips to your right

and lift your right arm and right leg  
off the mat. Extend your right arm  
toward the sky until aligned with  
your left arm. Hold this position for  
3 to 5 full breaths. Repeat these  
steps on the other side.

keep your  
arm straight

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104

Boat

**NAVASANA**

It's time to float toward strengthening your core muscles, especially your hip flexors, abdominals, and lower back.

This adventure can also help you find physical balance by continually engaging your abs and focusing on your breath.

Keep your head

and back straight

1 Sit in the middle of

the mat, with your

legs extended and

your arms relaxed at

your sides. (You can

place a block behind

your lower back for

added support.)

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Continue to  
keep your  
head and  
back straight  
2Shift your weight

to the back of your  
sitting bones, making  
sure to not roll onto  
your tailbone. Slightly  
bend your elbows and  
place your hands  
behind your thighs.  
contract your core muscles  
toward your midline  
3Lean backward,  
lift your legs off  
the mat, and extend  
your arms until  
parallel with the mat.  
Hold this position for  
3 to 5 full breaths.



106

iBOATH

### **Variations**

You might sometimes need a lifeboat. Try these variations to help make this pose more accessible and to enjoy smooth sailing in your yoga practice.



## **variation #1**

1. Sit facing a wall, balancing on the front of your sitting bones and placing the soles of your feet flat on the wall.
2. Shift your weight to the back of your sitting bones, slightly lean backward, and extend your arms until parallel with your legs. (Or place your hands behind your thighs or behind you for balance.) Hold this position for 3 to 5 full breaths.

Place your feet at a  
comfortable height

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## **variation #2**

In step 1, place your hands flat on the mat behind your back and keep them there for the remaining steps.

Keep your calves

parallel with the mat

**variation #3**

Place a strap nearby. In step 2, wrap the strap around the balls of your feet, holding an end of the strap in each hand. In step 3, press your feet into the strap.

Keep your

elbows unbent

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108

Tree

**tVRKSASANAu**

Performing this pose can help you connect with your core muscles. Not only can these movements increase your balance and stability, but they can also challenge your body to depend on your brain's mental focus.

Keep your  
head and  
back straight

Keep your  
body upright

1Stand in the middle of the mat, with your 2Shift your weight to your left foot,  
slowly weight balanced equally between your feet

bend your right knee, and bring your right  
and your arms relaxed at your sides.

knee into your chest.

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Continue to keep your  
head and back straight

Keep your  
hips facing  
forward

3Place the sole of your right foot on the

4When you feel balanced, lift your arms

inside of your left calf or thigh, pull your

toward the sky, keeping a slight bend in your

legs to the midline of your body, and place your elbows. Hold this position for 3 to 5 full breaths.

hands in a prayer position in front of your chest.

Repeat these steps on the other side.

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110

iTREEh

### **Variations**

We're always trying to find balance in our lives.

It can be especially challenging in yoga. But these variations can offer you a way



to get closer to centering yourself—  
physically and mentally.

**variation #1**

**variation #2**

Place a block near

Skip step 2, and in

your right foot. In step

step 3, place your

2, place your right foot

right heel against

on the block.

the inside of your

left ankle.

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**variation #3**

**variation #4**

In step 1, stand with your right side

In step 3, cross your

next to a wall. In step 3, place your

right leg in front of  
right knee against the wall and  
your left leg and grab  
place your right foot against the  
your right ankle with  
inside of your left thigh.  
your left hand.

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112

Triangle

†**TRIKONASANA**‡

This lateral-facing standing pose opens your hips and shoulders and stretches your hamstrings. Performing these movements can also lengthen your torso and help build balance and strength in your legs.

Keep your  
head and  
back straight

Relax your  
shoulders

Keep a slight bend  
in your knees

Press down through your big toes

1Stand at the top of the mat, 2Extend your right leg behind you, balancing your weight with weight balanced equally

between your feet. Place your right foot parallel with the between your feet and your arms

back of the mat and keep your left foot pointing forward.

relaxed at your sides.

Extend your arms to form a T.

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pull your shoulder blades

together and down

Lift your kneecaps

toward your head

3Bend at your left hip and place the fingertips of your left hand at the outside of

your left foot. Rotate your torso to your right and extend your right arm until aligned with your left arm. Hold this position for 3 to 5 full breaths. Repeat these steps on the other side.

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iTRIANGLEh

## **Variations**

Because this pose requires balance and strength, it can be tricky to perform. Using blocks and a wall can help make this more accessible.

Align your arms

### **variation #1**

Place a block on the outside of your left foot. In step 3, when you bend, place your left hand on the block. (You can also place your left hand anywhere on your left leg.)

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## **variation #2**

1. Stand facing away from a wall, with your right heel pressed into the wall and the

outside of your left  
foot against the wall.

2. Lean backward and  
place your left hip  
against the wall.

3. Bend toward your  
left, touching your left  
leg with the back of  
your left hand. Extend  
your right arm toward  
the sky until aligned

Keep your foot  
with your left arm.  
pointing toward

Hold this position for  
the side of the mat  
3 to 5 full breaths.

Repeat these steps  
with your right arm.

### **variation #3**

Keep your arm

In step 1, face the seat parallel with the mat of a chair toward you and in front of your left foot. In step 3, place your left hand flat on the seat of the chair and extend your right arm over the back of the chair.

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116

Chair

**tUTKATASANAu**

Also known as the Fierce pose because of its intensity, this is great for building strength in your legs. And because this pose's movements have squat-like aspects, you can enjoy similar benefits to that position.

Keep your head  
and back straight  
pull your shoulder  
blades together  
and down

1Stand in the middle of the mat, with your 2On an exhale, bend your knees, shift  
your weight balanced equally between your feet  
weight backward as if lowering yourself into  
and your arms relaxed at your sides.  
a chair, and place your hands on your waist.

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Align your knees with  
your middle toes  
3Extend your arms at an angle  
toward the sky. Hold this  
position for 3 to 5 full breaths.



iCHAIRh

**Variations**

Keep your head and back

Because this pose requires flat against the wall tremendous strength in your quads and glutes, you might find it to be too challenging. Try one of these variations that might make the movements more accessible—if not a little easier.

**variation #1**

1. Stand facing away from a wall, with your weight balanced equally between your feet and your arms relaxed at your sides.
2. Bend your knees and lean your body against the wall, walking your feet forward until you find a comfortable position.
3. Extend your arms alongside your ears and rest them against the wall. Hold this position for 3 to 5 full breaths.





Place your hands  
above your shoulders

**variation #2**

1. Stand facing away  
from a wall, with your

weight balanced  
equally between your  
feet and your arms  
relaxed at your sides.

2. Bend your knees,  
shift your weight  
backward as if  
lowering yourself  
into a chair, and place  
your hands against  
the wall for support.

Hold this position for  
3 to 5 full breaths.

### **variation #3**

1. Sit on the edge of a  
chair, with your feet  
flat on the mat and  
your knees aligned  
with your toes.

2. Extend your arms  
Keep your head and

back straight  
toward the sky. (You  
can also place your  
hands on your knees  
or place your hands in  
a prayer position in  
front of your chest.)

Hold this position for  
3 to 5 full breaths.

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120

Mountain

**TADASANA**

Don't let what seems like a simple pose fool you.

It's one of the most common poses in yoga and

a foundational stance for all standing poses. But it's also the embodiment of standing with intention and integrity.

1 Stand in the  
middle of the mat,  
with your weight  
balanced equally  
between your feet, the  
outer edges of your  
feet parallel with the  
sides of the mat, and  
your arms relaxed at  
your sides.

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Keep your  
arms straight  
2Pull your shoulder  
blades toward  
each other, aligning

your ears, shoulders,  
and hips, and turn  
your hands away from  
you. Hold this position  
for 3 to 5 full breaths.

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Keep your head flat

against the wall

iMOUNTAINh

### **Variations**

This pose incorporates a feeling of



connection from your feet to your head—a feeling of standing strong.

These variations employ similar core principles to the traditional pose.

### **variation #1**

1. Stand facing away from a wall, with your feet together; your back, heels, sacrum, and shoulder blades flat against the wall; and your arms relaxed at your sides.

2. Pull your shoulder blades toward each other and face your palms forward.

3. Press the backs of your hands into the wall. Hold this position for 3 to 5 full breaths.



## **variation #2**

1. Sit in a chair, with your feet flat on the mat and your arms relaxed at your sides.

2. Press your hands  
into the sides of the  
Align your ears,  
chair and press down  
shoulders, and hips  
through your buttocks.

Hold this position for  
3 to 5 full breaths.

Keep your back straight

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### **Who is Alexandra Traubert?**

people of every age (even over 80!), size, shape, etc., in yoga classes. It's an invigorating workout, I'm a combination of thought, expression, and

and it helps me feel centered. I wouldn't say it's long-left impressions. I'm continuously growing, changed my life, but it's definitely a nice experience experiencing, and learning about the world around when my husband and I do it in the yard on a nice me. I'm a soon-to-be mother, devoted wife, and

day or in a class with others.

loving daughter who was taught to be strong,

caring, thoughtful, and passionate.

**What would you tell others who might be**

**What observations have you made about**

**afraid to try yoga?**

**yourself while practicing yoga?**

There's nothing to be afraid of—yoga is meant for any/everybody. I've been in classes with people of I've noticed the usual things people often have

all kinds of shapes, ages, and capabilities that every when performing yoga: being bent over in front of pose is able to accommodate. Yoga is something

people, shaking and not maintaining my balance

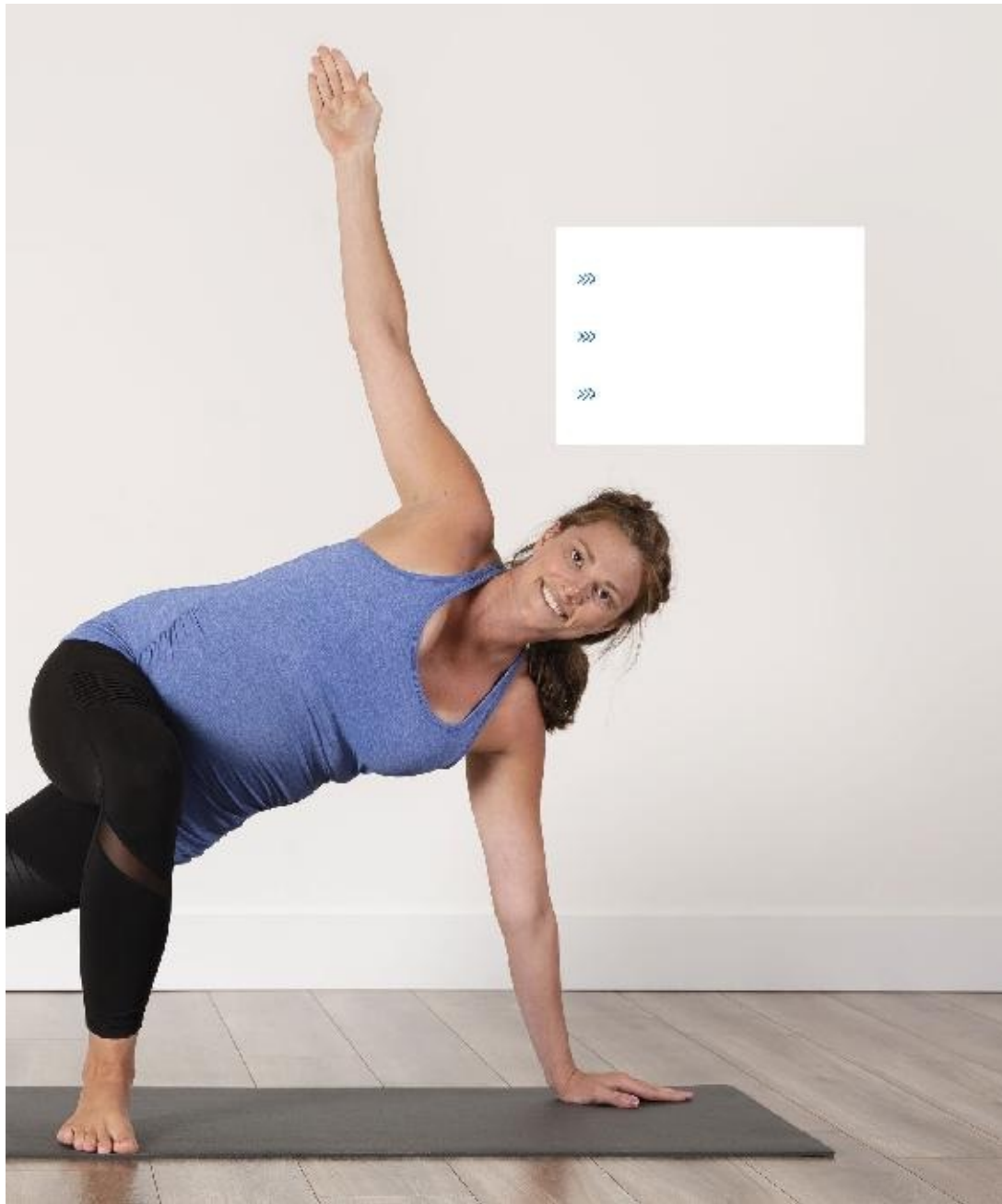
that helps you be healthy, take your mind and body while holding poses, maybe not being flexible

to the next level, connect with others on a spiritual enough. But I've also noticed that I'm not the only level, and find that extra balance and inner peace.

one who has these kinds of issues. I love seeing Yoga is a lifestyle.

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125

**FAVORITE POSE**

REVOLVED SIDE ANGLE

**MOST CHALLENGING POSE**

CROW

# OCCUPATION

ADMINISTRATIVE

ASSISTANT

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## Butterfly

### **tBADDHA KONASANAu**

Spread your wings with this seated hip opener that also targets your groin muscles. Folding forward during this pose can also help ease lower-back pain. This is an especially great pose to perform during pregnancy.

Keep your head

and back straight

Gently bend

your elbows

Keep your

legs together

1 Sit on the mat, with your legs extended and 2 Bend your knees and bring your feet toward your arms relaxed at your sides. (You can

your sitting bones, placing your hands on

also sit on a folded blanket.)

your shins. (If you feel pain, pressure, or

discomfort in your knees, place your feet farther away from your body.) Press the outer edges of

your feet and your sitting bones into the mat.





Keep your gaze

looking forward

3 On an exhale, bend at your

waist and lean forward and

rest your inner forearms on the

inside of your thighs. Hold this position for 3 to 5 full breaths.

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iBUTTERFLYh

## **Variations**

This pose comes with several variations, including using a prop to help with support. At least one of these can provide more comfort and stability for you.

Keep your head lifted

Place your hands

around your ankles

### **variation #1**

### **variation #2**

Place a block near each leg. In step

In step 3, place a block between

3, place a knee on each block.

the soles of your feet. (You can also

(Adjust the height and placement

create more of a diamond shape

as needed.)

with your legs.)

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### **variation #3**

1. Sit in a chair, with the outer edges of your feet on a block in front of you and your arms  
Keep your head and

relaxed at your sides.

back aligned

2. On an exhale, bend at your waist, lean forward, and place your elbows on the insides of your knees. Hold this position for 3 to 5 full breaths.

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130

Pigeon

**tEKA PADA RAJAKAPOTASANAu**

This pose is a deep hip opener that can also help with lower-back pain, tight or sore hips, and overall well-being.

Although these movements are challenging, you can benefit from the release of tension in your hips and back.

1 Sit in a cross-legged position at the top of the mat, with your hands on your knees.

keep your head and back straight

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2Bend your left knee, place your left leg behind you, and place your hands flat on the mat, angling the sole of your left foot toward the right side of the mat.



keep your shin parallel  
with the top of the mat  
3 Press your hands into the mat  
and extend your left leg behind  
you, placing your right shin parallel  
with the top of the mat and  
pressing the top of your left foot  
into the mat. Hold this position for  
3 to 5 full breaths. Repeat these  
steps on the other side.

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132

iPIGEONh

### **Variations**

If you decide you're not sure about this pose, try one of these accessible variations. You can still attain similar benefits to the main pose.

### **variation #1**

1. Lie on your back, with your knees bent, your feet flat on the mat, and your arms relaxed at your sides.

2. Bend your left knee and place your left

Flex your toes

ankle just above your right knee. Hold this toward the soles

position for 3 to 5 full breaths. Repeat

of your feet

these steps on the other side.

### **variation #2**

*Add this step to variation #1:*

Flex your feet

toward your knees

3. Bring your right knee toward your chest

and grab the backs of your thighs with your

hands, intertwining your fingers. Hold this

position for 3 to 5 full breaths. Repeat

these steps on the other side.

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### **variation #3**

In step 2, place a bolster

under your left leg.

support your pelvis

on the bolster

**variation #4**

1. Stand in front of the seat of a chair and relax your arms at

Keep your

your sides.

head and

back aligned

2. Bend your right knee and

place your lower right leg on

the chair, with your right shin

parallel with the back of the

chair.

3. Widen your right knee to

your right and extend your left

leg behind you. Hold this

position for 3 to 5 full breaths.

Repeat these steps on the

other side.



134

Eagle

**tGARUDASANAu**

You can soar like a majestic bird with this pose. It's excellent for developing and enhancing balance, strength, and flexibility throughout your body. This pose also helps you draw energy into the center of your body.

Keep your head and

back straight

Balance your foot

Keep your foot

on your toes

flat on the mat

1Stand in the middle of the mat, with your 2Shift your weight to your right leg and bend weight balanced equally between your feet

your left knee. Bring your left leg across

and your arms relaxed at your sides.

your right leg to align the back of your left knee with the front of your right knee. Place your

hands in a prayer position in front of your chest.

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Align your  
elbows and  
knees

Continue to keep  
your legs locked



3Press your thighs together, slightly bend 4Hook your right arm under your left elbow your right knee, and shift your weight

until your elbows align. (Or cross your right

backward as if lowering yourself into a chair.

elbow with your left triceps.) Hold this position for 3 to 5 full breaths. Repeat these steps on the other side.

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136

iEAGLEh

### Variations

Using props, like blocks, a wall, and the mat, can help make this pose more accessible—if not a little easier. And don't worry—you can still fly with all the other eagles.

Keep your  
head and  
back straight

Keep your  
lower back  
flat against  
the wall

**variation #1**

**variation #2**

In step 1, stand facing away from a  
Place a block short edge up on the  
wall. In step 2, press your back into  
outside of your right leg. In step 2,  
the wall when crossing your legs.  
place your left foot on the block.

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### **variation #3**

1. Sit on the edge of a chair,  
with your arms relaxed at  
your sides.
2. Bend your left knee and

cross your left leg over your

Align your

right thigh.

elbows and

knees

3. Hook your right arm under

your left elbow until your

elbows align. Hold this

position for 3 to 5 full breaths.

Repeat these steps on the

other side.

#### **variation #4**

1. Lie on your back, with your arms relaxed at your sides.

2. Bend your left knee and cross your left leg over your right thigh.

3. Bend your elbows and hook your right arm under your left elbow until your elbows align. Hold this position for 3 to 5 full breaths. Repeat these steps on the other side.

Keep your head and back

flat on the mat

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138

Crow

**tKAKASANAu**

Arm balancing is a great way to build upper-body strength while also testing your fortitude. This pose demands core strength, which you will also develop. What's unusual about this pose is that your knees rest on the backs of your arms.

Keep your head  
and back straight  
align your  
hands with  
your ankles

Press down through your

Angle your feet toward  
fingers and knuckles  
the corners of the mat

1Squat in the middle of the mat, with your 2Place your hands flat on the mat in  
front of elbows resting on the inside of your knees,

you and press your elbows into the sides of

your heels lifted off the mat, and your hands in your knees.

a prayer position in front of your chest.

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slightly bend

your elbows

3 Gently lean



forward, pressing  
your hands into the  
mat and gazing at  
the top of the mat.  
4Press down  
through the ball of  
Continue to press your  
your right foot to lift  
elbows into your knees  
your right leg off the  
mat. When you find  
your balance, press  
down through the ball  
of your left foot to lift  
your left leg off the  
mat. Hold this position  
for 3 to 5 full breaths.



140

iCROWh

### **Variations**

Our fear of falling often stops us from taking flight.

These variations can help ease some of your concerns as you allow yourself to

experience the sensation of flying.

**variation #1**

1. Lie on your back, bend your knees, bring your knees toward your chest, and relax your arms at your sides.

2. Spread your knees wide, keeping your feet together, bend your elbows, and press your elbows into the insides of your knees.

3. Raise your hands up, trying to push the sky away from you. Hold this position for 3 to 5 full breaths.

Push your lower ribs  
toward your hips

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## **variation #2**

1. Stand facing away from a wall, with your weight balanced equally between your feet and your arms

Contract your core

relaxed at your sides.

muscles toward

your midline

2. Bend your knees, lift your

heels off the mat, and slowly

lower yourself into a squat.

Place your elbows on the

inside of your knees and place

your hands flat on the mat in

front of you.

3. Gently lean forward,

pressing more weight into

your hands, and place your

toes against the wall. Use your

arms to push the mat away

from you. Hold this position

for 3 to 5 full breaths.

### **variation #3**

1. Sit on the edge of a chair,

with your feet on the legs of

the chair and your arms

relaxed at your sides.

2. Bend at your waist, lean

forward to place your hands

flat on the mat, and slide your

feet up the legs of the chair.

(You can also place your

hands on blocks.) Hold this

position for 3 to 5 full breaths.

Keep a slight

bend in your

elbows

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142

Warrior 1

**tVIRABHADRASANA 1u**

This is an excellent pose for creating strength and power in your legs. It's part of the Warrior series of yoga poses, which can help build stability in your body—and make you feel like nothing can stop you.

Align your

knee with

Keep your

your ankle

leg straight

1Stand at the top of the mat, with 2Extend your right leg behind you, with your toes angled your weight balanced equally

toward the top-right corner of the mat and your upper between your feet and your hands

body parallel with the top of the mat, and slightly bend your on your hips.

left knee. (If you can't see the toes of your left foot, widen your stance by spreading your legs farther apart.) 126-159\_CH2\_Poses.indd 142

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Lengthen your spine  
through the crown  
of your head  
Keep your left foot  
parallel with the

sides of the mat

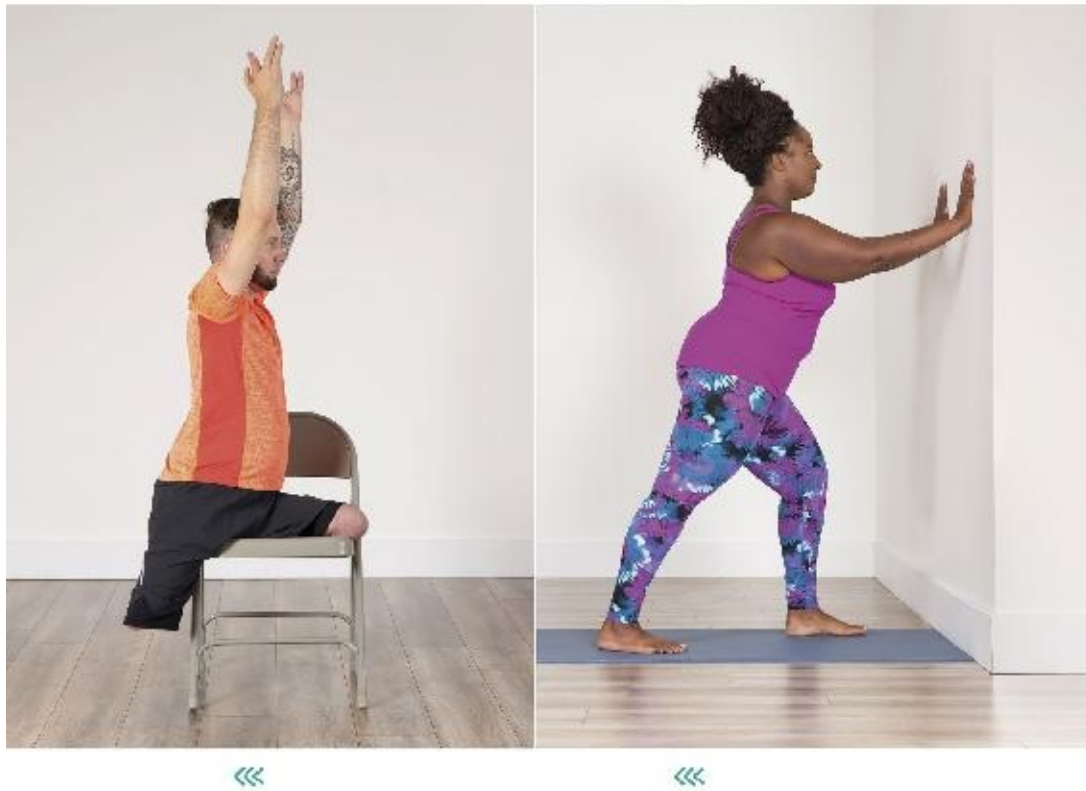
3 Raise your head and your arms toward the

sky, with your hands in a prayer position

over your head. Hold this position for 3 to 5 full breaths. Repeat these steps on the other side.

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144

iWARRIOR 1h

### **Variations**

This pose requires strength and balance in your legs, but using the mat or a chair can help you build strength and balance—and make these movements more accessible.

Keep slight bends

Keep your

in your knees

head and

back aligned

**variation #1**

**variation #2**

In step 2, place your left thigh

In step 1, stand facing a wall. In

across the seat of a chair before

step 2, place your hands flat on the

stepping your right leg behind you.

wall and bend your left knee.

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### **variation #3**

In step 2, place your  
left knee on the mat.

Keep your  
hips ahead of

your knee

**variation #4**

1. Place the short edge of a mat perpendicular to a wall. Stand facing a few feet away from the wall.

2. Extend your right leg behind you and keep your torso place the outer edge parallel with the of your right foot top of the mat against the wall.

3. Raise your arms keep your hips ahead of your toward the sky, back knee

facing your palms

toward each other.

Hold this position for

3 to 5 full breaths.

Repeat these steps on

the other side.

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146

Warrior 2

**tVIRABHADRASANA 2u**

Movements in this strong standing pose are excellent for building strength in your legs, lengthening your spine, and opening your chest, shoulders, hips, and arms. This added power can help you be an amazing everyday warrior.



1Stand at the top of  
the mat, with your  
weight balanced  
equally between your  
feet, your palms  
facing forward, your  
shoulder blades  
pulled together, and  
your arms relaxed at  
your sides.

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Place your hands  
on your hips  
2Extend your right  
leg behind you and  
turn your right foot

until parallel with the  
back of the mat. Make  
sure you can see the  
toes of your left foot.

Balance your

(If you can't, widen

weight equally

your stance by

between your feet

stepping your legs

farther apart.)

Continue to keep your

head and back straight

3Push your legs

apart energetically

and bend deeply with

your left knee. Raise

your arms to form a T,

lengthen your spine

through the crown of

your head, and gaze

over your left arm.

Hold this position for

3 to 5 full breaths.

Repeat these steps

on the other side.

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148

iWARRIOR 2h

### **Variations**

This pose is all about strength and balance in your legs.

To help build and enhance those, you can perform this pose using the mat, a

chair, or a wall.

Align your ankles

and elbows

**variation #1**

In step 1, face a wall.

In step 2, extend your

left foot to touch the

wall with your toes. In

step 3, place your left

hand flat on the wall.

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## **variation #2**

1. Sit in a chair, with your feet flat on the mat and your arms relaxed at your sides.

2. Rotate your body to your right, extend your right leg behind you, and place your left thigh across the shoulders aligned seat of the chair.

3. Extend your arms to form a T. Hold this position for 3 to 5 full breaths. Repeat these steps on the other side.

**variation #3**

In step 2, place your right knee on the mat and rotate your right hip until your lower-right leg is



parallel with the back  
of the mat.

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## Warrior 3

### †VIRABHADRASANA 3u

This is sometimes referred to as Airplane pose because it makes you feel like you're gliding through the air. These movements are excellent for building balance, learning how to focus on your breath, and creating strength in your legs.

Keep your

head and

back straight

Keep your head angled

toward the mat

Keep your

legs straight

1Stand at the top of the mat, with your 2On an exhale, bend at your waist and place your weight balanced equally between your

hands on your hips. Extend your right leg

feet and your arms relaxed at your sides,

behind you until your upper body and right leg are facing your palms forward.

parallel with the mat.

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contract your core

muscles toward

your midline

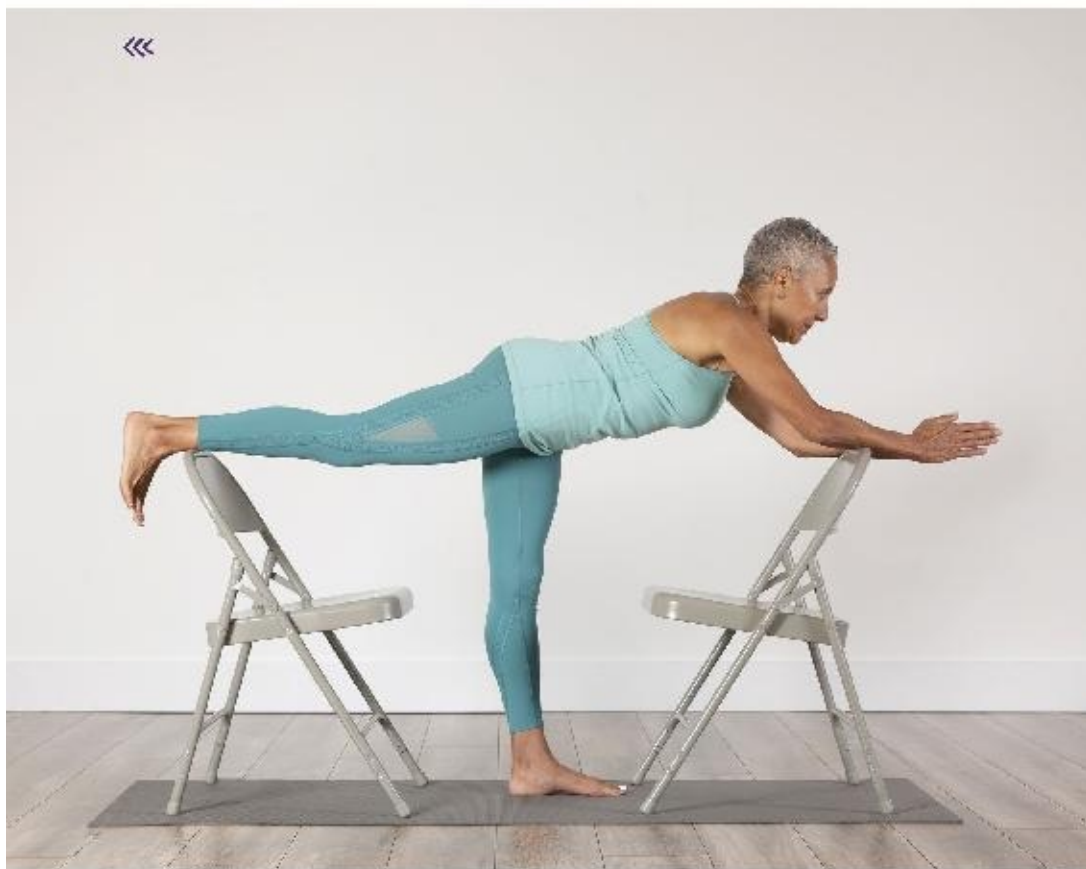
3Once you find your balance, extend your

arms until parallel with the mat. Hold this

position for 3 to 5 full breaths. Repeat these steps on the other side.

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iWARRIOR 3h

## **Variations**

Taking flight into this pose can prove somewhat

challenging, but using a chair or a wall can help make this pose more accessible and more balanced.

### **variation #1**

In step 1, stand between two chairs, with their

seats facing you. In step 2, place your right leg over the back of the chair behind you. In step 3, place your arms across the back of the chair in

front of you. (You can also place your arms

across the chair in front of you before extending your right leg across the chair behind you.)

Keep your torso

parallel with

the mat

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## **variation #2**

In step 1, place a chair at the top of the mat, with the back of the chair facing you.

In step 2, rest your forearms across the back of the chair when you lean forward.

Flex your toes  
toward your body

Keep your  
arms straight

**variation #3**

In step 1, stand facing a wall.

In step 2, place your hands flat  
on the wall when you lean  
forward. (You can also bend  
your left knee for more  
support.)

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Corpse

**tSAVASANAu**

This might seem easy, but it's one of the hardest poses to master. Because it involves the challenge of finding a deep state of relaxation—with the intention of letting go—

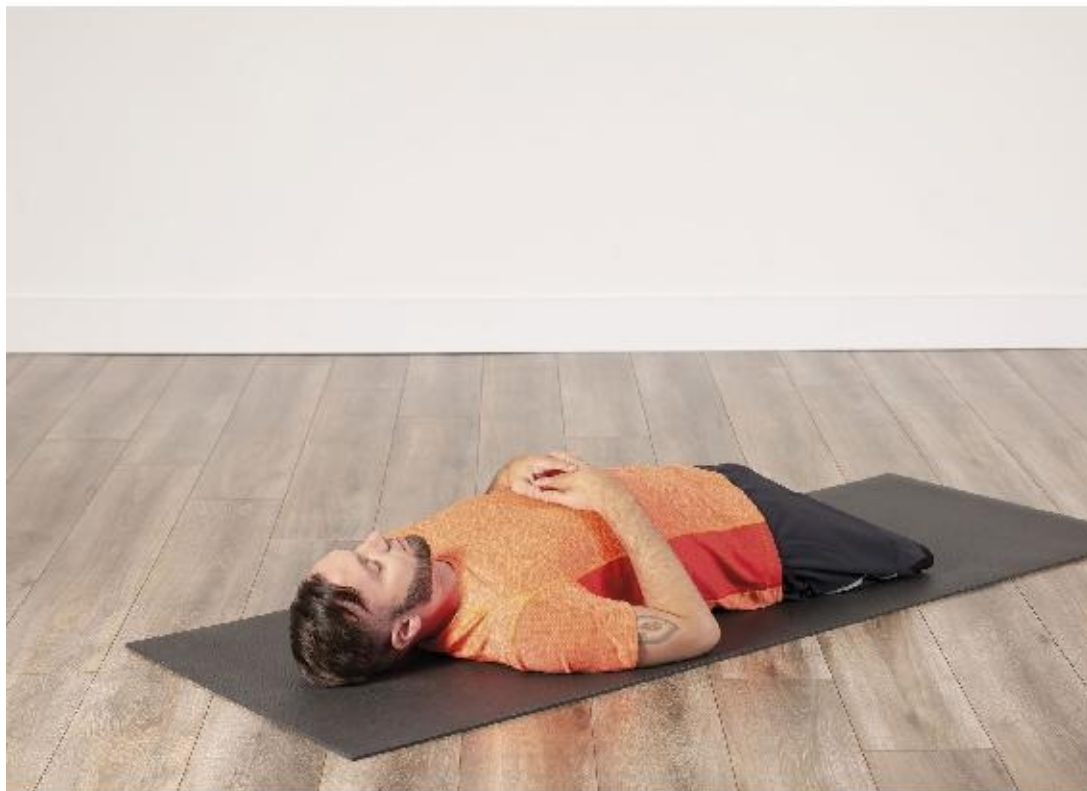


this pose is one of the main reasons people practice yoga.

1 Sit on the mat in a comfortable position.

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2Lie on your back, rest your hands on your chest, and extend your legs. Relax every part of your body and feel yourself being supported by the mat beneath you. Observe your body from head to toe, surrendering to the present moment. Notice all the places where your body makes contact with the mat and release any tension in your muscles. With each exhalation, imagine your body getting heavier and sinking deeper into the mat. Release everything into the floor. Stay in this position for as long as desired.

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156

iCORPSEh

### **Variations**

Lying flat on your back on a hard surface can sometimes feel uncomfortable. It's especially challenging if you have rounder buttocks or a curvy and inflexible lower back.

These variations can make this pose more relaxing.

**variation #1**

In step 2, place your legs on top of an exercise ball.

**variation #2**

In step 2, lie on your side and place a bolster between your legs.

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**variation #3**

In step 2, place your legs on a chair or against a wall in any comfortable position.

**variation #4**

In step 2, bend your knees and walk your feet toward the sides of the mat. Keep the soles of your feet flat against the mat and let your knees fall toward each other, allowing your knees to gently touch without narrowing the distance between your thighs. Extend your arms to form a T. Release any muscle tension.

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### **Who is Don Coyle?**

I'm the youngest 60-year-old I know. I started training to become a certified yoga instructor in January 2019.

### **Why did you start practicing yoga?**

I was looking for something that challenged me

physically but didn't hurt. Yoga is that and so much more. Seven years ago, I was fighting a very

aggressive form of leukemia. I had about a 22%

chance of survival. I did survive—obviously.

Curiously, at the start of treatment, I felt

positive I was going to find out about myself in a way I never had before. Well I didn't—I came

out the same person. Then yoga came into my

life and now I feel I can spend the time and do

just that with yoga.

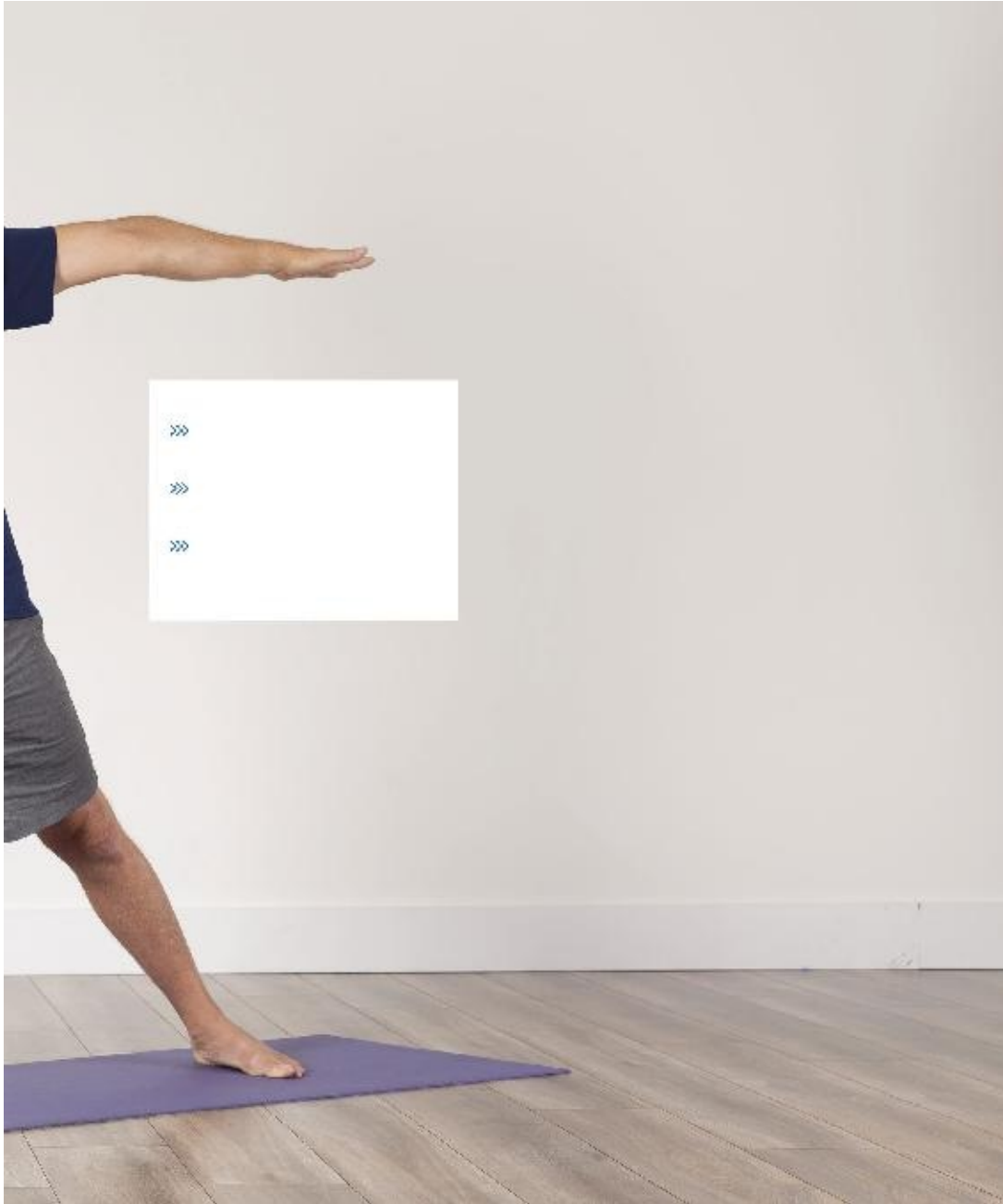
When I started my yoga practice, I wasn't

convinced that I was yoga material. Three weeks

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into it, I thought I had found something, but I still **FAVORITE POSE** wasn't sure. It wasn't until I fully grasped the power **WARRIOR 2** of the meditative practice inside yoga that it clicked.

I could find quiet in my life. I could shut out the **MOST CHALLENGING**

## **POSE**

madness of my day-to-day life and just breathe.

CROW

## **OCCUPATION**

**What do you enjoy most about**

DESIGNING PRODUCTION

TOOLS FOR THE AUTO

**practicing yoga?**

INDUSTRY

Yoga has built my strength, added power to my

body, and made me way more physically prepared

to face my particular journey. After a few months of practice, I felt more emotionally prepared.

I feel better about my entire being because of

this experience. Dianne is a big part of this.

Her approach to yoga is the power I get from it.

You can be afraid of yoga. I'm sure there are many different experiences in life that made you afraid.

This is the one time you'll come out the other

side—free and enlightened.

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### **CHAPTER 3**

Twisting, Folding,  
and Bending

This chapter is all about twists, folds, and bends.

These are the actions that keep our bodies lubricated and flexible, which can

help with easing pain

and stiffness. These poses also demand your focus, which can help you develop better mental acuity.

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Downward Dog

**tADHO MUKHA SVANASANAu**

When you think about yoga, this pose is probably what first comes to mind. It can create length in muscles throughout your body, particularly your calves, hamstrings, glutes, hips, and lower back, and can create upper-body strength.

1Place your hands, knees,

and the tops of your feet

flat on the mat.

Keep your head

and back straight

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2 Walk your hands to just ahead of your shoulders and as wide as the mat.

3 Curl your toes under and lift your hips up and back to form an inverted V. (If Press your fingers into the mat, engaging

your hamstrings feel tight, keep your knees  
your index fingers and thumbs by pressing  
bent and the gluteal fold—where your legs  
them deeper into the mat.

meet your buttocks—lifted up.)

Align your outer

shoulder with the

center of your wrist

Continue to push your

hips up and back

4Pull your upper arms and

triceps toward your ears, and

use your upper-arm strength to

push the mat away from you. Hold

this position for 3 to 5 full breaths.

Press your heels

into the mat

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iDOWNWARD DOGh

### Variations

This pose can put pressure on your wrists and lower body.

These variations ease the physical stress while still allowing you to extend your

spine, engage your arms, and open your shoulders and your upper-middle back.

### **variation #1**

Keep your hips slightly

behind your knees

1. Place your hands, knees, and the tops of your feet flat on the mat.

2. Extend your arms, resting your forearms and forehead on the mat, and push your hips back. Hold this position for 3 to 5 full breaths.

Keep your wrist

creases parallel with

the top of the mat

### **variation #2**

1. Place a block flat on the mat.

Align your hips

Place your hands and knees flat on with your knees

the mat and curl your toes under.

2. Push your buttocks toward your heels and walk your hands toward

the top of the mat. Rest your  
forearms on the mat and your  
forehead on a block. Hold this  
position for 3 to 5 full breaths.

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### **variation #3**

1. Place your forehead, forearms, knees, and the balls of your feet flat on the mat, with your fingers intertwined

in front of you and your knees aligned with your hips.

2. On an exhale, lift your knees off the mat until your legs are straight. Hold this position for 3 to 5 full breaths.

Keep your head and back aligned

#### **variation #4**

1. Stand facing a wall, with your arms alongside your ears and your hands flat against the wall. Keep your arms straight

2. Press through your fingers and walk your feet backward until your body resembles a V. Keep your spine long by pressing through your hands and heels. Hold this position for 3 to 5 full breaths.



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Cobra

**tBHUJANGASANAu**

This is a popular backbending and heart-opening pose.

Practicing these movements can open your shoulders, lengthen the muscles of the front of your body, and strengthen the muscles of your back and upper body.

1Lie on your belly with your arms folded

under your head and your chin resting

on your forearms, and extend your legs.

Align your

head and back

Keep the tops of your

feet flat on the mat

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2Place your hands at chest level and  
press down through your hands.

Slightly lift your head off the mat, keeping  
your head and back aligned, and press your  
thighs together.



Pull your elbows

toward your ribs

Align your hands

and shoulders

3 On an inhale, press your hands into the mat, curl your shoulders backward, and lift your upper body off the mat. Press your legs together, press down through the tops of your feet, and lift your chest forward.

Hold this position for 3 to 5 full breaths.

pull your shoulder

blades together

and down

lift your neck up

and forward

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### **variation #1**

1. Stand facing a wall, with your arms straight and your hands flat

Align your hands

on the wall.

and shoulders

2. Press through your hands, bend your elbows, and curl your shoulders away from the wall. Hold this position for 3 to 5 full breaths.

Pull your upper body up and back

iCOBRAh

### **Variations**

People with sore or injured backs might find backbends challenging, making this pose inaccessible.

But these variations can help you open muscles throughout your chest.

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**variation #2**

In step 1, place a rolled blanket or a small bolster under your hips.

Press down through

your hands

**variation #3**

1. Sit in a chair facing  
a wall, with your feet  
flat on the mat and  
your arms relaxed at  
Align your  
your sides.

hands and

2. Place your hands  
shoulders  
flat on the wall and  
lift your upper body  
up and back. Hold  
this position for 3 to  
5 full breaths.

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Bow

**tDHANURASANAu**

Fly like an arrow in this pose designed to strengthen your back muscles and stretch those muscles at the front of your body. These movements can also open the tight muscles of your quads and shoulders as well as stretch your abs.

1 Lie on your belly and extend your legs, with your head slightly lifted off the mat, the tops of your feet flat on the mat, and your arms relaxed at your sides.

face your palms up

2 Bend your knees, reach your arms behind you, and grab your ankles with your hands.

(Grab the outsides of your feet if that's easier.) Keep your arms straight

Press your thighs together

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3 Press your ankles (or feet) into your hands and lift your thighs and chest off the mat, curling your

shoulders backward and broadening across your

collarbones. Press down through your pubic bone to pull yourself deeper into the backbend. Hold this position for 3 to 5 full breaths.

Keep your



arms straight

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iBOWh

**Variations**

If you have tight shoulders or lower-back discomfort, try one of these alternative poses. Performing a variation might even help ease some of that tension and allow you to develop some strength in those areas.

### **variation #1**

1. Lie on your right side, resting your left arm at your side and resting your head on your right forearm and upper arm.

2. Bend your knees and bring your heel toward your buttocks.

Reach your left arm behind you and grab your left leg with your left hand.

3. Push your left leg away from you and pull your left heel toward your body. Hold this position for 3 to 5 full breaths.

Repeat these steps on the other side.

Push your

elbows inward

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## **variation #2**

1. Lie on your belly and extend your legs, with your head slightly lifted off the mat, the tops of your feet flat on the mat, and your arms relaxed at your sides. (You can also place a rolled blanket under your hips or squeeze a block between your thighs.)
2. Bend your knees to form 90° angles with your legs and press down through your pubic bone.

3. Curl your shoulders back and extend your arms behind you—but don't grab your legs. Hold this position for 3 to 5 full breaths.

Keep your  
arms straight

**variation #3**

1. Lie on your belly, bending your knees and placing a strap around the tops of your feet, and lift your head off the mat.

2. Pull on the straps to form 90° angles with your legs.

Press down through your pubic bone, pull back on the straps, and press your feet into the strap. Hold this position for 3 to 5 full breaths.

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Revolved Lunge

**†PARIVRTTA ANJANEYASANA†**

Engaging your spine and back muscles during this pose can improve your balance and posture. You can also engage your abdominal muscles, like your transverse and oblique abs, while your legs provide stability and endurance.

1Stand at the top of  
2Extend your left  
the mat, with your  
leg behind you and  
weight balanced  
bend your right knee  
equally between your  
until that knee aligns  
feet and your arms  
with your right ankle.  
relaxed at your sides.  
Place your hands in a  
prayer position in  
front of your chest.  
Keep your head  
and back straight  
Keep your  
heel lifted  
off the mat



3 Rotate your torso to your right, placing your left elbow on the outside of your right knee. Pull your shoulders backward, keeping your hands in front of your chest.

(You can also extend your arms to your sides.) Hold this position for 3 to 5 full breaths. Repeat these steps on the other side.

contract your core

muscles toward

your midline

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176

## REVOLVED LUNGE

### **Variations**

Twisting your torso while maintaining the lunge in your lower body demands strength and balance. Using props, like a wall or blocks, can make this pose more accessible.

## **variation #1**

Place a block on its long edge near your left foot. In step 2, place your left hand on the block. In step 3, rotate your torso to your right, lifting your right arm toward the sky until aligned with your left arm.

Hold this position for 3 to 5

Gaze toward

full breaths. Repeat these

your hand

steps on the other side.

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**variation #2**

In step 2, place your left knee on the mat. In step 4, rotate from beneath your rib cage, placing your left elbow on the

outside of your right knee.

(You can also place your left elbow on a block.)

Place your hand at shoulder height

### **variation #3**

In step 1, stand facing a wall.

In step 2, extend your left leg behind you and slightly bend your right knee. In step 3, rotate toward your right, place your left hand flat on the wall, and extend your right arm behind you until parallel with the mat.

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178

Cat-Cow

**tMARJARIASANA-BITILASANAu**

You can perform magic with this pose, transforming from cow to cat using flowing movements that warm your body and bring flexibility to your spine. This pose also invites a connection between your breaths and your movements.

Keep your head  
and back straight

Keep your knees  
behind your hips

1Place your hands, knees, and the tops of your feet flat on the mat, with your hands slightly in front of your shoulders, your knees slightly behind your hips, and your index fingers pressed into the mat.

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Keep your arms straight

2 On an inhale, push your belly toward the mat, creating a deep concave curve in your spine. Lift your sitting bones toward the sky and broaden your collarbones forward.

Continue to keep  
your arms straight

3 On an exhale, press down through your hands and strengthen your arms, pushing the mat away from you and creating a strong convex curve. Hold this position for 3 to 5 full breaths.

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iCAT-COWh

## **Variations**

If you have physical challenges or limitations related to your back, these seated and standing variations might make this pose more accessible.

Broaden across your

shoulder blades

press down

through your

sitting bones

### **variation #1**

1. Sit on the edge of a chair, place your feet flat on the mat, and place your hands on your knees.

2. On an exhale, round your back and tuck your chin into your chest.

3. On an inhale, pull your shoulder blades together and down, lifting your chest forward.

Hold this position for 3 to 5 full breaths.

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## **variation #2**

1. Stand with your weight balanced equally between your feet and your arms relaxed at your sides.

2. Bend at your waist and place your hands on your knees or upper thighs.

3. Round your back, curl your shoulders forward, and tuck your chin into your chest.

4. Curl your shoulders open, Keep a slight bend in your pulling your shoulder blades knees and elbows together and down and lengthening across your collarbones. Hold this position for 3 to 5 full breaths.

**variation #3**

In step 1, place your hands, forearms, elbows, knees, and the tops of your feet flat on the mat.

Keep your forearms flat on the mat

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182

Sage

**tPARIVRTTA MARICHYASANAu**

This twist is a great way to lubricate the joints of your spine while also creating a

sense of calm throughout your body.

These movements massage several organs, which can increase blood flow when you release from this pose.

1 Sit on the mat, with your

legs extended and your

Keep your head

arms relaxed at your sides.

and back straight

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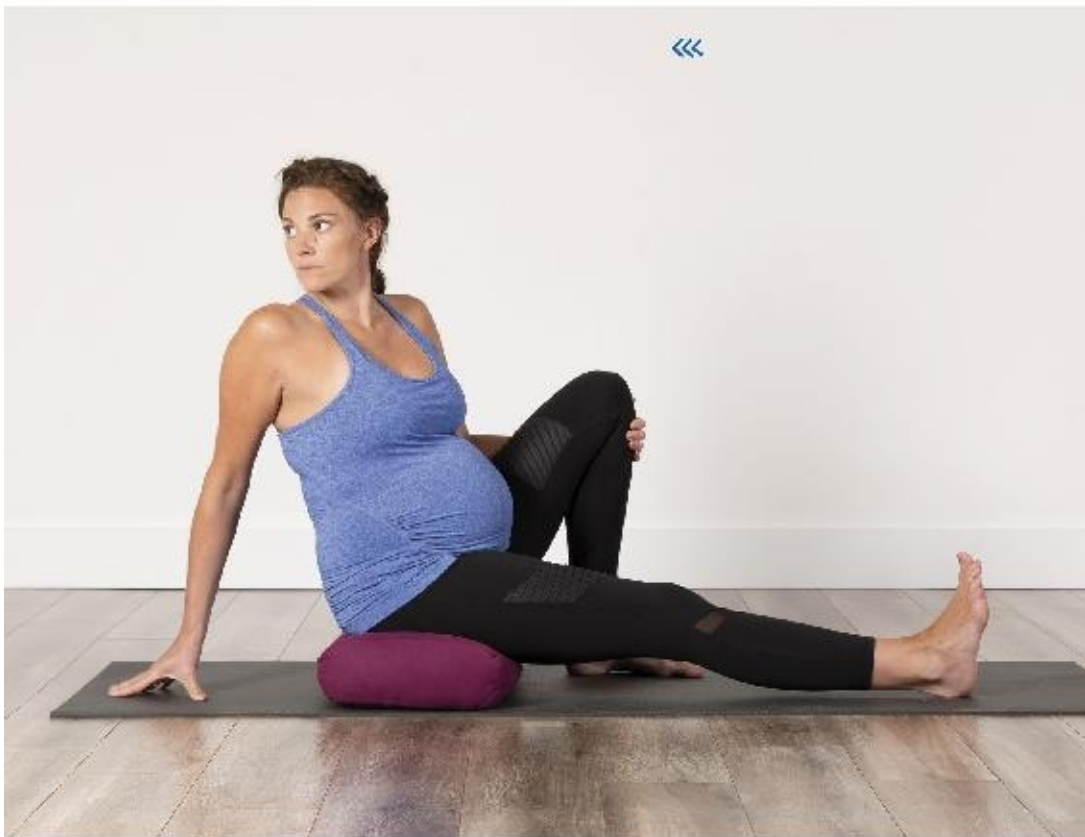
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2Bend your right knee and  
cross your right leg over  
your extended left leg, with  
your right foot parallel with  
Slightly

your left thigh and your right  
lengthen your  
knee pointing up.  
spine forward  
press down through  
press down through  
your sitting bones  
the back of your leg  
3Bend your left knee and  
place your left foot under  
your right thigh. Gently rotate  
your upper body toward your  
right and place your left elbow  
on the outside of your right  
knee. (You can also use your  
left hand to pull your right  
knee into your body to deepen  
the twist.) Hold this position  
for 3 to 5 full breaths. Repeat  
these steps on the other side.

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iSAGEh

### **Variations**

Twists can prove challenging if you have an abundance in the center of your



body. Twists with a bind can also be difficult if your arms aren't long enough to reach behind you. These variations can help with these situations.

### **variation #1**

In step 1, sit on a block, bolster, or folded blanket. In step 2, bend your left knee toward your chest and keep your right leg straight. In step 3, wrap your left hand around your left knee.

Pull your  
shoulders back

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## **variation #2**

In step 1, sit on a block, bolster, or folded blanket. In step 2, tuck your left foot behind your right ankle and place your right arm behind

your back. In step 3, place your

Pull your

left hand on the outside of your

knee inward

right knee.

### **variation #3**

1. Sit on the mat, with your legs extended and your arms relaxed at your sides. Place a folded blanket under your hips or sit on a bolster or a block.

2. Bend your left knee and

Align your elbow

bring your left leg to the inside of and knee

your right thigh. Bend your right knee and bring your heel as close to your sitting bones as possible.

3. Bend your right elbow, reach around your left knee, and pull your left knee to your chest.

Hold this position for 3 to 5 full breaths. Repeat these steps on the other side.

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## **Who is Gwen Jeun?**

I'm embracing my 51 years. I've been married for 21

years to the best guy ever. I was born in Ottawa and raised in Windsor, Ontario. I'm just a small animal veterinarian trying to live her yoga. I love food and cooking (especially baking bread), yoga and

meditation, travel and a good book. And I'm

addicted to my iPhone. I'm an advocate for wellness in the veterinary profession and I promote yoga as a tool for skillful living. I meet with a group of veterinary colleagues once a year to meditate and practice yoga. We stay in touch via an online weekly meditation group.

## **How did you get started practicing yoga?**

I took my first class with Dianne—when I was 39

years old! I don't consider myself an athlete, so I was happily surprised by what I was able to train my body to do with Dianne as my yoga teacher. I felt safe taking chances to explore my physical self in poses. I discovered meditation through classes at 160-187\_CH3\_Poses.indd 186

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**FAVORITE POSE**

HALF MOON

**MOST CHALLENGING POSE**

TREE

## **OCCUPATION**

SMALL ANIMAL

VETERINARIAN

the studio and I've continued to study and read

about it. I love practicing with Dianne—so much so that I took my yoga teacher training with her in 2011.

I've enjoyed the opportunity to assist in her teacher training program, where I get to share my interest in yin yoga.

### **What has practicing yoga taught you?**

Yoga has taught me that having a daily meditation practice is good for my well-being. Developing a personal asana practice is challenging! My

motivation is how good my body feels after I do a pose or two and it keeps me going. Breathing

techniques (ujjayi, natural breath, square breathing) are also good to help me in stressful times. Paying attention to how my breath changes during a

difficult pose reminds me to reassess what I'm

doing and why and that it's only temporary.

Learning to live inside my body—and not just

inside the thoughts in my head—was the biggest

lesson for me.

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188

Revolved Fire Log

**ᵀPARIVRTTA AGNISTAMBHASANAᵁ**

This seated twisting pose stretches your spine, lower-back muscles, torso, shoulders, and chest. These movements can also help you feel—and enjoy!—powerful stretching in your knees, ankles, and hips.



Keep your head  
and back straight  
place the sole of your  
foot parallel with the  
sides of the mat

1 Sit in the middle of the mat, with your  
2 Bend your knees and slip your right leg  
legs extended and your arms relaxed at  
under your left thigh until your right ankle  
your sides.

and the back of your left ankle align.

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3Place your left  
ankle on top of  
your right knee,  
keeping your upper  
body parallel with the

top of the mat, and  
place your hands on  
the soles of your feet.

flex your  
feet toward

your legs

Gaze over

your

shoulder

4Place your left

hand on the mat

behind you and place

your right hand on the

outside of your left

knee. On an exhale,

gently rotate your

upper body to your

left. Hold this position

for 3 to 5 full breaths.

Repeat these steps on

the other side.



Because this is an advanced pose, it requires flexibility.

Some knees can't handle the intense stretch these movements offer, but these variations can help you explore this pose without overexerting your knees and hip joints.

### **variation #1**

In step 1, place a block in front of you. In step 3, place the outside of your left foot on the block. In step 4, rotate at your shoulders.

Place your hands in a prayer position in front of your chest

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## **variation #2**

1. Sit on a bolster or folded blanket in the middle of the mat. Place a block long edge up near your left leg.

2. Bend your knees and slip your right leg under your left leg until your right ankle and the back of your left ankle align.

3. Place your left ankle on top of your right knee and place your left knee on top of the block. (Adjust the placement and position of the block as needed.)

4. On an exhale, gently rotate your upper body to your right, placing your right hand on the mat or on the bolster or

Keep your upper body blanket. (You can also place parallel with the top and your right hand on a block.)

bottom of the mat

Reach your left arm across

your body to place your left  
hand on the bolster or blanket.

Hold this position for 3 to 5  
full breaths. Repeat these  
steps on the other side.

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192

Revolved

Hand to Big Toe

**tPARIVRTTA SUPTA PADANGUSTHASANAu**

When you perform the movements in this pose, you can stretch muscles from

your shoulders to your feet. This pose can also help improve your hamstring and spine flexibility, relieve pressure in your lower back, and aid with digestion.

1 Lie on your back, with your arms extended to form a T and your legs extended.

Align your elbows with your shoulders

2 Bend your left knee, bring your left leg toward your chest, and wrap your interlaced fingers below your left knee.

keep your head flat on the mat

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3 Grab your left big toe with your right index and middle fingers, slightly bend your left knee, and begin to pull your left leg across your body. Extend your left arm to your left

4Continue to pull your left leg across your  
body until your foot is parallel with the sides  
of the mat. Hold this position for 3 to 5 full  
breaths. Repeat these steps on the other side.

Continue to keep your  
head flat on the mat

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REVOLVED HAND TO BIG TOE

### **Variations**

Shorter arms and tight shoulder muscles can make these movements challenging. These variations can help this pose feel more accessible.

## **variation #1**

1. Lie on your back, with your knees bent, your legs pulled toward your chest, and your arms relaxed at your sides.

2. Extend your arms to form a T and extend your legs. (You can also bend your elbows to form a cactus shape.)

3. Rotate to your right and bring your left leg

across your right leg until your left foot touches the floor and is parallel with the sides of the

mat. (If your shoulders feel tight, you can also place your left hand on your left hip or place a folded blanket under your shoulders.) Hold this

position for 3 to 5 full breaths. Repeat these

steps on the other side.

Point your toes toward

the top of the mat

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## **variation #2**

1. Lie on your back, with your arms extended to form a T and your legs extended.
2. Bend your left knee and bring your left leg toward your chest.
3. Place your right hand on your left knee and gently pull your left leg across

your body toward your right. Keep your left hand at your waist or place a rolled blanket under your left shoulder. Hold this position for 3 to 5 full breaths. Repeat these steps on the other side.

Flex your toes toward

your knees

### **variation #3**

In step 1, loop a strap around the ball of your left foot.

Use the strap in the remaining steps to pull and hold your left leg. (For added support, you can also place a block under your left leg.)

Keep your shoulders

flat on the mat

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Thread the Needle

**tPARSVA BALASANAu**

This take on Child's Pose offers a gentle twist that stretches and opens your shoulders, chest, arms, upper back, and neck. These movements can also relieve tightness in your upper back and between your shoulder blades.

1Place your hands, knees,  
and the tops of your feet  
flat on the mat, with your  
wrists under or slightly in  
front of your shoulders and  
your knees under your hips.

Align your  
head and back

Keep your  
arms straight

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2Extend your left

arm to your left.

Keep your

arms straight

3Slide your left arm

under your chest

and to your right.

Place your left

shoulder, ear, and

cheek on the mat.

Hold this position for

3 to 5 full breaths.

Repeat these steps on

the other side.

Face your palm toward the sky

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198

iTHREAD THE NEEDLEh

### **Variations**

If you have tight or stiff muscles in your upper back and shoulders, you might find this to be a difficult pose.

But using a block or a bolster can allow you to enjoy these movements and gain similar benefits to the main pose.

Keep your  
arms straight

**variation #1**

In step 1, place a block on the mat below your head. In step 3, place your head on the block and lower yourself toward the mat.

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Keep your  
hips lifted

**variation #2**

In step 1, place a bolster on the  
mat below your torso. In step 3,

lower yourself onto the bolster.

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200

Seated Forward Fold



## **†PASCCHIMOTTANASANA†**

If you need relaxing movements that stretch your lower back, glutes, and hamstrings, this pose is for you.

Forward folds naturally pull your focus inward, helping soothe your central nervous system and calm your mind.

Keep your

head and

back straight

1 Sit on the mat, with your legs extended,

a slight bend in your knees, and your

arms relaxed at your sides. (You can also sit

on a folded blanket.)

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press down through

your sitting bones

2Bend at your waist, walk your hands down your legs, and lean your chest toward your knees. Stop folding when you first feel a stretch in your lower back, glutes, or hamstrings. Hold this position for 3 to 5 full breaths.

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202

SEATED FORWARD FOLD

### **Variations**

Making some slight adjustments to the movements

of this pose can help extend how deeply you fold.

And you can still reap similar benefits to the main pose.

### **variation #1**

In step 1, wrap a strap around the balls of your feet, holding an end of the strap in each hand. In step 2, walk your hands along the strap toward your feet and lean forward. (If you have abundance in the center of your body widen your legs.)

Keep your elbows bent

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## **variation #2**

1. Sit cross-legged on the mat, with your hands resting on your thighs. Place a block short edge up on the mat in front of you.
2. Bend at your waist and extend your arms, walking your hands forward until you place your head on the block. Hold this position for 3 to 5 full breaths.

Allow your back

to curve slightly

**variation #3**

In step 1, place a rolled blanket under your knees. In step 2, walk your hands toward your feet, wrap your hands around your feet, and lean forward.

Rest your elbows

on the blanket

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204

Locust

**tSALABHASANAu**

Focused on strengthening your deep core and back muscles, this backbending pose can also help lengthen and extend your spine. When done properly, this pose can provide therapeutic benefits for your lower back.

Keep your legs

and feet together

1Lie on your belly, with your legs extended,  
your arms stacked under your head, and  
your head resting on your forearms.

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contract your core

muscles toward

your midline

2On an inhale, extend your arms down

your sides and lift your lower legs off the

mat, keeping your upper legs flat on the mat.

Press your

legs together

press down through

your midsection

3Lift your chest off the mat. Hold this position for 3 to 5 full breaths.

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206

iLOCUSTh

### **Variations**

Building strength in your back and core can help reduce back pain. This pose is a great way to help keep your spine healthy and more flexible, and these variations can help you achieve those goals.

Keep your head  
and back aligned

**variation #1**

In steps 2 and 3, alternate lifting opposite arms and legs. For example, lift your  
right arm and

lift your left leg.

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Place your hands

flat on the mat

**variation #2**

In step 1, place a block between your upper

thighs. In step 2, squeeze the block and lift only your upper body off the mat.

Flex your toes

toward your knees

**variation #3**

In step 1, place a block between your upper

thighs. In step 2, squeeze the block and lift only your legs off the mat.

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208

Shoulder Stand

**tSARVANGASANAu**

This inversion pose stretches your neck and shoulders while strengthening your abdominal and leg muscles. Performing these movements might also offer therapeutic properties to your thyroid gland and respiratory system.

1Lie on your back, placing  
a folded blanket under  
your upper back, and bend  
your knees, with your feet flat  
on the mat and your arms  
relaxed at your sides.

Keep your arms flat  
on the mat

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2Lift your legs and hips off the mat until your legs are perpendicular to the mat, using your hands and triceps to lift and support your hips.

Press down through your hands

3Lift your lower back off

the mat, placing your arms

behind your back to support

your hips and pulling your

shoulder blades into your

upper back. Hold this position

for 3 to 5 full breaths.

keep your head

flat on the mat

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210

iSHOULDER STANDh

### **Variations**

Finding balance in this pose is especially challenging for individuals with neck or shoulder injuries. Try these accessible variations to enjoy some of the therapeutic benefits of this pose without compromising your neck or shoulder

muscles.

**variation #1**

1. Place a chair in the middle of the mat, with the seat facing toward the back of the mat, and place a folded blanket on the mat. Sit sideways in the chair and rotate your body to slide your legs over the back of the chair.
2. Keeping your legs on the back of the chair, reach your hands behind you and grab the chair legs. Slide backward toward the back of the mat and rest your shoulders on the folded blanket.

Allow the seat of the chair to support your lower back. Hold this position for 3 to 5 full breaths.

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## **variation #2**

In step 1, place the short end of the mat near a wall, place a block nearby, and place the soles of your feet against a wall. In step 2,

bend your knees, lift your hips,  
and place the block under your  
hips. In step 3, bring the backs of  
your thighs parallel with the wall.

Bend your elbows until  
parallel with your legs

### **variation #3**

In step 1, place the short end of the  
mat near a wall and place a folded  
blanket in the middle of the mat.

Use the blanket to support your  
upper back as you perform the  
remaining steps, continuing to keep  
your feet flat on the wall.

Press your hands  
into your lower back

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### **Who is John Azlen?**

I work as an optical clerk. This is a job I truly enjoy because I work in a fun, fast-paced environment with a great group of coworkers who make it feel more like family than work. I enjoy the challenge of finding the right kind of frame to suit each customer.

I'm also a public speaker. In my presentations,

I talk about overcoming real and personal barriers, accessibility, and ways to easily increase access for everyone. I also talk about the importance of living an active lifestyle.

I'm a community activist, peer mentor, and an

accessibility advocate. I'm the co-founder of a peer support program for amputees and their families in my community. In this position, I use my personal experiences to help new amputees understand that they can still live the life they want—it just might look a little different than they imagined. They might need to learn to do things in a different way, but amputation doesn't have to be a barrier to

achieving their goals.

After encountering a lack of options in my

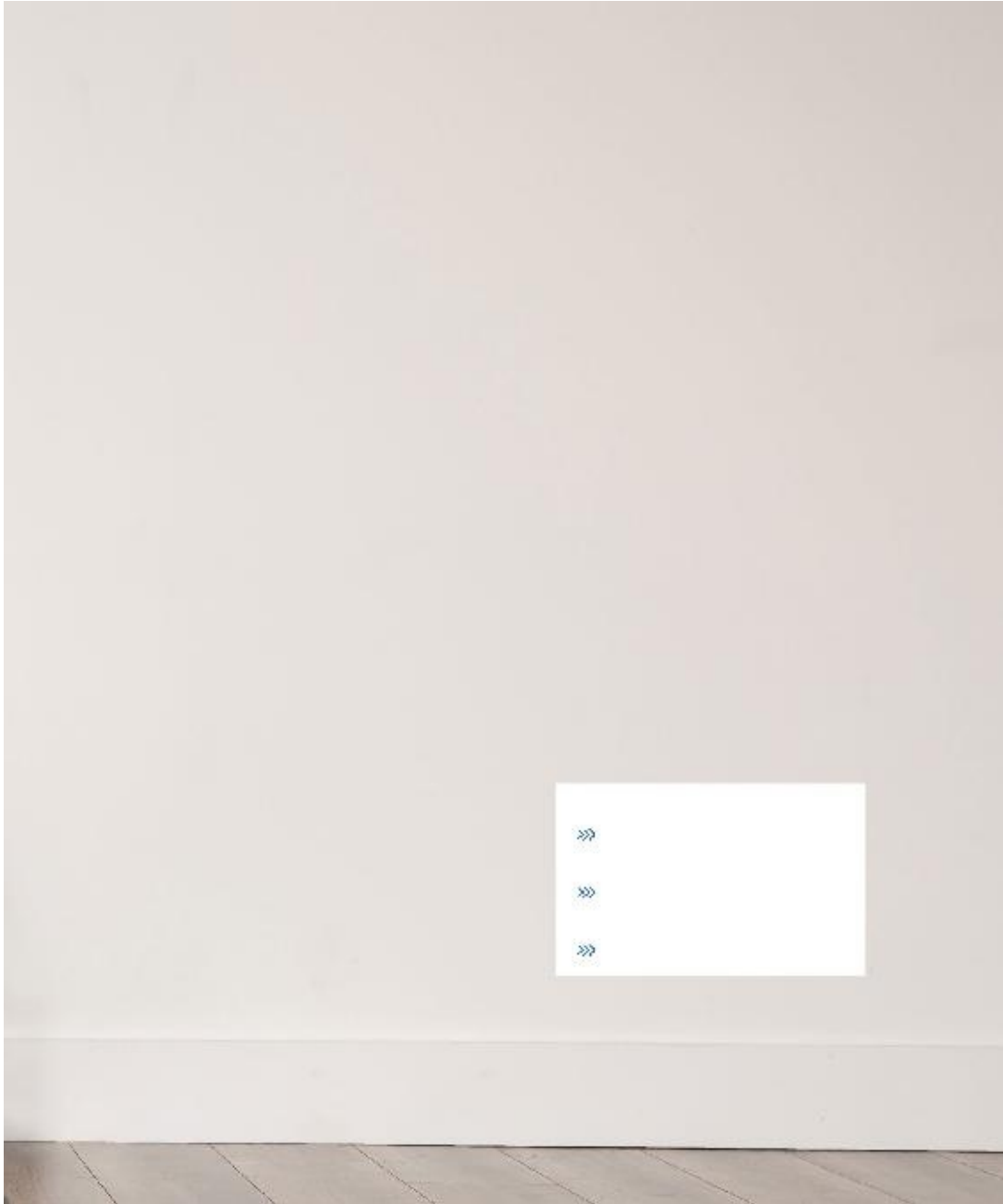
community, I also co-founded a para-sports club, Rose City Riot, with the goal of increasing accessible opportunities for sports and recreation.

I'm passionate about my participation in these

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213

organizations and strive to actively engage my

**What obstacles have you faced in yoga**

surrounding community. I raise awareness about the **and how have you responded to them?**

services and supports available to individuals with disabilities as well as the need for increased

As I'm just beginning practicing yoga, I'm finding accessibility awareness.

the aspect of balance to be my greatest challenge.

In my spare time, I like to travel with my fiancé, Because I'm an amputee, my body is

go kayaking, take photographs, play wheelchair

disproportionately top heavy, which I'm finding

basketball, listen to live music, and play the

difficult to adjust to in certain poses (Boat pose occasional video game.

specifically). As I continue on this journey, I know that my hyper-focus on my balance and posture will **How did you get started practicing yoga?**

benefit me not only in yoga but also in my daily life in terms of strength and mobility.

Preparing for this book was the first time I've done I would also like to say that success feels so

yoga. It was intimidating at first because I really much better than fear. Never stop trying to succeed.

didn't know what I was doing. As I began to feel more comfortable with the various poses, I started to enjoy it more. What I enjoyed most about this was that feeling of accomplishment—that one we all

experience when we set the bar high and realize we can do anything as long as we put in the effort to **FAVORITE POSE**

reach our goals.

**SUPPORTED HANDSTAND**

Yoga has been a discussion topic among the members of my amputee group and we've been

**MOST CHALLENGING POSE**

looking for a local instructor to work with us. So BOAT

when the opportunity to participate in *Yoga for* **OCCUPATION**

*Everyone* came up, I viewed this as a great chance OPTICAL CLERK

to get started and learn yoga.

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214

Bridge

**SETU BANDHA SARVANGASANA**

This pose is great for stretching your chest, neck, spine, and hips. These movements are also excellent for alleviating back pain, strengthening your buttock and hamstring muscles, and aiding with digestion.

Keep your feet

Align your wrists

flat on the mat

and hips

1Lie on your back, with your knees bent,  
your heels as close to your body as possible,  
and your arms relaxed at your sides.

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keep your head

place your hands

flat on the mat

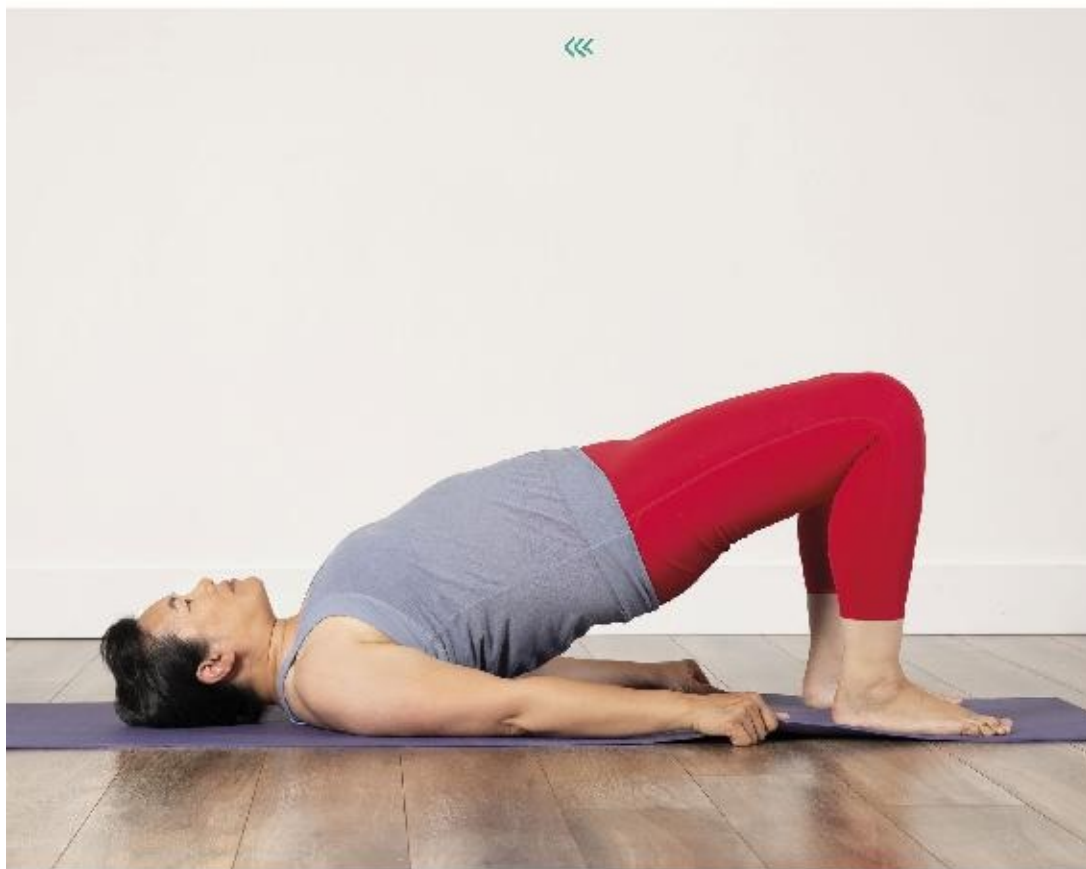
behind your back

2 Press down through your feet and use your

leg muscles, glutes, and pelvic floor to lift  
your hips toward the sky. Hold this position for 3 to 5 full breaths.

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iBRIDGEh

## **Variations**

Several variations can help make this pose more accessible.

You can use a wall, the mat, and even a strap to help you safely explore—and enjoy!—this pose.

### **variation #1**

In step 2, grab the edges of the mat with your

hands to help lift your hips a little higher. Pull the mat like you're trying to stretch it wide.

Tuck your shoulders

under you

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## **variation #2**

In step 1, place a block or two long edges up under your hips. (Adjust the placement and position of the blocks as needed.

You can also place a block between

your thighs to help engage your quads.

In step 2, squeeze the block between your thighs and lift your hips.)

Keep your hips lifted

### **variation #3**

In step 1, place your knees flat against a wall or a chair.

Flex your feet

toward your knees

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218

Supported Headstand

**tSALAMBA SIRSASANAu**

This pose can feel a little or a lot intimidating. Standing on your head can be terrifying and exhilarating, but because this pose can also strengthen your whole body and soothe your central nervous system, enjoy the experience.

1Place your elbows,  
forearms, and  
knees flat on the mat  
and lace your fingers  
Curl your upper  
arms outward  
together, with your  
wrists pressed into  
the mat.

2Place the crown of  
your head on the  
mat and place the  
back of your head  
against your  
intertwined fingers.

Keep your toes

Lift your knees off the  
on the mat

mat and walk your  
feet toward your torso  
to form an inverted V

with your body.

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Keep your

back

straight

Press down through

your forearms

3 Press down through your forearms, walk 4 Once you feel balanced, simultaneously and your feet toward your body, and bend your

slowly extend your legs toward the sky. Take

knees and lift them toward your chest. Maintain

your time and move slowly. Hold this position

your balance by pressing through your forearms

for 3 to 5 full breaths.

and squeezing your belly. (You might need to

perform these two actions a few times until you

can maintain your balance with your knees bent

and pulled toward your chest.)

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220

iSUPPORTED HEADSTANDh

### **Variations**

Headstands require exceptional strength in your upper-body and core muscles. They're especially difficult for people who can't

place any weight on their heads or cervical spine. But using a prop can help you safely practice this pose while still protecting your neck and spine.

### **variation #1**

1. Stack blocks long side up against a wall in sets of 3 to 4, leaving enough space between them to fit your head. Facing the wall, place your hands, knees, and the tops of your feet flat on the mat.

2. Place your head between the blocks and rest your shoulders on the blocks.

Spread your legs

3. Place your hands on the sides of the as much as needed

blocks and walk your feet forward.

4. Place your back against the wall, continue to walk your feet forward, and lift your legs to place them against the wall.

Hold this position for 3 to 5 full breaths.

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## **variation #2**

1. Place the longest edge of the mat against a wall. Place two

Keep your legs

chairs against the wall, with the

together

seats facing each other, leaving enough space between the chairs for your head. Place a folded blanket on each seat.

2. Facing the wall, place your hands, knees, and the tops of your feet flat on the floor in front of the mat.

3. Place your head between the seats, rest your shoulders on the blankets, and grab the outer edges of the chairs with your hands.

4. Lift your legs toward the wall and place your back flat against the wall. Hold this position for 3 to 5 full breaths.

### **variation #3**

1. Facing a wall, place your hands, knees, and the tops of your feet flat on the mat. Intertwine your fingers

and rest the back of your head in  
your hands.

2. Walk your feet toward the wall,  
place your back against the wall,  
and lift your legs toward your  
chest. Use the wall to maintain  
your balance and extend your legs  
toward the sky. Hold this position  
for 3 to 5 full breaths.

Keep your  
back straight

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222

Sphinx

**tSALAMBA BHUJANGASANAu**

This pose might not help you walk like an Egyptian, but it can help open your chest, lungs, and lower back. Because you'll use your forearms for support, this pose is great if you have wrist pain, wrist injuries, or carpal tunnel syndrome.

1Lie on your belly, with your  
arms stacked, your forearms  
and the tops of your toes flat on  
the mat, and your legs extended.

Press your  
legs together

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2Walk your arms forward,  
balancing your hands on your  
fingertips, and lift your head and  
chest slightly off the mat and  
forward. Spread your fingers wide

until your thumbs are parallel with  
the top of the mat.

Contract your

hips toward

your midline

3Place your forearms flat on

the mat, press down through

your forearms, and arch your back

a little more. Pull your shoulder

blades together and down, and

Continue to keep

your head lifted

broaden across your collarbones.

Lengthen your tailbone toward

your heels and press your pubic

bone into the mat. Hold this

position for 3 to 5 full breaths.

align your

shoulders

and elbows

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Look toward the sky

iSPHINXh

### **Variations**

Bending your back in any way can feel



painful if you have an injured or sensitive lower back. These variations can help build strength and relieve some pressure in your lower back.

**variation #1**

1. Stand facing a wall, with your forearms and hands flat against the wall, keeping your torso and feet from touching the wall.
2. Press your forearms against the wall and pull your shoulder blades together and down. Hold this position for 3 to 5 full breaths.

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Press down through  
your forearms

**variation #2**

In step 1, place a small bolster or a rolled  
blanket under your hips.

Keep your legs together

**variation #3**

1. Face away from a wall and lie on your belly, with your head and forearms flat on the mat and your feet flat against the wall.

2. Press down through your hips and forearms to lift your upper body off the mat. Hold this position for 3 to 5 full breaths.

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226

Wheel

**U**RDHVA DHANURASANA

When you're ready for the ultimate advanced backbend, try this pose. These movements can open up your chest, abdominal muscles, groin, and quads while also

strengthening your glutes, hamstrings, calves, and arms.

1Lie on your back, with your

knees bent, your feet flat

on the mat, and your arms

relaxed at your sides. Bring

you feet as close to your

buttocks as possible.

Keep your feet

slightly apart

2Bend your elbows and

place your hands under

your shoulders, pointing your

fingers toward your feet.

Align your wrists

with your ears

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3 Press down through your hands and feet, lift your hips off the mat, and keep your head flat on the mat. (Reposition your hands wider

if necessary.)

Keep your elbows

slightly bent

4 Press down through

your legs and arms,

lifting your head off the mat.

Lift your chest up and back,

straightening your arms and

legs as much as possible.

Hold this position for 3 to 5

full breaths.

Align

your feet

and knees

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228

iWHEELh

### **Variations**

This pose can put pressure on your shoulders and wrists.

Because you need a lot of upper-body strength to perform these movements,



using props, like a ball, a blanket, or a wall, can help create more accessible variations.

Keep your chest

and belly facing up

Keep your feet

flat on the mat

### **variation #1**

1. Place an exercise ball on the mat and sit comfortably on the ball to maintain your balance.

2. Place your hands on your waist, lean back and walk your feet forward, and support your back on the ball.

3. Once you feel supported, extend your arms overhead and behind you, lowering yourself until you touch the mat with your fingertips. Hold this position for 3 to 5 full breaths.

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## **variation #2**

1. Stand with your back against a wall. Place your hands on your hips and press down through your feet. Pull your legs apart energetically

and pull your shoulder blades together and down.

2. Extend your arms overhead and behind you, placing your hands flat on the wall behind you.

3. Walk your hands down the wall and walk your feet away from the wall. Stop when you've stretched as far as comfortable. Hold this position for 3 to 5 full breaths.

balance your weight equally between

### **variation #3**

1. Place a rolled blanket or a small bolster against the base of a wall.

Facing away from the wall, lie on your back, with your knees bent and your feet flat on the mat.

2. Bend your elbows and place your hands on the blanket or bolster, pointing your fingers toward your

feet. (You can also squeeze a block  
between your thighs.)

Lift your hips as

3. Press down through your legs,  
high as possible

lift your hips, and push the wall  
away from you. Hold this position  
for 3 to 5 full breaths.

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230

Camel

**tUSTRASANAu**

This is a kneeling backbend that also doubles as a heart opener, providing you with a gentle stretch in your chest.

These movements can also stretch and strengthen your shoulders, abs, and the front of your legs.

Keep your head

and back straight

Pull your shoulder blades

together and down

1Kneel in the middle of the mat, resting your

hands on your knees. Place the tops of your

feet flat on the mat.

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Gently curve

your back

2Bend your elbows

and curl your toes

under. Place your

hands on your hips  
and lift your upper  
chest, shoulders, and  
head back until you're  
looking straight up.

Keep your

3Extend your arms  
behind you, grab  
arms straight  
your heels with your  
hands, and continue to  
lean backward,  
stopping when you've  
stretched as far as

Press your

comfortable. (Grab  
thighs together  
your calves or ankles  
if that's easier.) Hold  
this position for 3 to 5  
full breaths.





232

iCAMELh

**Variations**

These variations can help you get over the hump and make the movements of this pose more accessible.

**variation #1**

1. Kneel in front of a wall, with your knees flat against the wall and your arms relaxed at your sides. Place blocks short edges up on the outsides of your heels.

2. Press your hips and thighs into the wall. Extend your arms behind you and place blades together your hands on the blocks and down

Hold this position for 3 to 5 full breaths.



**variation #2**

**variation #3**

In step 3, extend

In step 1, place a

one hand behind you

block between your  
and grab your heel.  
thighs and place your  
Extend your other  
hands on your hips,  
hand toward the sky.  
keeping them there  
throughout. In step 2,  
squeeze the block and  
lean backward.

Align your  
shoulders  
and ankles

Flex your toes  
toward your knees

#### **variation #4**

In step 1, place an exercise ball  
behind your thighs and between  
your lower legs. (Use one that can  
comfortably support your body.)

In step 4, lean back onto the ball.

Rest your arms on the ball, by  
your sides, or in a prayer position  
in front of your chest.

Keep your feet flat on the mat

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234

Legs Up the Wall

t**VIPARITA KARANI**u

For this restorative and accessible inversion pose, you don't need much strength or flexibility. Instead, a wall allows your body to relax and reset. This is also a great pose for bringing your breathing back to balance.

1 Sit with the right side of your  
body as close to a wall as  
possible, with your knees bent and  
your hands resting on your shins.

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2 Rotate your body to your right and walk your feet up the wall until your body forms an L. Elongate your breathing by taking slow, deep inhales and exhales through your nose.

Hold this position for 3 to 5 full breaths. (Adjust these movements as needed to make this a more relaxing pose you're comfortable holding for an extended period of time.) 214-239\_CH3\_Poses.indd 235

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236

## iLEGS UP THE WALLh

### **Variations**

This pose has many benefits—connecting with your breathing, helping with fatigue, and alleviating swelling in your lower body—but these variations make the movements just a little more accessible.

## **variation #1**

In step 2, with your legs at a comfortable and relaxed distance apart, loop a strap around your ankles.

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## **variation #2**

1. Place a chair against a wall, with the seat facing away from the wall and a folded blanket on the seat. Bend your knees and place your legs across the seat of the chair.

2. Slip your feet through the chair and place the balls of your feet flat against the wall. (You can also walk your feet up the back of the chair.) Hold this position for 3 to 5 full breaths.

**variation #3**

In step 1, place a folded blanket under your hips or head or both.

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### **Who is Gail Parker?**

I'd describe myself as a trailblazer, pioneer, renegade—courageous, strong, wise, fulfilled, playful, and happy. I've been practicing yoga for 50 years and teaching for 20 years. I'm still learning. That's the power and the gift of yoga.

It's the never-ending story.

### **How did you get started practicing yoga?**

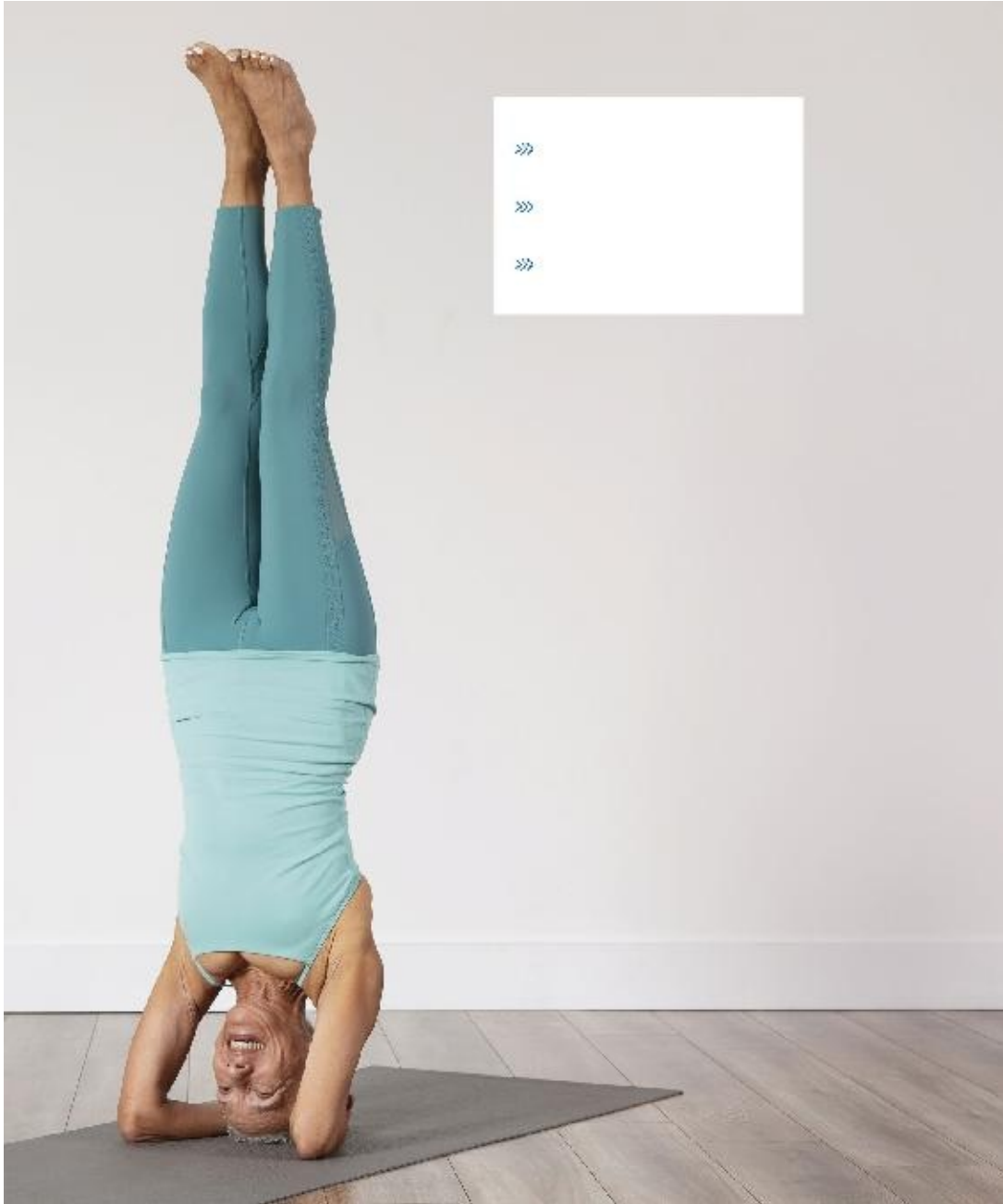
I was introduced to yoga by a master and have been practicing and living yoga ever since. I was 22 years old and curious enough to take a yoga class that was taught at the Detroit Institute of Arts by J. Oliver Black (a.k.a.

Yogachraya), one of Paramahansa Yogananda's main disciples. I studied with him for one year and then engaged in a home practice for the next 20 years, as there were no yoga studios in existence and teacher-taught classes were next to impossible to find. To advance I found books that taught the practices and I studied them.

The emphasis in the yoga I was introduced to was taught as a lifestyle and as a way of thinking, being, and acting, with minimal emphasis on asana and maximum emphasis on self-realization. Once yoga studios began to proliferate, I enthusiastically joined studio classes, eventually took yoga teacher training, and began to integrate yoga philosophy and various practices into my psychotherapy practice. I now teach aspiring yoga therapists and health care providers how to utilize yoga to support emotional health and well-being as self-care practices for themselves and their client populations.

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239

**FAVORITE POSE**

SUPPORTED HEADSTAND

**MOST CHALLENGING POSE**

YOGA SQUAT

## **OCCUPATION**

PSYCHOLOGIST, YOGA

EDUCATOR, YOGA THERAPIST

### **What has yoga helped you with in your personal and professional life?**

I felt empowered by yoga. It shaped my consciousness mentally, emotionally, and spiritually and supported me in making wise choices; including enrolling in graduate school to become a psychologist and leaving a

physically and emotionally abusive marriage all within one year of beginning my yoga practice.

I love everything about the practice of yoga

physically, emotionally, and spiritually—the yamas, niyamas, asanas, pranayama, and meditation. It has impacted me profoundly personally and professionally, including my pioneering efforts to blend psychology, yoga, and meditation as effective self-care strategies that can enhance emotional balance and contribute to the overall health and well being of practitioners. I currently have a special interest in utilizing and teaching restorative yoga and meditation as self-care practices for managing ethnic- and race-based stress and trauma.

Look for teachers who live their yoga and who

understand and teach yoga as a lifestyle, not just as a physical practice. It might take a few tries to find just the right teacher and just the right practice, but you'll know it when you find it. Don't give up.

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## **CHAPTER 4**

### Sequences

This chapter is all about building your personal practice through performing sequences designed to get you started and keep you on the mat. You can practice these sequences when you want, as many times as you like, and at your own pace. You can also enhance your own practice by

combining two or more sequences together.

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242

G,H

## **MORNING PRACTICE**

G,H

This sequence is all about energizing you for taking on the day and whatever it brings. These poses are also great for helping you center your breathing.

[UJJAYI](#)

**[18](#)**

[MOUNTAIN](#)

**[120](#)**

[FORWARD FOLD](#)

**[70](#)**

[LOW LUNGE](#)

**[44](#)**

[REVOLVED LUNGE](#)

**[174](#)**

[CAT-COW](#)

**[178](#)**

[DOWNWARD DOG](#)

**[162](#)**

LOW PLANK

**40**

COBRA

**166**

DOWNWARD DOG

**162**

FORWARD FOLD

**70**

REVOLVED LUNGE

**174**

MOUNTAIN

**120**

240-251\_CH4\_Sequences.indd 242

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G,H

## **SUN SALUTATION**

G,H

Reset, reboot, and rejuvenate

your energy with the poses

in this sequence—all in praise  
of the star that brings us light  
and enlightenment.

[UJJAYI](#)

**18**

[EASY POSE](#)

**28**

[SAGE](#)

**182**

[CAT-COW](#)

**178**

[LOW LUNGE](#)

**44**

[DOWNWARD DOG](#)

**162**

[FORWARD FOLD](#)

**70**

[CHAIR](#)

**116**

[TREE](#)

**108**

WARRIOR 2

**146**

REVOLVED SIDE ANGLE

**78**

WARRIOR 3

**150**

PIGEON

**130**

CHAIR

**116**

SUPPORTED HEADSTAND

**218**

CHILD'S POSE

**32**

LOCUST

**204**

LEGS UP THE WALL

**234**

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244

[CAT-COW](#)

G,H

[CHILD'S POSE](#)

**BEDTIME PRACTICE**

G,H

[178](#)

[32](#)

[THREAD THE NEEDLE](#)

[196](#)

[LOW LUNGE](#)

[44](#)

No time during the day is a bad

[BUTTERFLY](#)

[126](#)

time for yoga, and this sequence

[SAGE](#)

will prove that. These poses can

[182](#)

help you unwind from the day and

[BRIDGE](#)

[214](#)

get ready for bed.

[REVOLVED HAND TO BIG TOE 192](#)

[HAPPY BABY](#)

[24](#)

[SAMA VRITTI](#)

[19](#)

[CORPSE](#)

[154](#)

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WIND RELIEVING

PIGEON

G,H

130

BRIDGE

**214**

**CHILD'S POSE**

**EASING BACK P**

G,H

**82**

**AIN**

**32**

**RECLINING HAND TO BIG TOE**

**52**

**DOWNWARD DOG**

**162**

**EASY POSE**

**28**

**YOGA SQUAT**

**86**

If you suffer from back

**FIRE LOG**

**92**

**HAPPY BABY**

**24**

pain, this sequence

## REVOLVED FIRE LOG

**188**

## EASY POSE

can offer some relief.

**28**

And if you already

## WIDE-ANGLED SEATED

**66**

## SAMA VRITTI

**19**

## FORWARD FOLD

have a strong back,

these poses can help

## BUTTERFLY

**126**

enhance that strength.

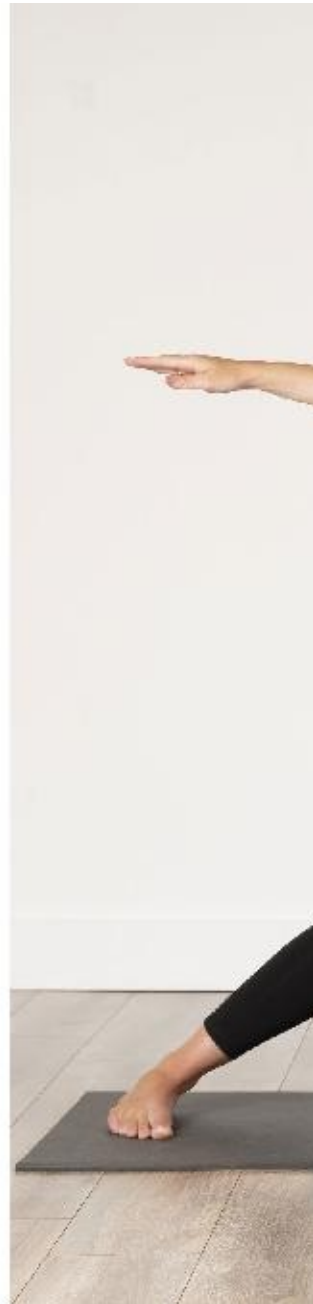
## CAT-COW

**178**

## THREAD THE NEEDLE

**196**

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246

G,H

G,H

**IMPROVING FLEXIBILITY**

G,H

## **FINDING BALANCE**

G,H

Not only can these poses help you  
We're always seeking balance—  
increase your flexibility, but they  
physical, mental, emotional,  
can also enhance the range of  
and spiritual—and your yoga  
motion in your joints. Practicing this  
practice can help you reach a place  
sequence can ease achiness, pain,  
of calm and contentment. That's  
and stiffness in muscles and joints.  
what these poses are all about.

[UJJAYI](#)

[18](#)

[NADI SHODHANA](#)

[18](#)

[FORWARD FOLD](#)

[70](#)



MOUNTAIN

**120**

LOW LUNGE

**44**

TREE

**108**

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**134**

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**166**

EXTENDED HAND TO BIG TOE

**48**

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**204**

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**174**

DOWNWARD DOG

**162**

DOWNWARD DOG

**162**

WARRIOR 2

**146**

WARRIOR 1

**142**

REVOLVED SIDE ANGLE

**78**

WARRIOR 2

**146**

REVOLVED LUNGE

**174**

WARRIOR 3

**150**

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**100**

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**96**

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MOUNTAIN

G,H

LOW LUNGE

**BUILDING STRENG**

G,H

**120**

**TH**

**44**

**REVOLVED LUNGE**

**174**

**PLANK**

**36**

Reaching a state of physical

**SPHINX**

**222**

and mental stability can help you

**DOWNWARD DOG**

with almost any everyday task.

**162**

These poses can help bring you

**CHAIR**

**116**

closer to that stability.

**FORWARD FOLD**

**70**

**WARRIOR 2**

**146**

HALF MOON

**100**

MOUNTAIN

**120**

FORWARD FOLD

**70**

LOW PLANK

**40**

CAMEL

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**86**

CROW

**138**

CHILD'S POSE

**32**

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BRIDGE

G,H

WIND RELIEVING

**STRENGTHENING**

G,H

[214](#)

**CORE**

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Your core muscles are critical

[REVOLVED FIRE LOG](#)

[188](#)

for many everyday motions,

[BOAT](#)

including extending, bending,

[104](#)

and twisting. These poses can help

[LOW PLANK](#)

[40](#)

you strengthen these muscles.

[BOW](#)

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**FOREARM STAND**

**62**

**CHILD'S POSE**

**32**

**CORPSE**

**154**

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250

G,H

**RELIEVING STRES**

G,H S

Stress can negatively impact

and influence our everyday actions.

But practicing this sequence can help you focus on what you need to do to tame that wild stress.

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[28](#)

[NADI SHODHANA](#)

[18](#)

[SEATED FORWARD FOLD](#)

[200](#)

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PIGEON

**130**

WIND RELIEVING

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HAPPY BABY

**24**

LEGS UP THE WALL

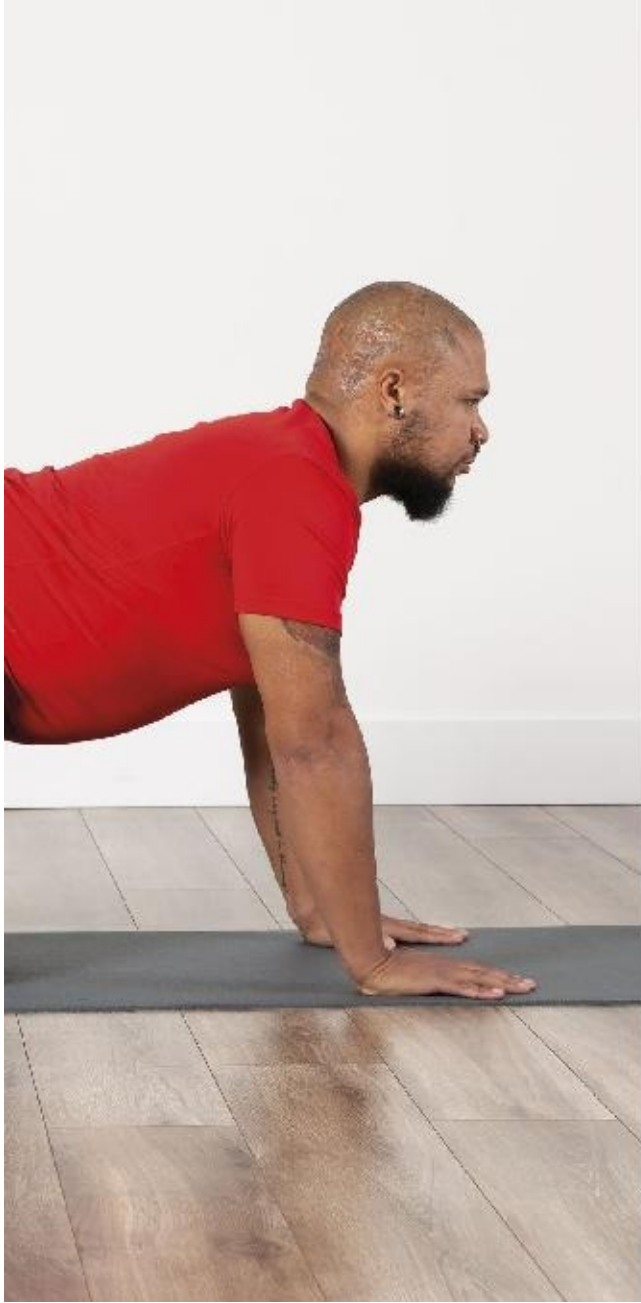
**234**

SAMA VRITTI

**19**

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G,H

**YOGA AT THE W**

G,H **ALL**

All these poses come with  
a variation that involves a chair.

You'll be surprised at how much  
you gain physically and mentally  
by practicing yoga while sitting.

[UJJAYI](#)

[18](#)

[MOUNTAIN](#)

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[100](#)



DOWNWARD DOG

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### **ABOUT THE AUTHOR**

Dianne Bondy is a yoga teacher who's a leading voice of the Yoga for All movement. Her views about yoga empower thousands of practitioners around the world—regardless of shape, size, ethnicity, or ability. Dianne contributes to *Yoga International* magazine and the Do You Yoga initiative. She's also been featured by several international media outlets, including *The Guardian*,



*Huffington Post, Cosmopolitan, People, ESPN, and more. Dianne is a leading spokesperson for diversity in yoga, as showcased by her affiliations with Accessible Yoga, Gaiam, and the Yoga & Body Image Coalition. Her writings have been published in *Yoga and Body Image* and *Yes Yoga Has Curves*.*

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Writing this book was important to me. I want to thank all the people who trusted me with their practice. I want to acknowledge that people from all walks of life can do yoga. We can shape the poses to fit our bodies and help us connect with our breath.

I'm grateful to be given the opportunity to share yoga more inclusively.

First off, I want to thank my mom for sharing this practice with me at a young age. I would like to thank Alan, my partner, for supporting my journey. To Cristina Matteis, Beth Reidy, and Juliane Spriet, thanks for all your assistance, guidance, and support in helping me clarify words and my teachings for this book so I can share this knowledge with everyone.

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