

# BEGINNING YOGA & MINDFUL STRETCHING ROUTINE



**1. Ankle/Toe Rotation**  
Eight in each direction



**2. Knee/Ankle Circles**  
Feet together, knees bent, hands to thighs.  
Eight in each direction.



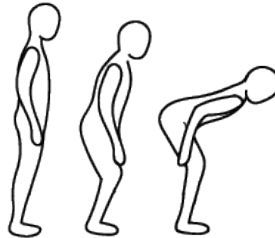
**3. Hip Circles**  
Legs straight, spine loose.  
8 in each direction.



**4. Shoulder Rolls**  
Eight in each direction.



**5. Spinal Twist**  
Legs stationary, arms wrap waist lightly, one in front and one in back, alternating. Head and neck follow.  
Eight in each direction.



**6. Spinal Wave**  
Eight waves up the spine from tailbone through neck. Knees slightly bent, arms relaxed at sides, just working the spine.



**7. Neck Circles**  
Eight in each direction.  
Slow and gentle!



**8. Wrist Circles**  
Eight in each direction.

Adapted from Ron Collins, 'Dasha Chalana (8 Churnings)', [www.finishingwellyoga.com/uploads/6/0/5/0/60509535/dasha\\_chalana.pdf](http://www.finishingwellyoga.com/uploads/6/0/5/0/60509535/dasha_chalana.pdf)

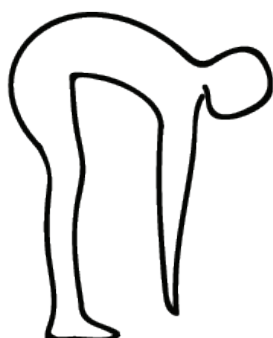
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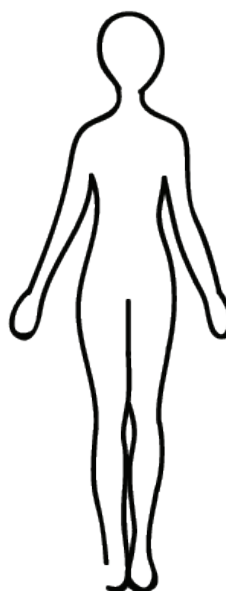
**9. Standing Pigeon**  
Hold foot in hand with shoulders back, balancing with other foot, balance with hand to wall until you can balance without assistance. Stretch the entire front side of the body. Once each side.



**10. Standing Full Extension**  
Tuck tail bone, stretch to right side, then to left side, then towards rear of room.



**11. Standing Forward Fold**  
Keep knees bent, hands to shins with flat back, then extend hands to floor or block. Roll up slowly, one vertebrae at a time with knees bent.



**12. Mountain Pose**  
Feel feet firmly on the earth, shoulders back, palms forward, looking straight ahead.

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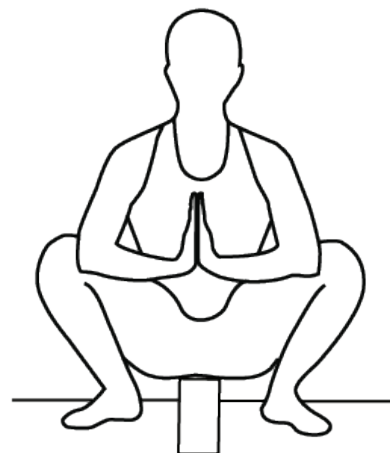
## 13. Tree Pose

From Mountain Pose, shift weight to left foot. Bend right knee, place right foot alongside inner left calf; above or below knee. Adjust position so the center of pelvis is directly over left foot. Press your palms together in prayer position at heart center, with thumbs resting on your sternum. Hold hands in prayer position. Hold for twenty seconds up to 1 minute. Step back into Mountain Pose. Repeat for the same amount of time on the opposite side.

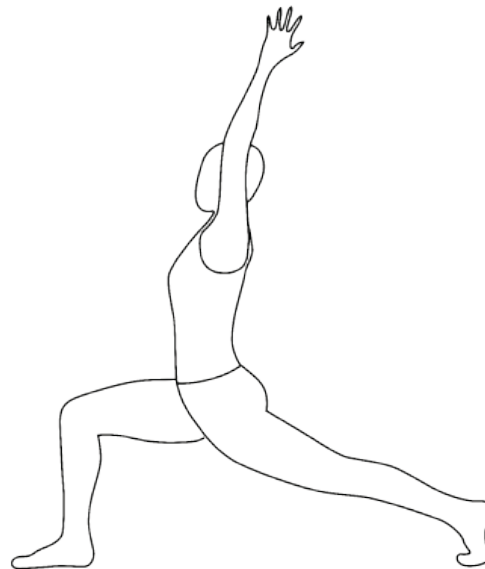
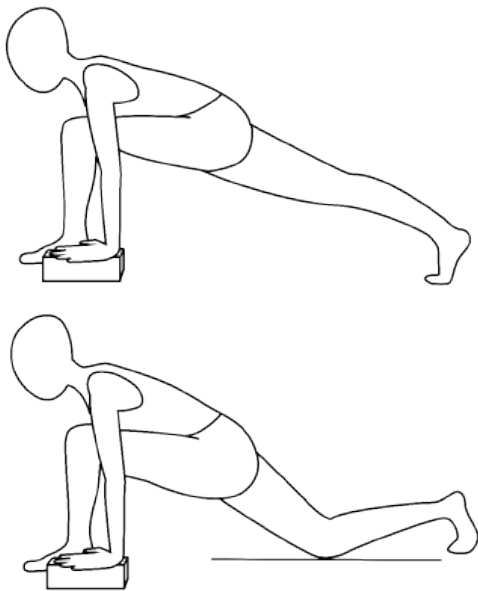
## 14. Malasana Pose:

Squat with your feet as close together as possible. (Keep your heels on the floor if you can, otherwise, support them on a folded mat.)

Separate your thighs slightly wider than your torso. Exhaling, lean your torso forward and fit it snugly between your thighs. Start with your back against a wall and gradually sink until you can sit on a block. Once you have gained flexibility, press your elbows against your inner knees, bringing your palms to together, and resist the knees into the elbows. Hold the position for thirty seconds to 1 minute, then inhale, and straighten the knees.



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## 15. Low Lunge Pose:

Bring left foot directly under left shoulder. Gently shift weight on left leg, and bend downwards, left knee is bent, with hands supporting weight on sides. Use blocks if that is more comfortable. Front foot should be flat on floor making an angle of 90 degrees. Try to keep right leg stretched out back. Stretch head up feeling tension at the back of thighs and shoulders.

Hold the position for 15–30 seconds as a beginner. Later you may hold it even longer; a minute or more. Breathe in once. Gently exhale and revert to the starting position. Repeat on the other side.

## 16. Crescent Pose:

Step right foot forward between hands, aligning knee over the heel. Keep left leg strong and firm. Inhale and raise torso to upright. At the same time, sweep arms wide to the sides and raise overhead, palms facing. Be careful not to overarch the lower back. Lengthen tailbone toward the floor and reach back through your left heel. This will bring the shoulder blades deeper into the back and help support your chest. Draw the front ribs into the torso. Lift the arms from the lower back ribs, reaching through your little fingers. Hold for 20 seconds to a minute and repeat with the left foot forward for the same length of time.