

Yoga for Skiers and Runners

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Yoga for skiers and runners is a course designed for recreational and competitive Alpine and Nordic skiers and runners. Students will practice the basics of Yoga with emphasis in five areas: 1) overall stretching for flexibility and injury prevention; 2) lower and upper back and shoulder stretching and strengthening; 3) specific conditioning for skiing or running; 4) breath control and mental conditioning through energy center (chakra) awareness and simple meditation; 5) relaxation techniques to augment skiing and running as well as other rigorous aerobic physical activities.

This manual is intended for use with the course of instruction and as a reference guide for home practice.

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Acknowledgements

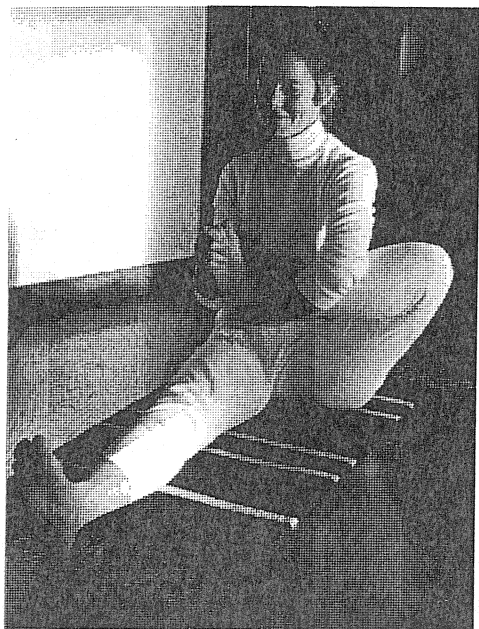
Bonnie Kuss and Melodee Monson, PER Department, UAA
Nirvair Kaur and Jan
Yogi Bhajan

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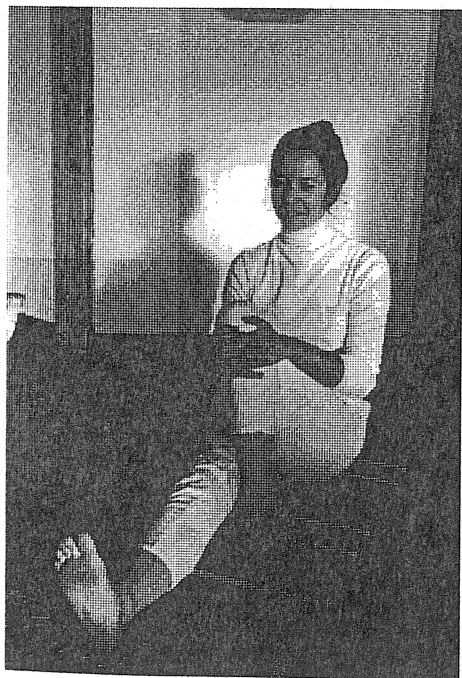
Warm-up Stretching Series

All stretches in this series are held for 10 to 15 seconds. Normal breath. Eyes open or closed. Take it easy and allow the body to respond at its own pace.

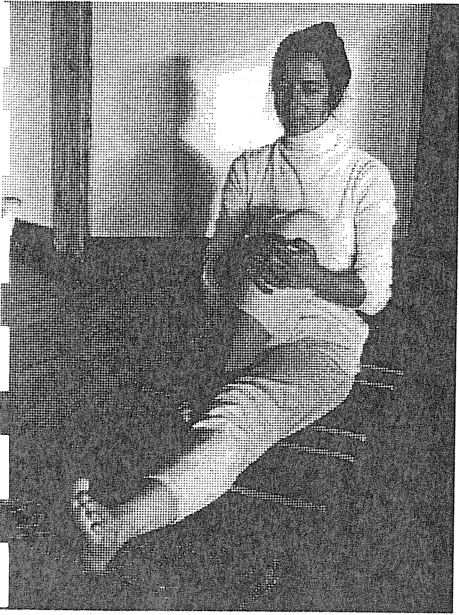


- 1a. Lift the left leg so that the shin is parallel to the ground, foot close to the chest. Roll the left ankle.

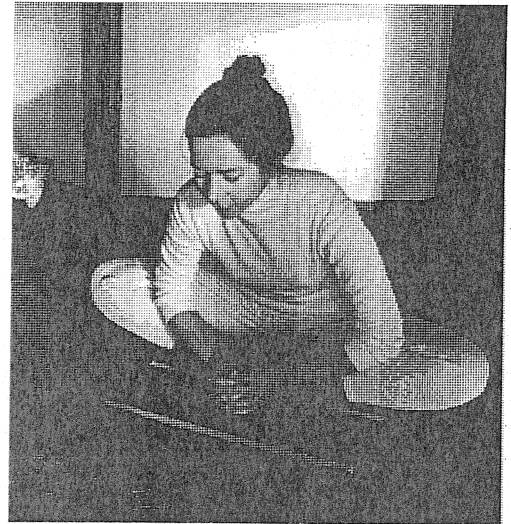
- 2a. Lift the right leg so that the shin is parallel to the ground, foot close to the chest. Roll right ankle.



- 3a. Lift the left knee with the hands on the left shin held below the knee. Gently pull the knee across the chest to the right shoulder, keeping the shoulders squared.



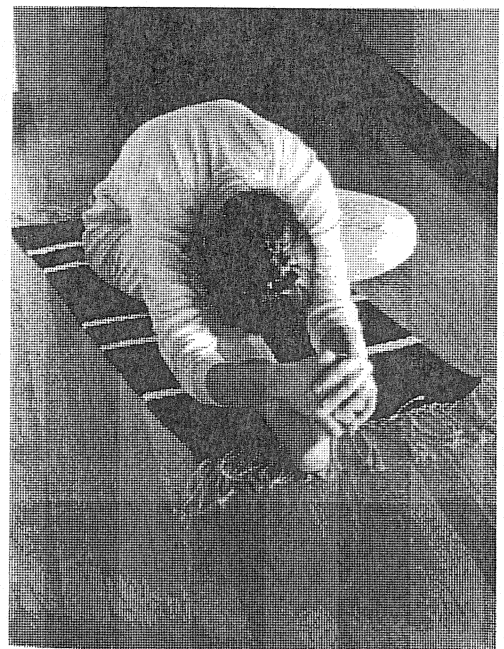
- 4a. Lift the right knee with the hands on the right shin held below the knee. Gently pull the knee across the chest to the left shoulder, keeping the shoulders squared.



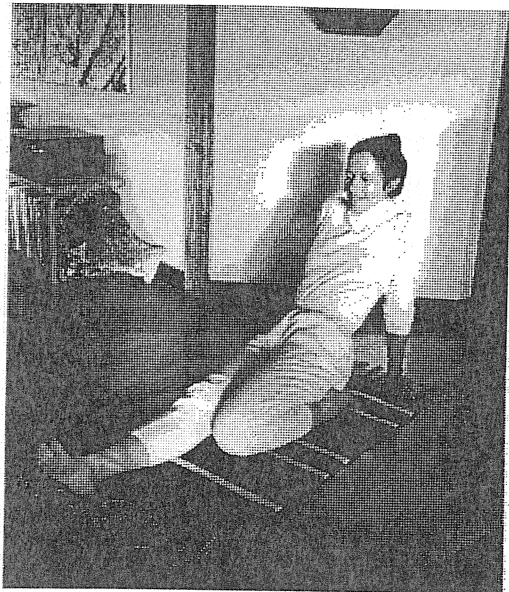
- a. Soles of the feet together. Hold on to the feet with hands, lean forward keeping the back straight and the chin at a 90° angle to the chest.



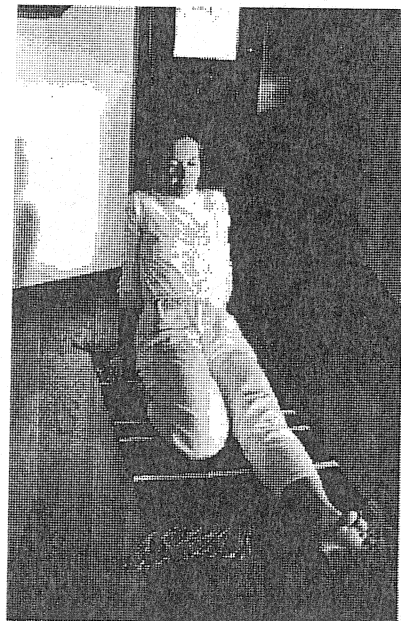
- 6a. Stretch the left leg out in front of you straight, right foot against the inner thigh of the left leg, heel close to the groin. Hold on to the shin or foot with both hands. Gently stretch forward then down.



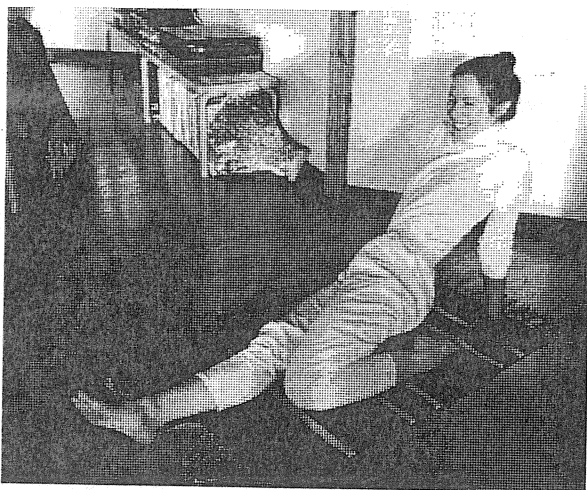
- 7a. Stretch the right leg out in front of you straight, left foot against the inner thigh of the right leg, heel close to the groin. Hold on to the shin or foot with both hands. Gently stretch forward then down.



- 8a. Keep the right leg out in front of you straight. Place the left foot by the left hip, top of the foot on the ground. Lean back on the hands.

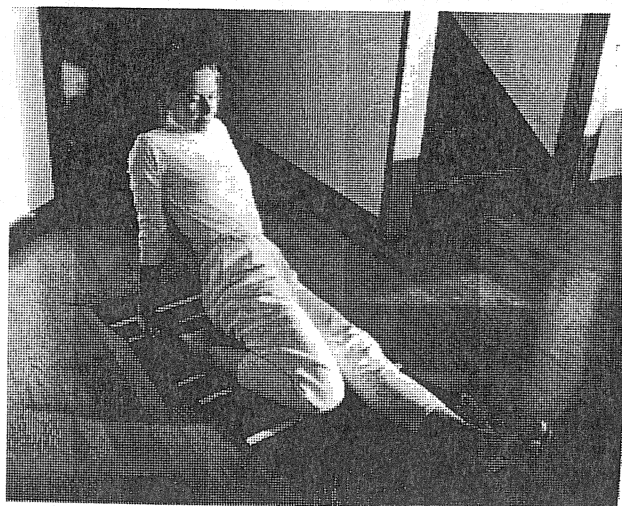


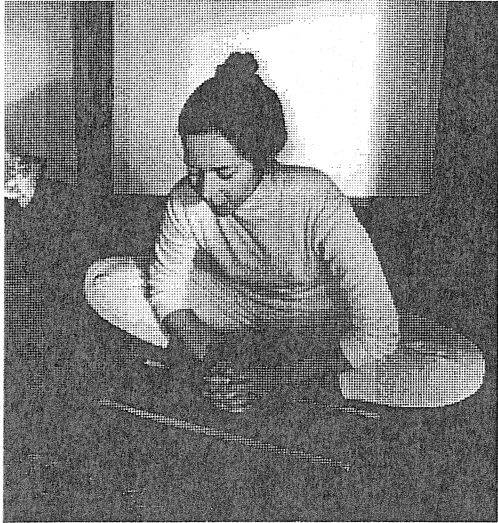
- 9a. Stretch the left leg out in front of you straight. Place the right foot by the right hip, top of the foot on the ground. Lean back on the hands.



- 10a. Same position as 8a. This time you lift the left hip off the ground, keeping the right buttock on the ground.

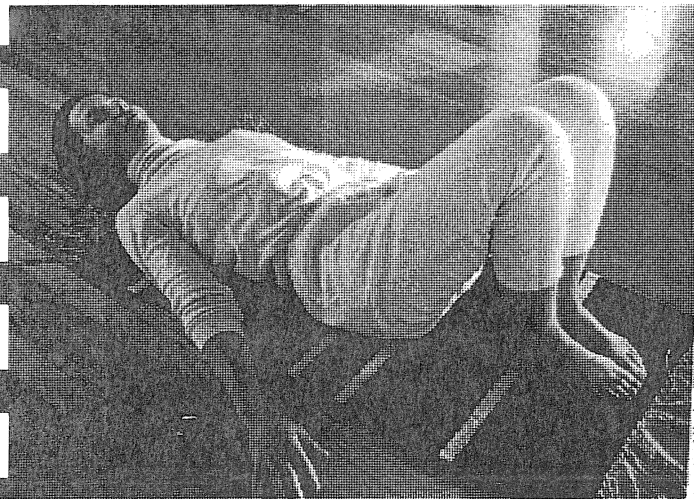
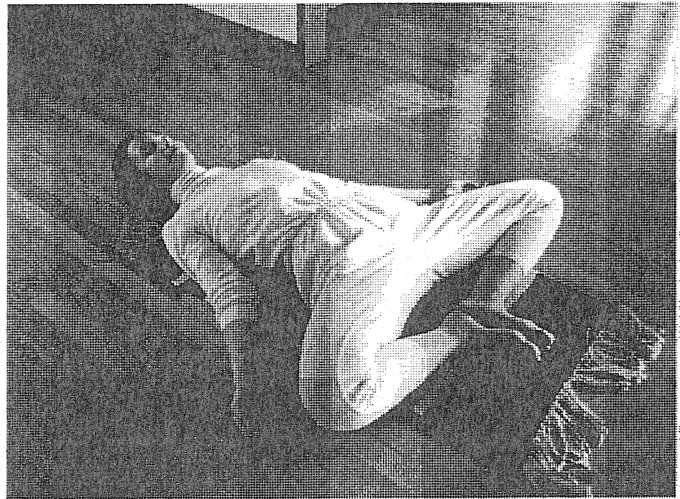
- 11a. Same as 9a. This time you lift the right hip off the ground, keeping the left buttock on the ground.





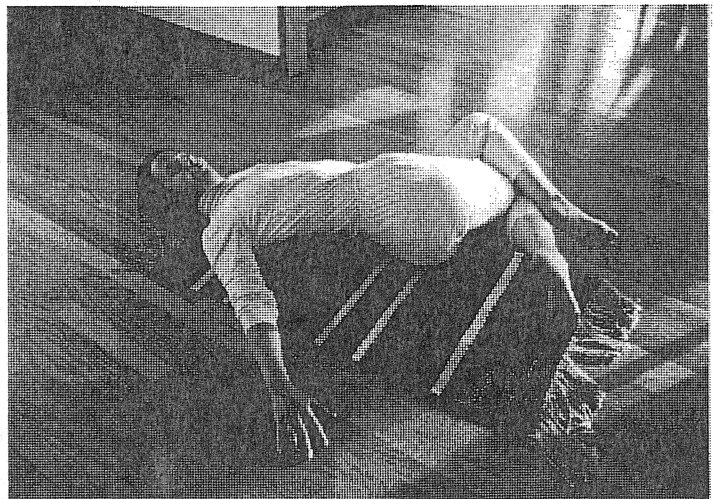
12a. Soles of the feet together. Hold on to the feet with hands, lean forward keeping the back straight and the chin at a 90° angle to the chest.

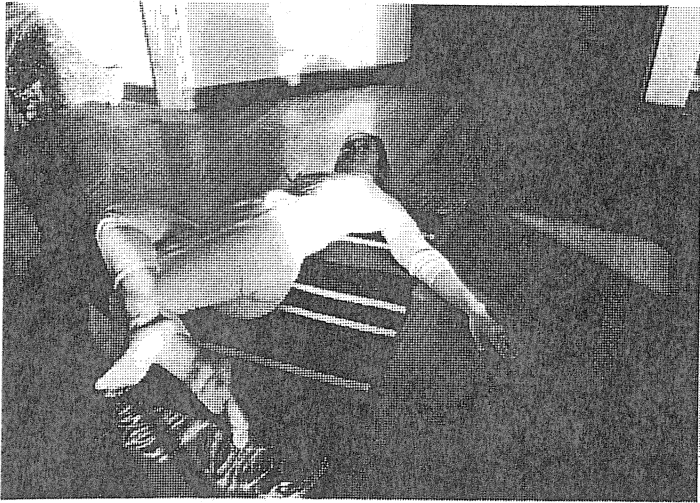
13a. Soles of the feet together, lie down flat on your back, arms by the side palms up.



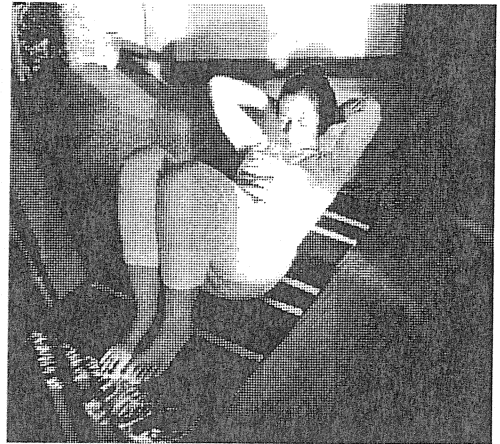
14a. Knees up, feet flat and together on the ground. Tilt the pelvis so that the lower back is flat on the ground.

15a. Knees up, cross the left leg over the right, bring both knees down to the left side. Keep the shoulders on the ground.

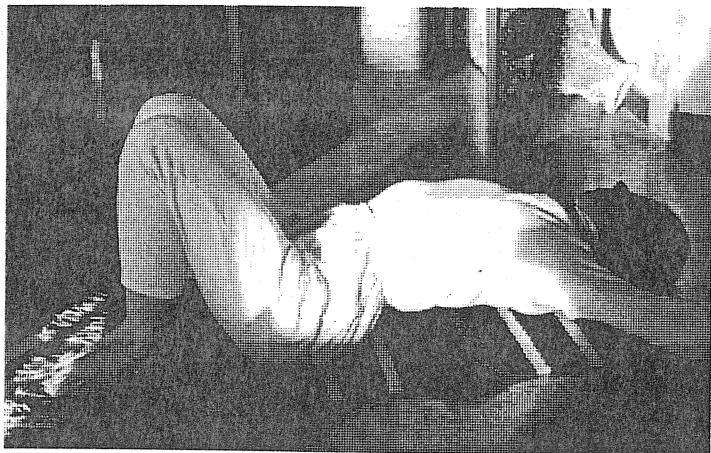




16a. Knees up, cross the right leg over the left, bring both knees down to the right side. Keep the shoulders on the ground.

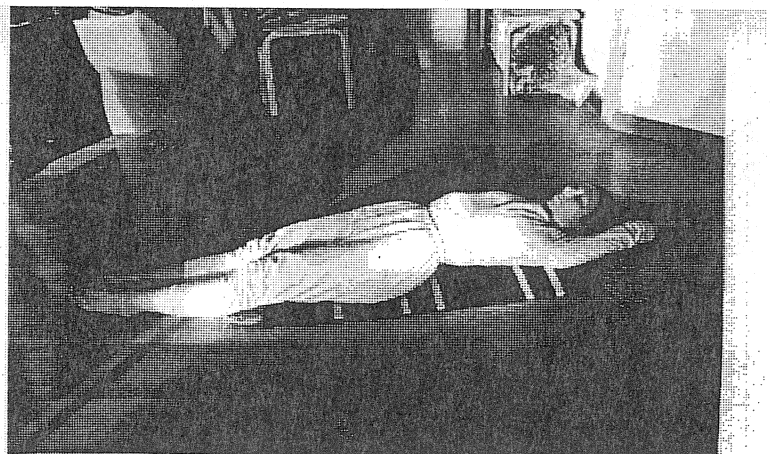


17a. Knees up, feet flat, make a basket of the hands. Place the hands behind the head then lift the head off the ground, lower back remains flat against the ground.



8a. Knees up, feet flat Keep the hands behind the head, elbows press against the ground, shoulder blades together, chest high.

19a. Legs flat, point the toes, stretch the arms up on the ground over head.





20a. Knees to the chest, wrap the hands around the shins, nose to the knees.

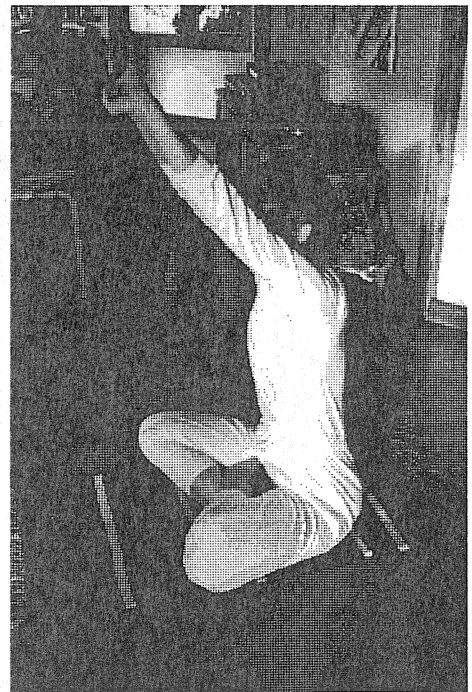
21a. Rock yourself up. Then place hands on the ground shoulder width apart, knees slightly apart, heels touching. Press the spine down like a sway back cow, arch the head back.

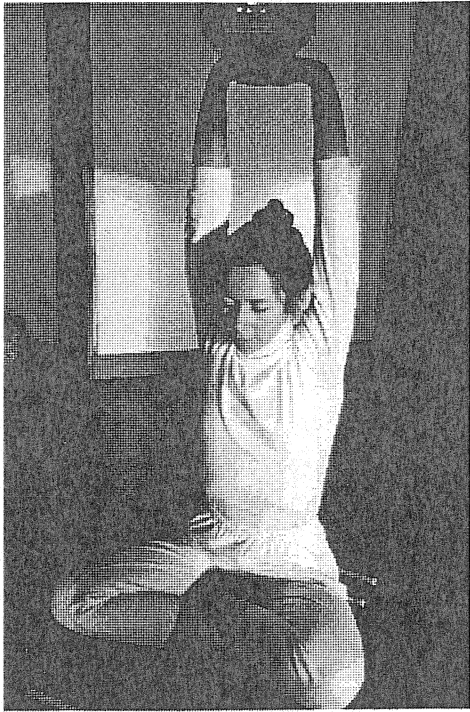


22a. Arch the back up, tilting the pelvis, push up through the shoulders, chin on the chest.

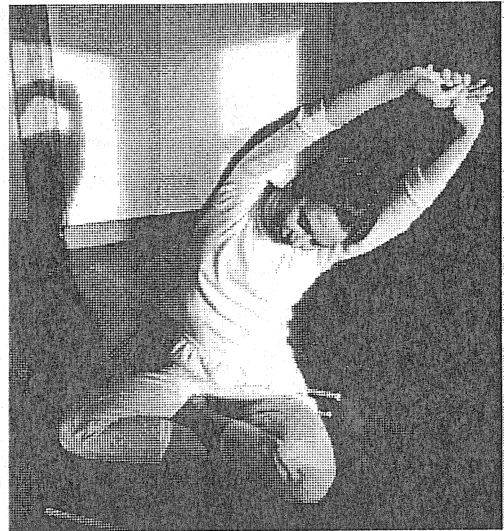


23a. Sit cross legged, make a basket out of the fingers, invert the hands so the palms face out, stretch the arms up to 60°, push out from the shoulders.

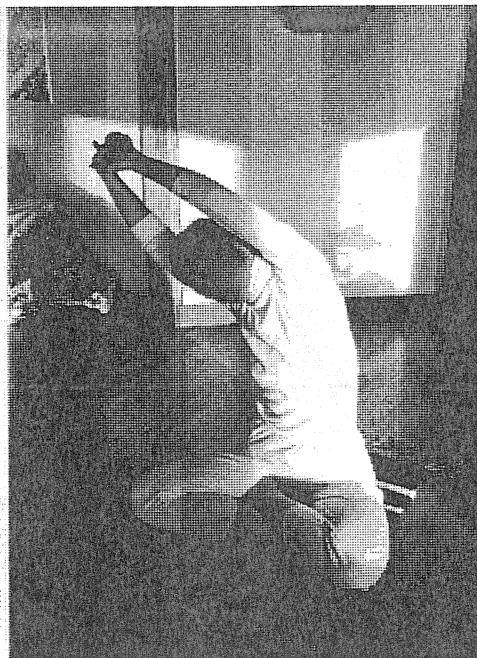




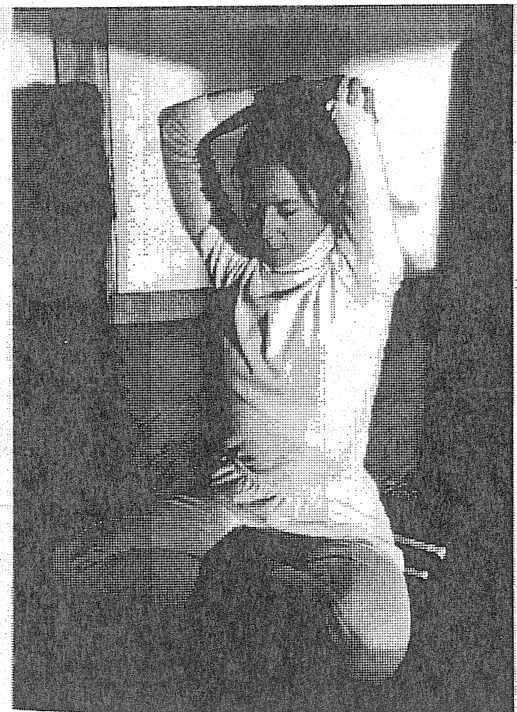
24a. Same position as 22a, stretch the arms straight up.



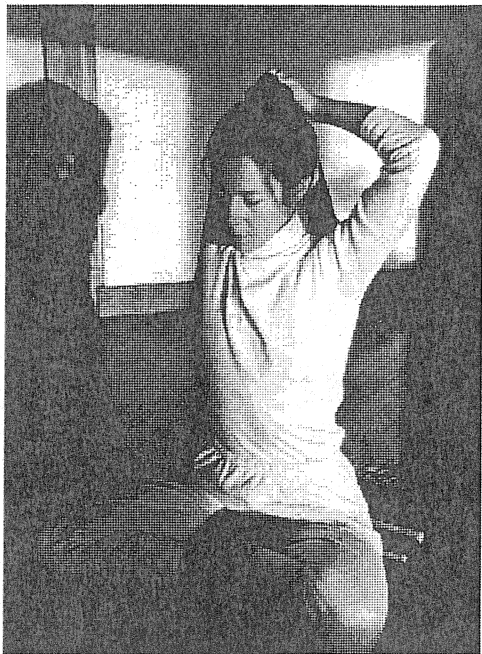
25a. Let go of the hands, then catch the right hand with the left and lean left, pull the arm over the head left, without twisting the torso.



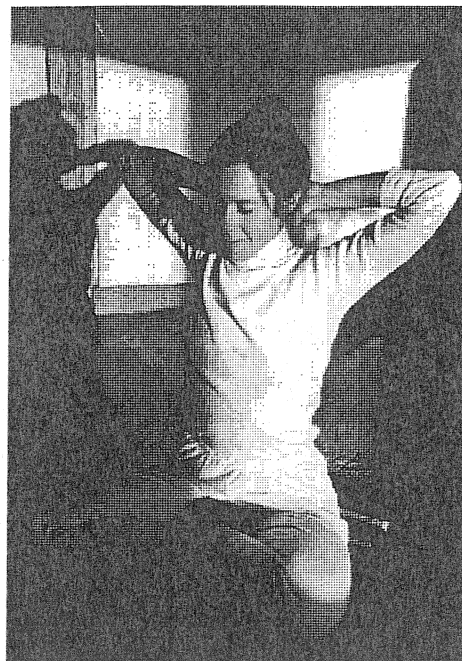
26a. Switch hands, lean and pull to the right without twisting.



27a. Let go of the hands, catch the left elbow with the right hand. Arms are behind the head.



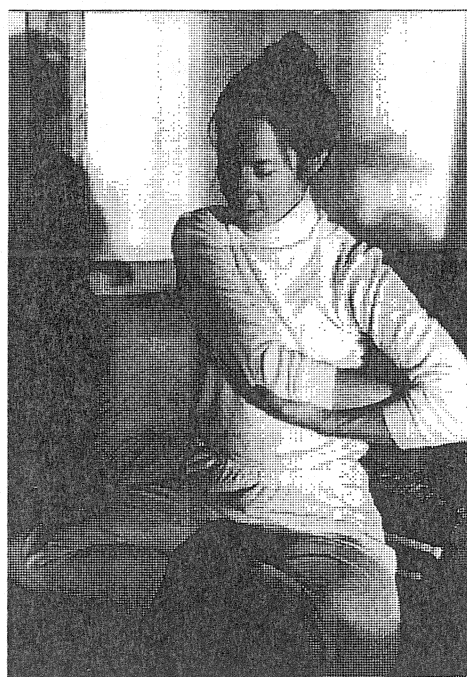
28a. Switch arms.



29a. Hands are interlaced in a basket behind the head, elbows stretched back.



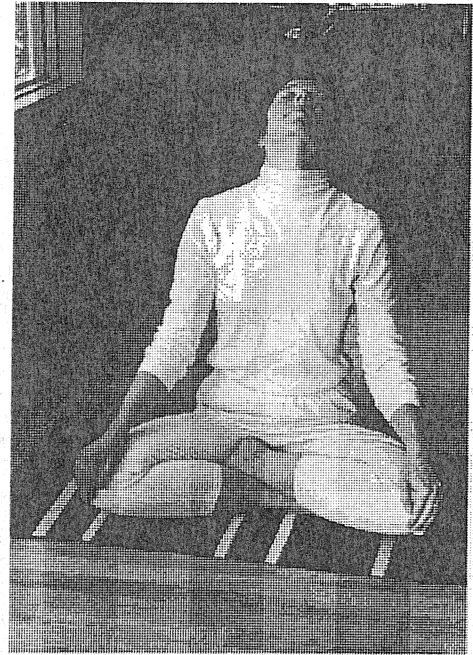
30a. Catch the left elbow with the right hand, pull the left arm across the chest.



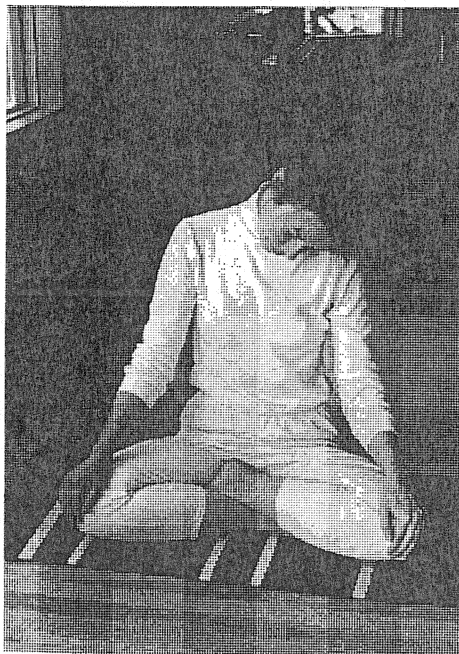
31a. Switch arms.



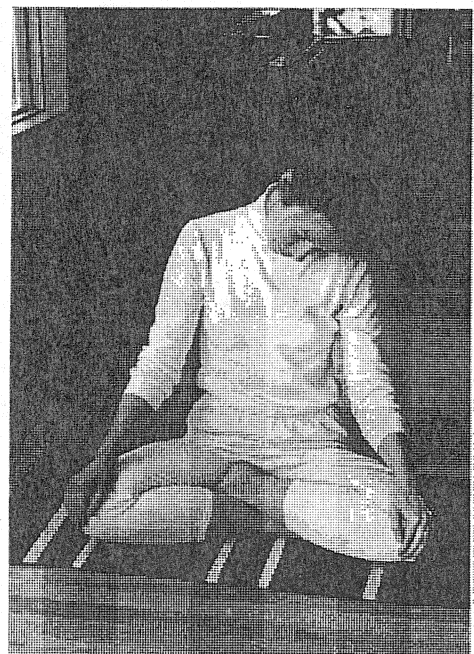
32a. Roll the head in a slow motion circle in one direction.



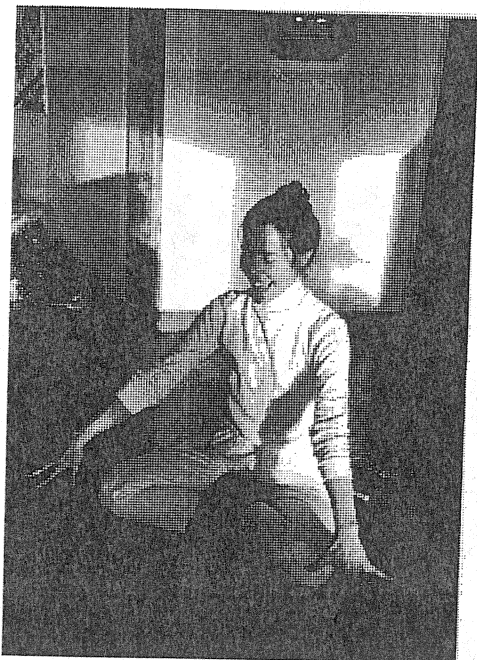
33a. Roll the head in a slow motion circle in one direction.



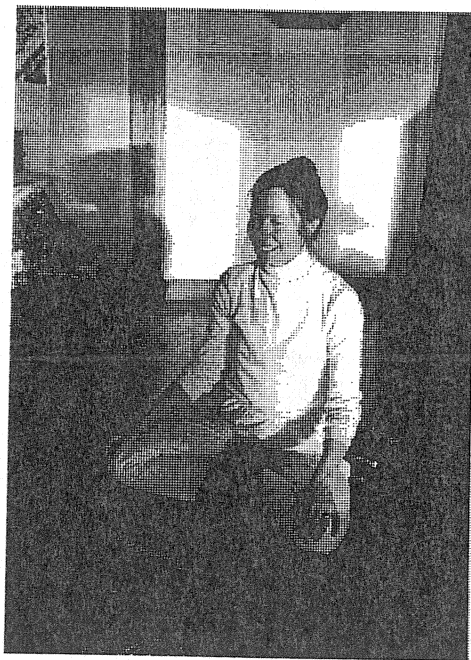
34a. Roll the head in a slow motion circle in one direction.



35a. Reverse



36a. Lion Face! Eyes and mouth open wide, stick the tongue out and stiffen and separate the fingers.

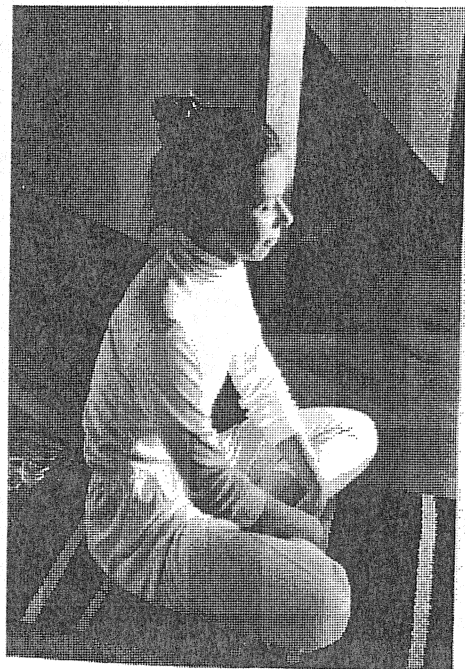


37a. Smile!

Conditioning Exercise Series

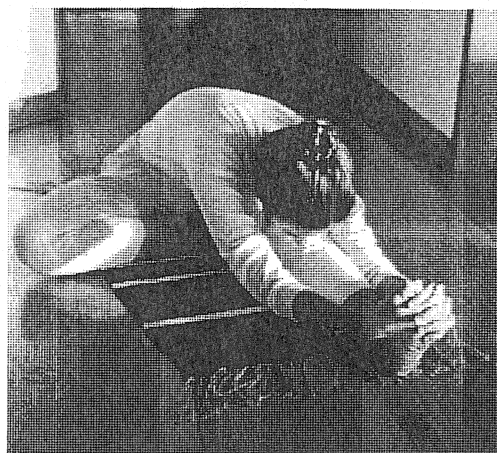
This series of exercises are excellent for skiers, runners and walkers. This series includes many strengthening as well as stretching exercises.

- 1b. Sit comfortably on the knees and heels or sit cross legged tailor fashion. If you sit on the knees have the palms flat and fixed on the thighs (the hands don't move). If you are sitting crosslegged have the hands on the shins right above the ankles. Inhale through the nose as you lift the chest up high and arch the lower back. Keep the chin level to the ground and the shoulders down and relaxed throughout the exercise.

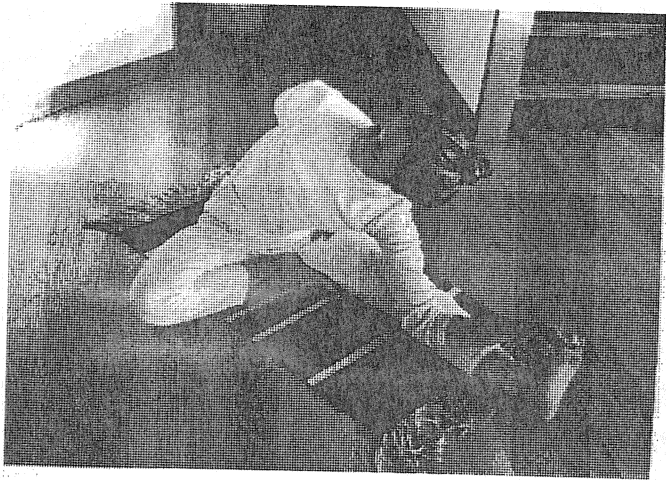
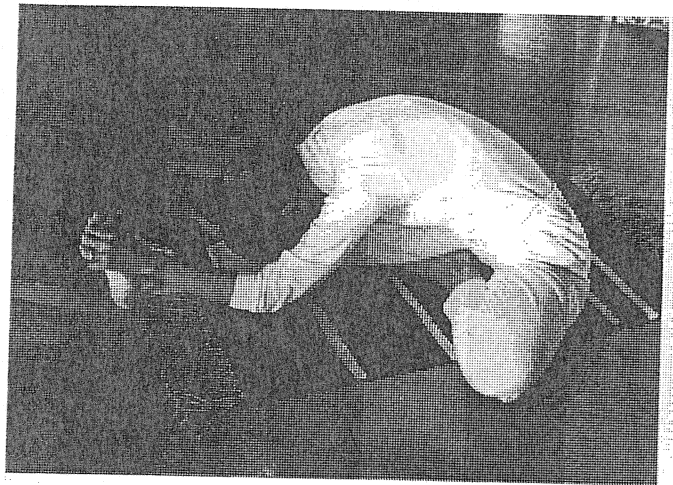


- 2b. As you exhale through the nose, slump back, tilting the pelvis, pushing the lower back out and letting the chest collapse. Continue smoothly with the half breath for 2 minutes.

- 3b. Stretch the left leg out in front of you straight, right foot against the inner thigh of the left leg, heel close to the groin, Hold on the the shin or the foot with both hands. Gently stretch forward then down. Hold the position for 90 seconds with long slow deep breathing.

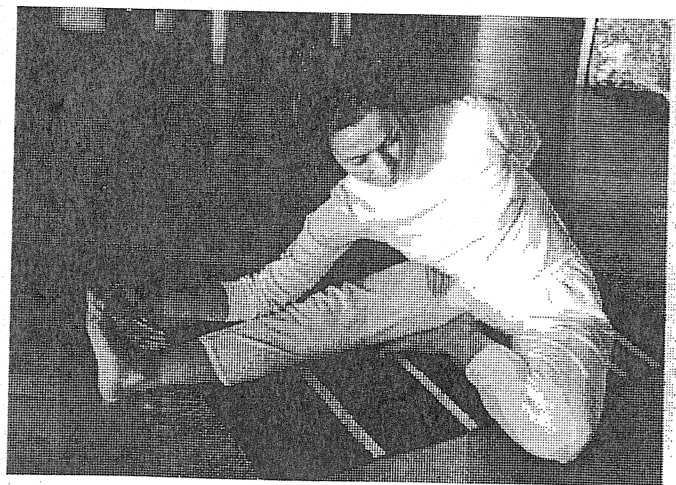


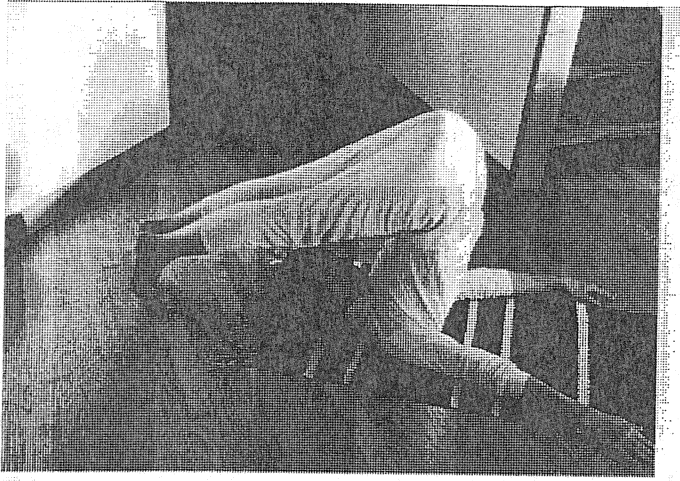
- 4b. Switch sides. Hold the position for 90 seconds with long slow deep breathing.



- 5b. Stretch the left leg out in front of you straight, right foot against the inner thigh of the left leg, heel close to the groin. Hold on to the left leg or foot with the left hand. The right arm is placed behind the back snugly. Pull the right shoulder up and back so the shoulders run in a line the same way as the left leg. Lift the chest up high and turn the chin to the right shoulder. Bend the torso to the left over the leg. Hold the position for 90 seconds with long slow deep breathing.

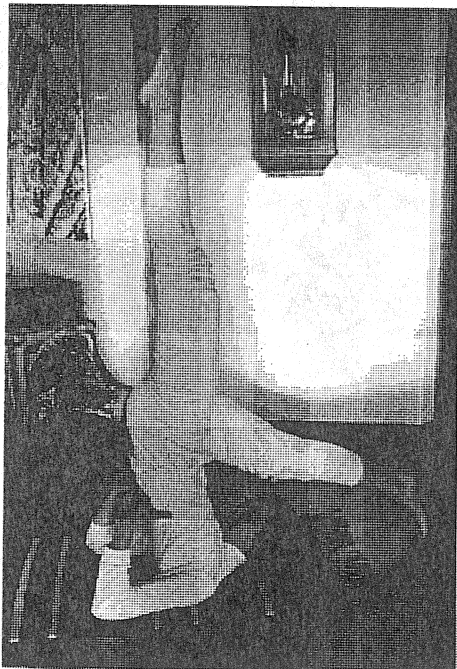
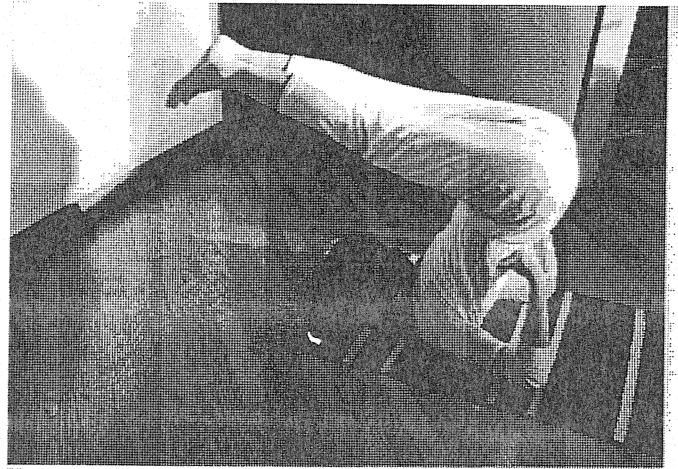
- 6b. Switch sides. Hold the position for 90 seconds with long slow deep breathing.





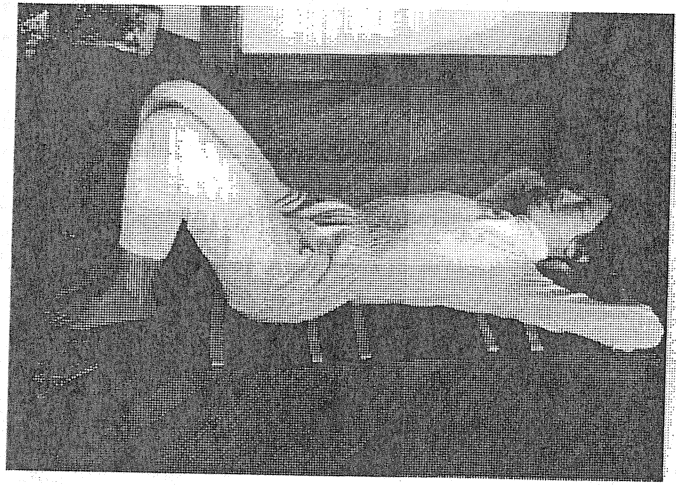
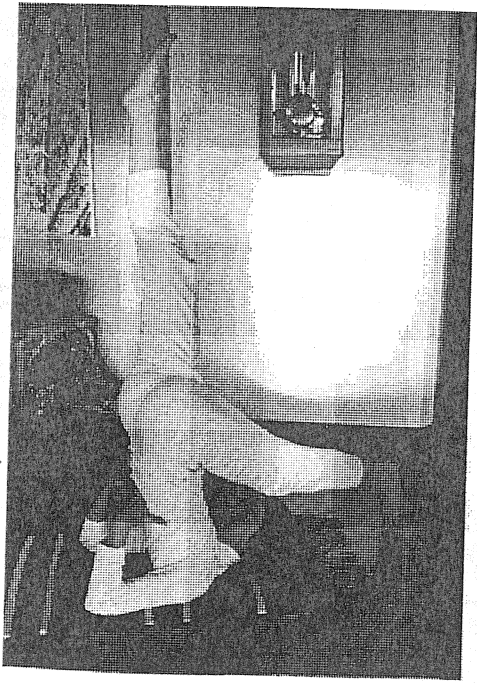
7b. Plow. Starting flat on your back with the arms by the sides palms down, slowly raise the legs up and over the body so that the toes touch the ground, legs are straight. **WARNING:** If you have neck problems skip this exercise. If your lower back is particularly tight or weak cut the amount of time you stay in the position by at least half. Hold the position with long slow deep breathing for 2 minutes.

8b. Half Plow. This is an acceptable variation of 7b.



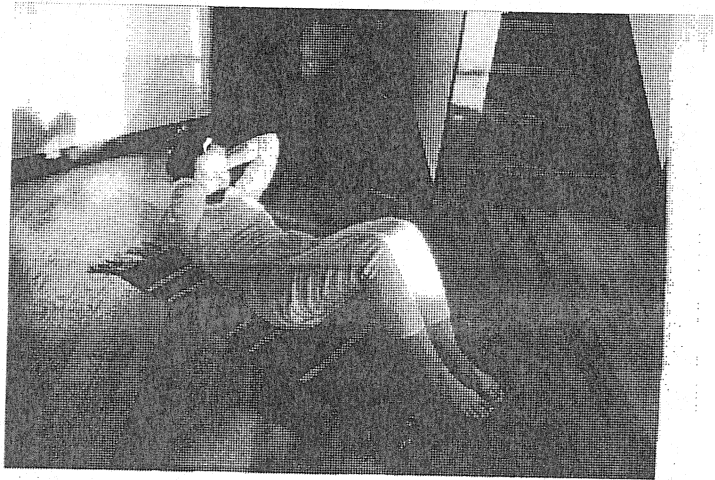
9b. Support the back with the hands. Inhale and lift the left leg up straight, toes pointed to the ceiling. Leave the right leg back and straight with the toes on the ground if possible.

Exhale lower the leg back into its original position. Inhale up, exhale down, using half breaths.

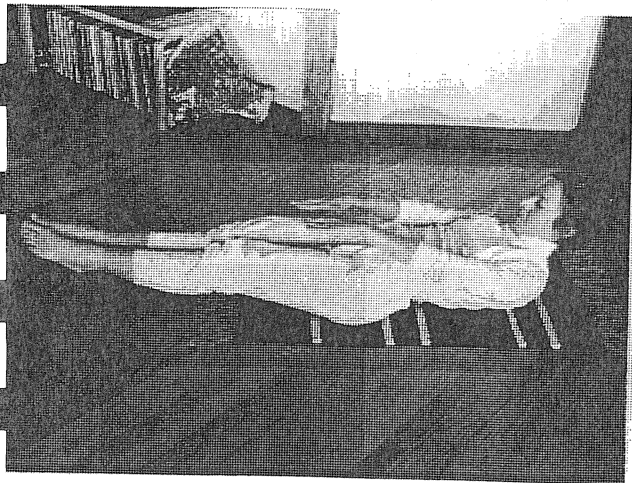


10b. Yoga Sit-Ups. Bring the knees up with the feet flat on the ground. Make a basket out of the hands and place them behind the head. Inhale in this position.

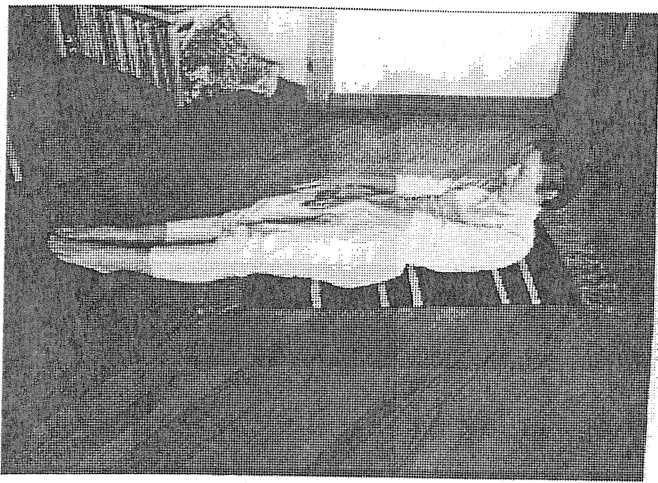
9b. Alternate legs each breath. Continue for 90 seconds. Upon completion, bring both legs back into plow pose and slowly and smoothly lower yourself out of the position. Stay in control, using your hands for support if needed. Try to keep the head on the ground throughout.



11b. Exhale and lift the upper body off the ground in a half-sit up position, chin tucked in. Be careful no the jerk the neck with the hands, the hands only support the head. Tighten the abdominal muscles, keep the lower back flat against the ground. Continue this up and down motion for 90 seconds. Use the half breath and concentrate on the navel point throughout the exercise.

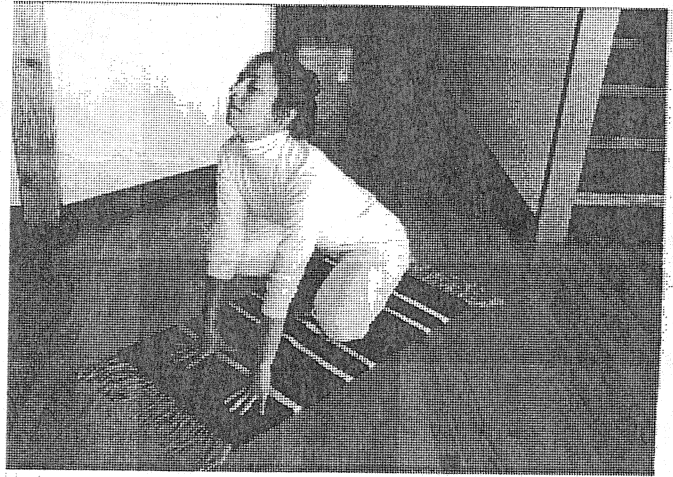


12b. Stretch pose. Lie flat, lift the head and shoulders off the ground keeping the lower back flat. Bring the arms up and over the body with the fingers pointed towards the toes. Stretch toes forward away from the body. Eyes are open looking at the toes. Lift the toes up to the level of the eyes. Breath of fire for 60 seconds. Concentrate on the navel point.

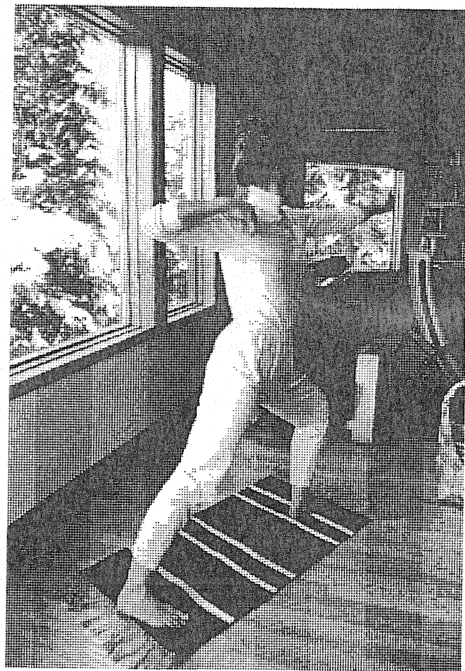


13b. Keeping the heels lightly resting on the ground is an acceptable variation of 12b. Use this variation if you are high waisted or if you have weak abdominals or lower back.

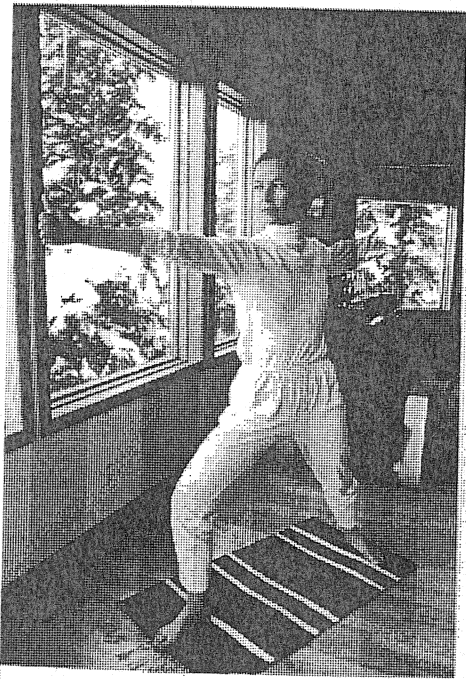
14b. Frogs. Come up on the toes with the heels touching, knees spread wide apart, finger tips on the ground, arms in between the legs. The head is up and back. This is the down/exhale position.



15b. Inhale up, keeping the heels off the ground as you straighten out the knees. Chin goes to the chest. Continue this up and down motion with a powerful breath for 2 minutes.



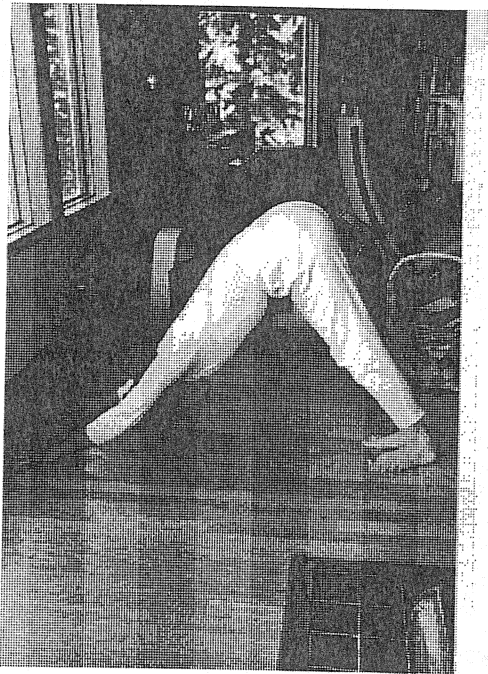
16b. Archer. Stand up. Left foot forward, right foot back, the front leg is bent so that looking over the knee the foot disappears. The back leg is straight. Left hand holds the bow, right hand draws back the string. Pull the right elbow back so you can feel a stretch across the chest. Chin is over the left shoulder. Keep the shoulders rolled back and down, chest high, 2/3 of the body weight in the front foot. Breath of fire for 2 minutes.



17b. Change sides, right foot forward. Breath of fire 2 minutes.

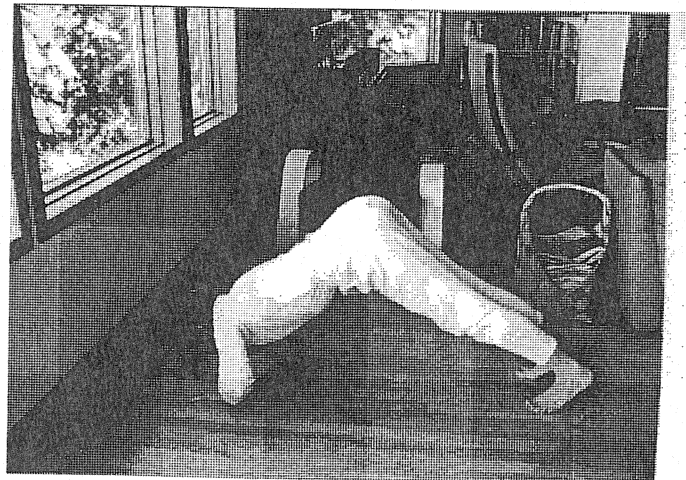


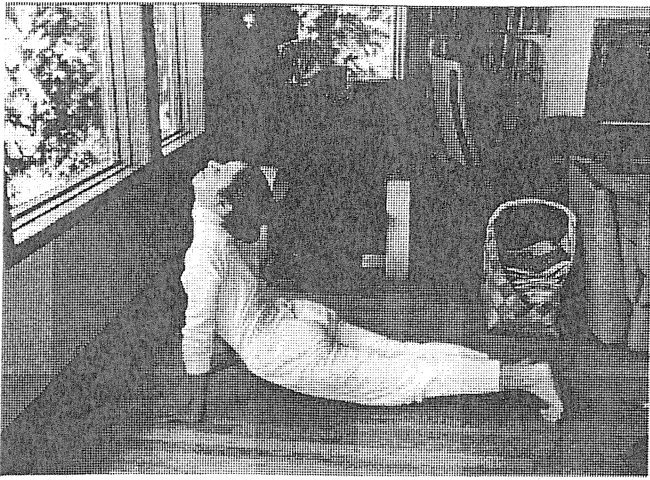
18b. Kryia for the back and heart in 4 parts. Start in triangle pose. Hand shoulder width apart, heels touching and off the ground. Rear end is up high, back slightly arched forward. Inhale.



19b. Exhale heels flat. Inhale.

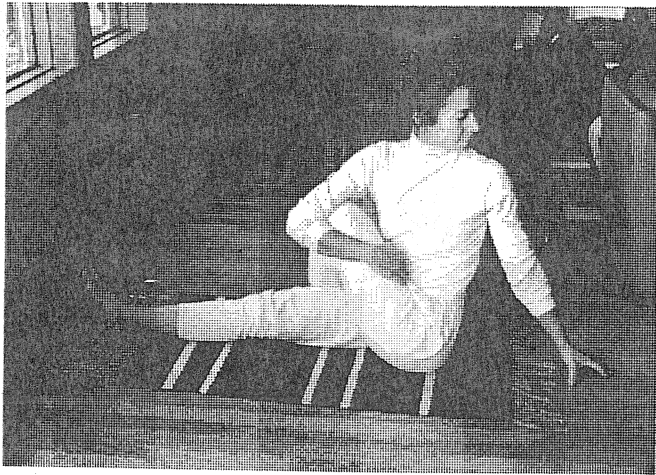
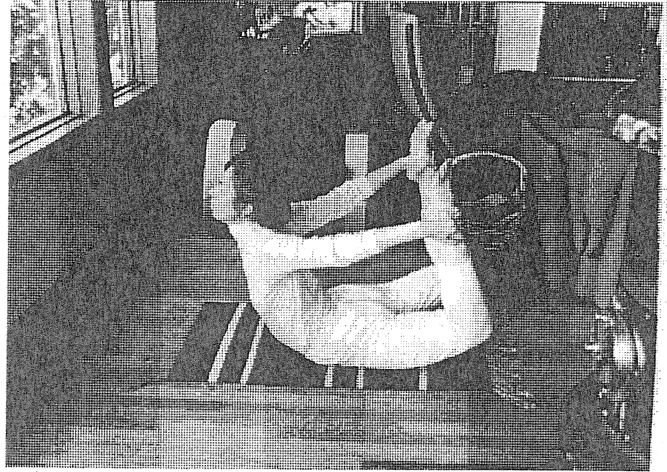
20b. Exhale lower the nose to the ground, elbows splay out to about 45 degree angle to the body. Inhale.





21b. Exhale come into a modified cobra by smoothly sliding the body forward keeping the elbows bent until the chest is lifted up. Toes remain curled on the ground. Chest and head are up and back. Inhale. Exhale back into 18b. Repeat all four parts a total of 8 times. Use powerful half-breaths.

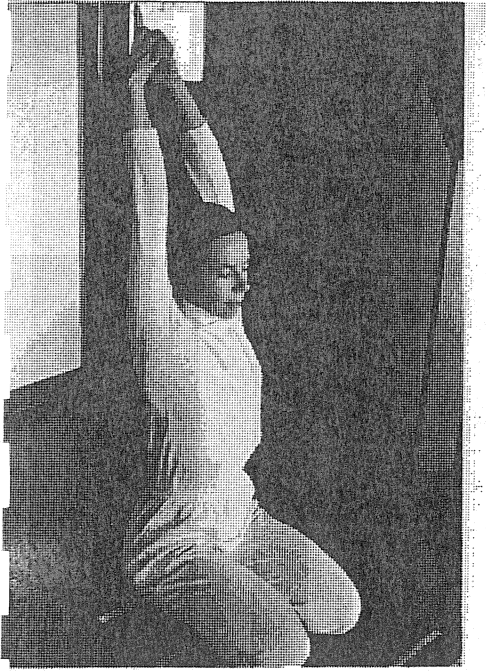
22b. Bow. On the stomach reach back and catch the tops of the feet or ankles with the hands. Push the shins away from the body while pulling in with straight arms. Lift the chest and head up and back. Breath of fire 90 seconds.



23b. Spinal twist. Right leg is out straight, left knee is up with the foot crossed over the right leg and flat on the ground. Place the left hand on the ground all the way left, turning the shoulders left. Right arm is wrapped around the left leg. Chin is turned all the way left. Stay as upright as possible. Long slow deep breathing for 90 seconds. Slowly untwist.

24b. Switch sides. Long slow deep breathing for 90 seconds. Slowly untwist.

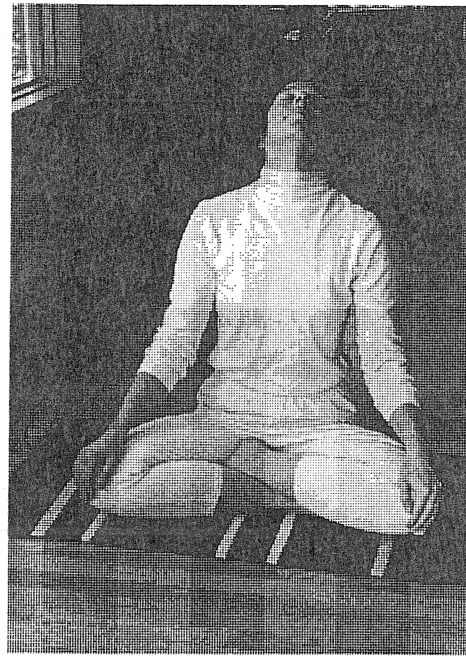




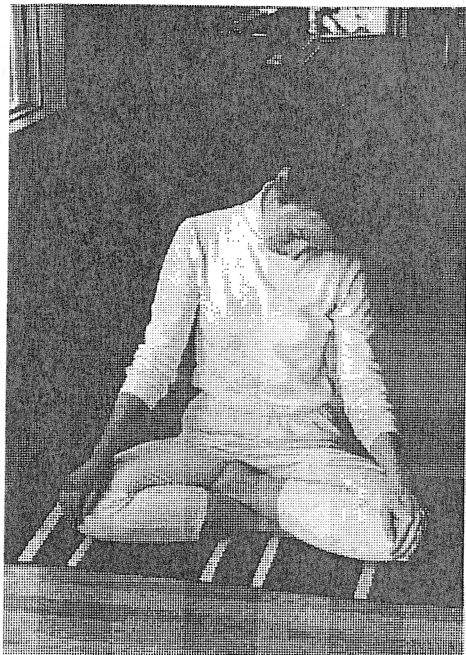
25b. Sat Kryia for energy center balance and sexual system rejuvenation. Sit on the knees and heels with the ankles together. Sitting crosslegged is also acceptable. Make a basket of the hands with the index fingers pointing up. Bring the hands up over head, elbows locked straight. Recite the word SAT out loud as you apply Root Lock. Root Lock is applied by sharply pulling in the navel point and squeezing the muscles of the rectum and the sex organs. Release Root Lock and recite the word NAM. Mentally concentrate SAT at the naval and the word NAM at the brow point. Allow the body to breathe itself. Breath does not have to be controlled. Pelvis remains stationary and the elbows locked straight. Continue rhythmically with strong mental concentration for 3 minutes. Rest with the hands in the lap 1 minute, then sit crosslegged.



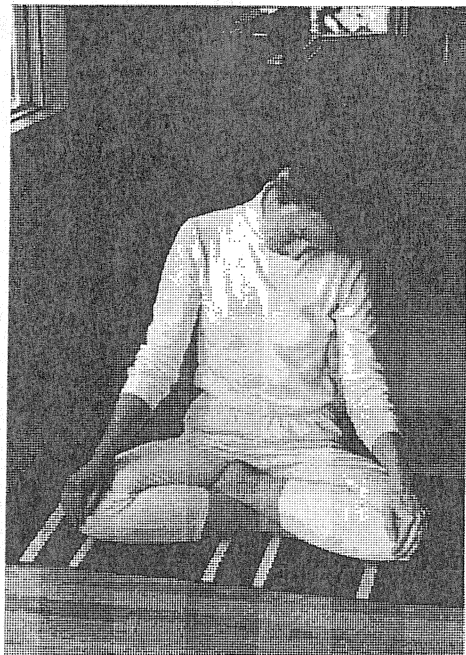
26b. Roll the head in a slow motion circle in one direction.



27b. Roll the head in a slow motion circle in one direction.

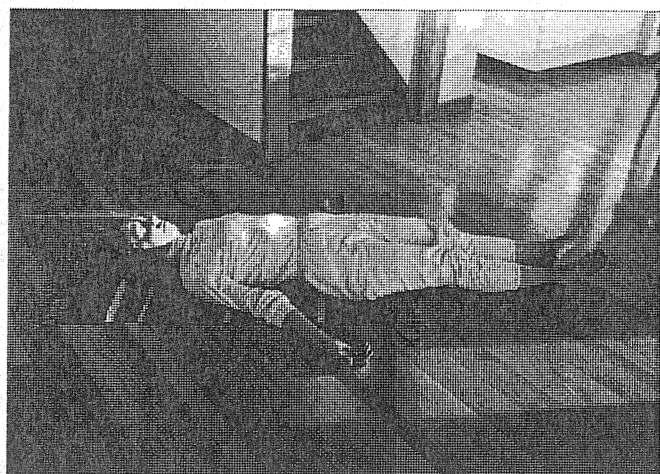


28b. Roll the head in a slow motion circle in one direction.



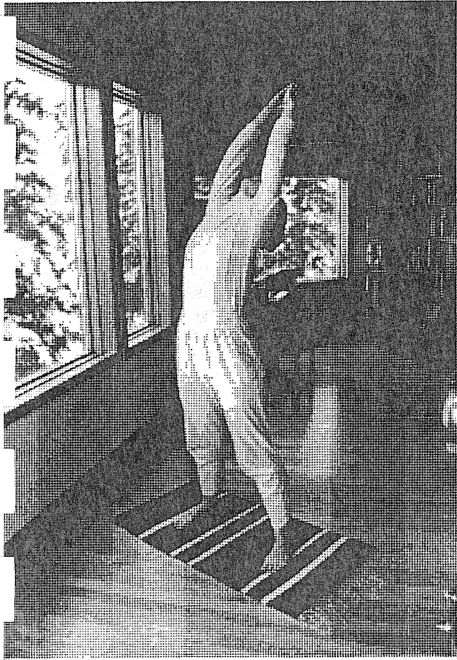
29b. Reverse

30b. Relax flat on your back. Arms are by the sides, palms up, eyes are gently closed, breath is soft and normal. Totally and completely relax. 5 to 11 minutes.



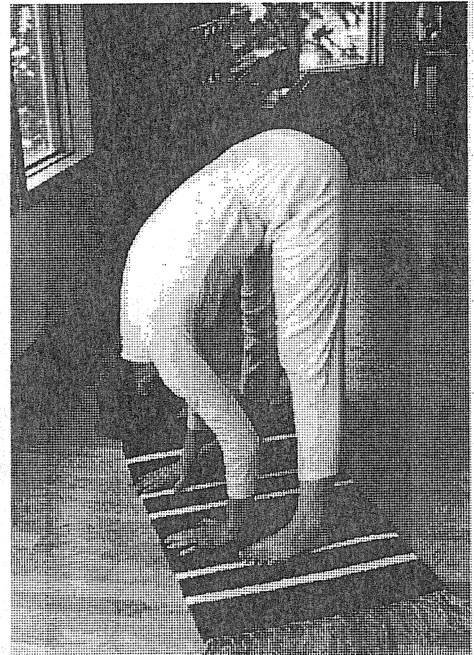
Exercise Series for the Upper Back and Shoulders

This series will help remove tension from the upper back and shoulders.



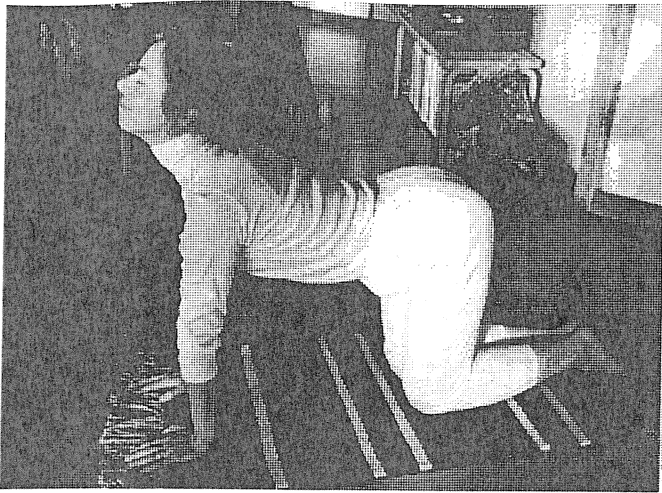
- 1c. Standing with the feet shoulder width apart have the palms together overhead with the thumbs crossed. Stretch up and back with a deep inhale.

- 2c. Exhale as you come forward allowing the hands to separate. Bring the palms flat to the ground if possible. Knees remain a little bent. Continue this motion for 3 minutes.



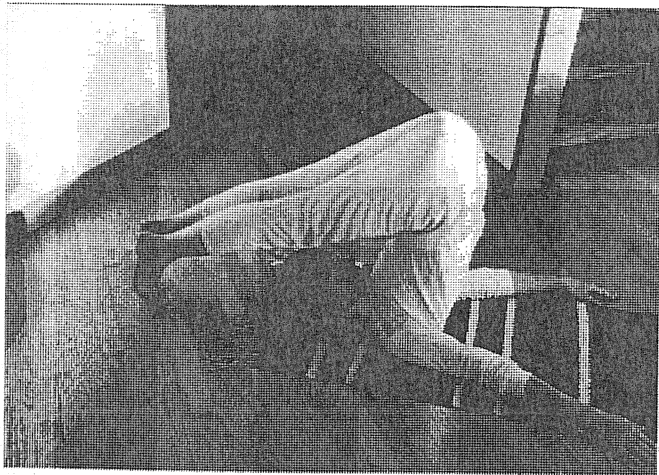
- 3c. Standing in the same position allow the upper body to hang over the waist. Keep the knees a little bent allowing the neck and shoulders to relax for 90 seconds.





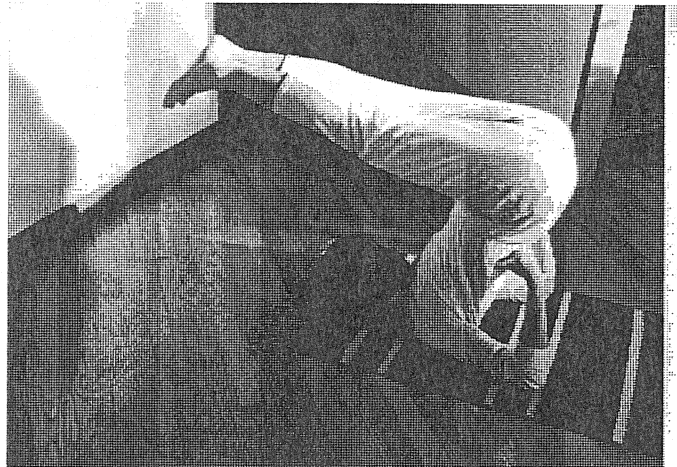
4c. Cow. Have the hands on the ground shoulder width apart, knees slightly apart, heels touching. Inhale as you tilt the pelvis forward, arching the lower back slightly downward. Arch the head back.

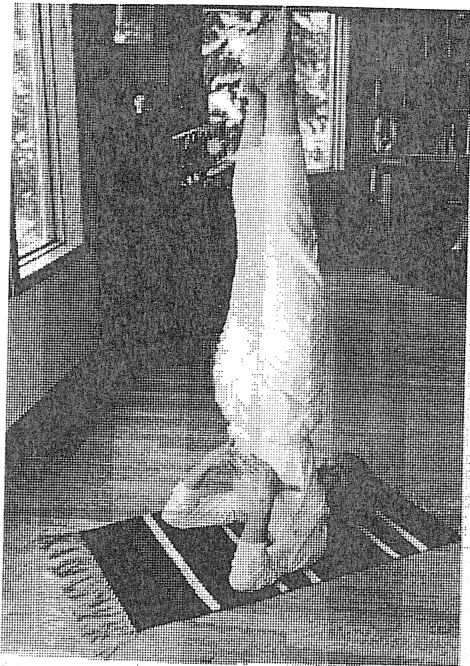
5c. Cat. Exhale as you arch the back up, tilting the pelvis the opposite way. Push up through the shoulders, chin on the chest. Alternate between cow and cat for 3 minutes. Keep eyes closed and firmly fixed at the brow point.



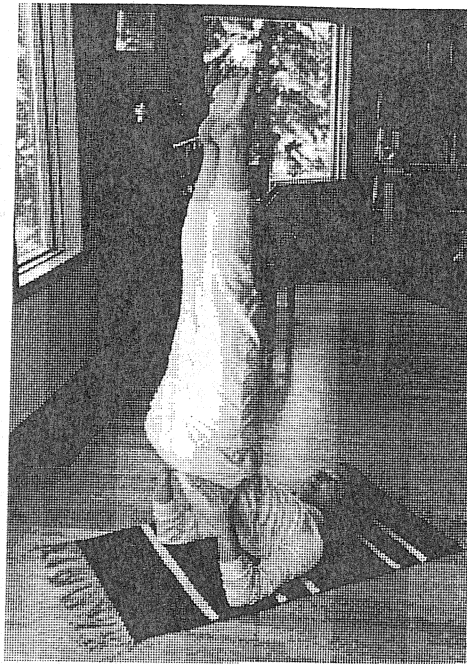
6c. Plow. Starting flat on your back with the arms by the sides palms down, slowly raise the legs up and over the body so that the toes touch the ground, legs are straight. WARNING: If you have neck problems skip this exercise. If your lower back is particularly tight or weak cut the amount of time you stay in the position by at least half. Hold the position with long slow deep breathing for 2 minutes.

7c. Half Plow. This is an acceptable variation of 7b. Support the back with the hands for stability.

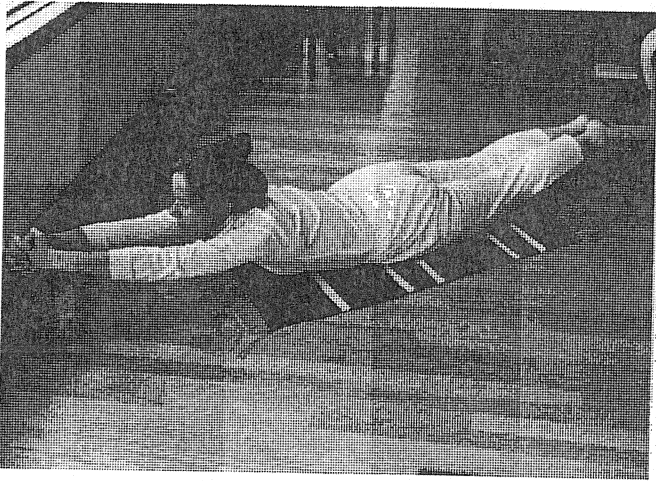




8c. **Shoulder Stand.** Starting from plow position raise the legs up straight into shoulder stand. Legs are together, hands support the back, chin is on the chest. Long slow deep breathing for 3 minutes. Come out of the posture by returning to plow and then slowly lowering yourself down. **WARNING:** If you have neck problems skip this exercise. If your lower back is particularly tight or weak cut the amount of time you stay in the position by at least half.



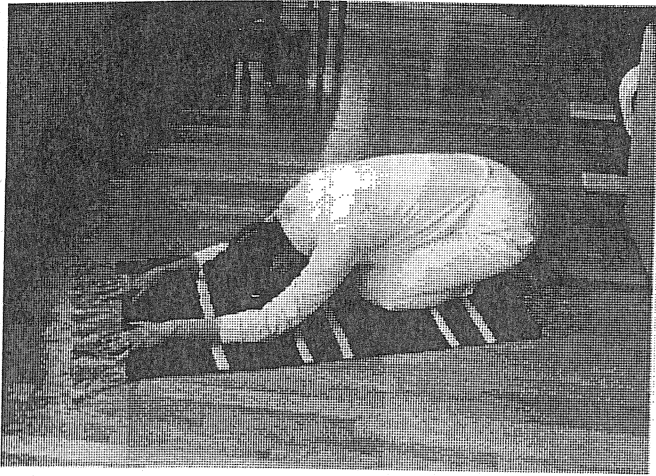
9c. **Half shoulder stand.** This is an acceptable variation of 8c. The back is at a 45° angle and the hands support the hips. Legs can be up straight as pictured or held at a 45° angle over the head.



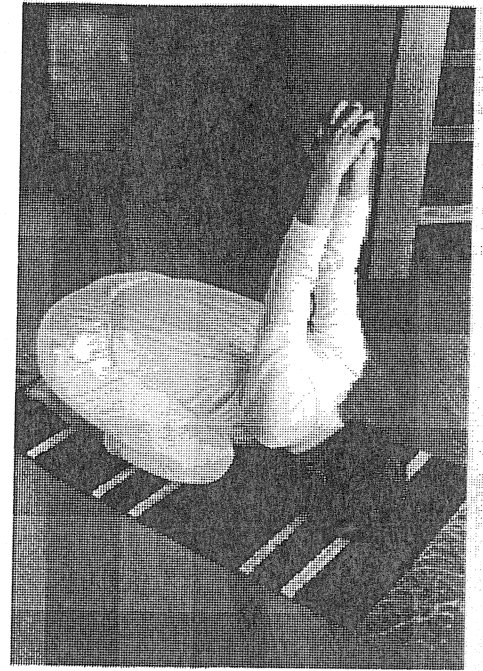
10c. **Roll over on the stomach.** Extend the arms on the ground with the hands interlaced in a basket. Legs are together and straight. Lift the head, chest and arms off the ground as high as possible and lift the legs off the ground as high as possible keeping the legs together. **Breath of fire** for 60 seconds.

11c. **Baby Stretch.** Sit on the heels. Have the palms on the ground in front of the knees, shoulder width apart. Inhale the elbows straight and lift the chest and head up and back.

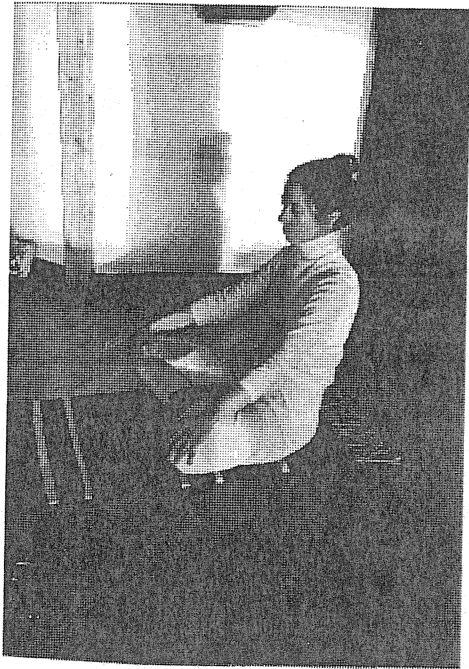




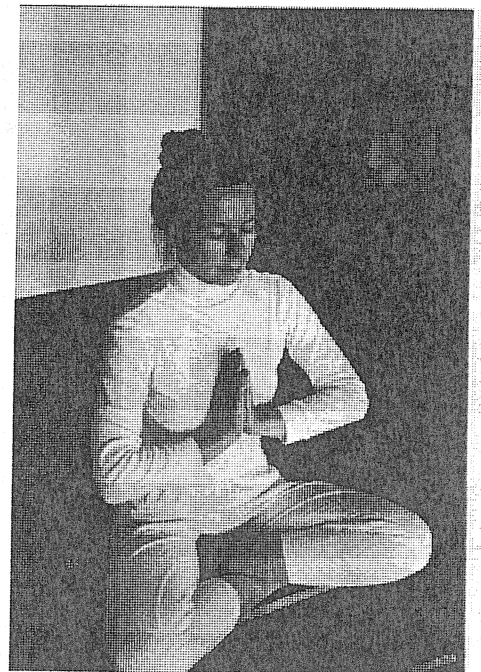
12c. Exhale, the forearms flat on the ground and then bring the forehead to the ground. Continue this motion for 2 minutes with slow deep breaths.



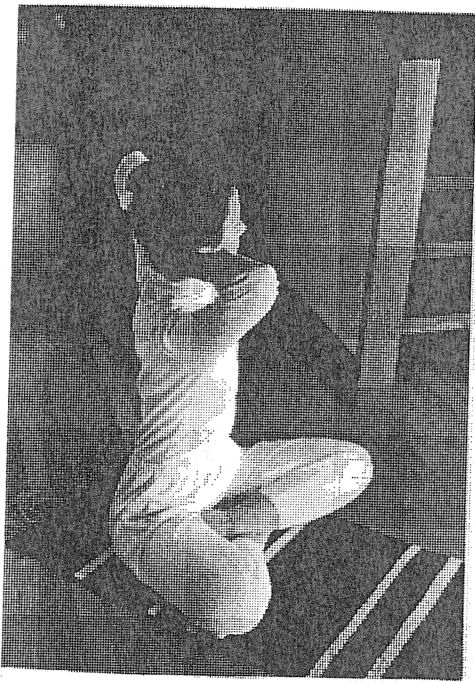
13c. Yoga Mudra. Remain on the heels with the forehead on the ground. Interlace the hands into a basket at the small of the back with the palms down. Raise the hands up high and hold this position with breath of fire for 90 seconds.



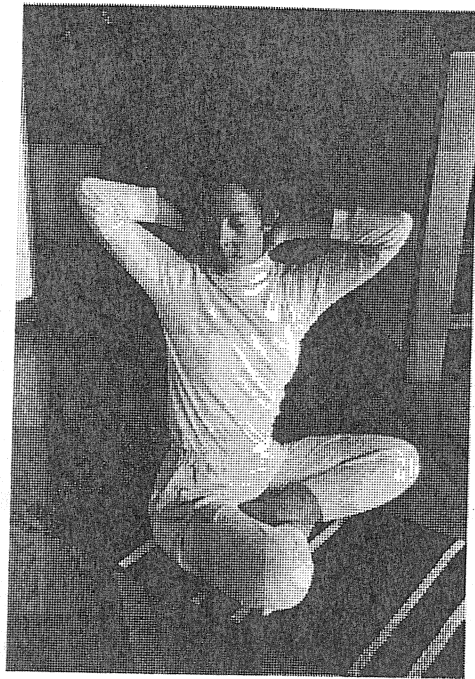
14c. Upper Spine Flex. Sit comfortable crosslegged. Grasp the knees with the hands and mostly straighten the elbows. Inhale as you lift the chest high, exhale as you drop the chest back. There is not much pelvic movement with this upper back flex. The shoulders remain down and relaxed. Continue with half breaths for 90 seconds.



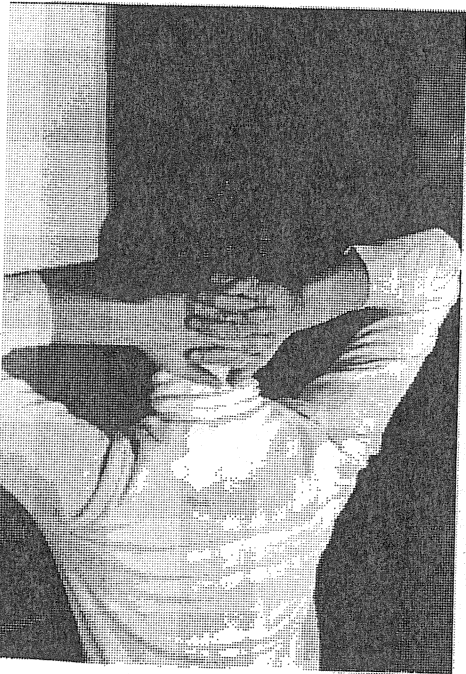
15c. Sit comfortable crosslegged. Have the palms together at the heart center with the base of the thumbs pressed against the sternum. Lift the elbows up high. Shoulders remain back and down. Concentrate at the heart center with eyes closed. Long slow deep breathing for 90 seconds.



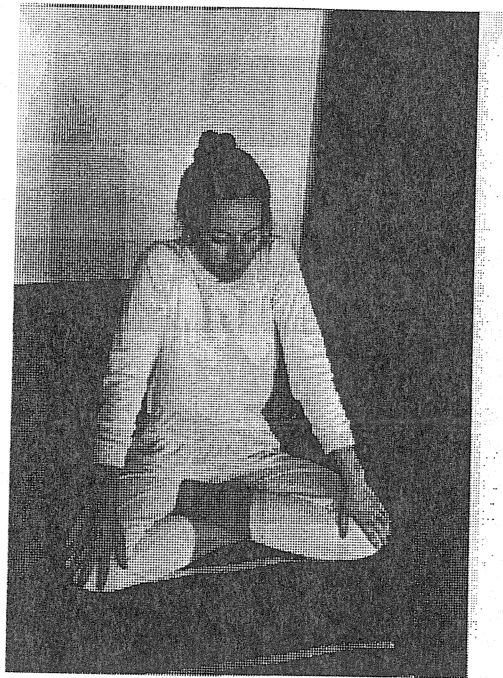
16c. Spine Twists. Sit comfortable crosslegged. Interlace the hands in a basket behind the neck under any hair. Keep the chest high as you inhale and twist the torso left.



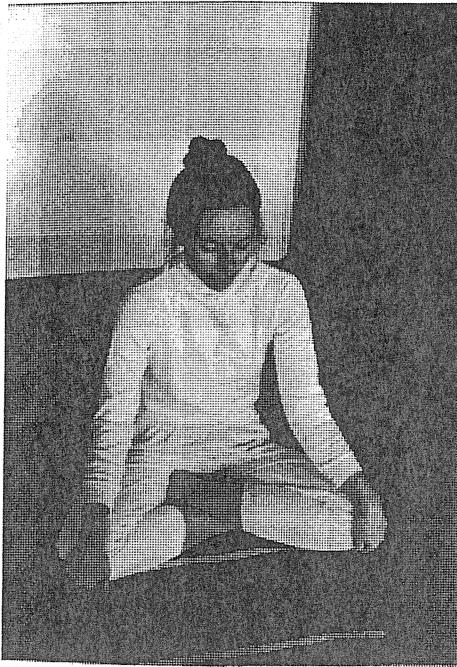
17c. Exhale and twist the torso right. Continue this motion smoothly without pause in either position for 90 seconds using half breaths.



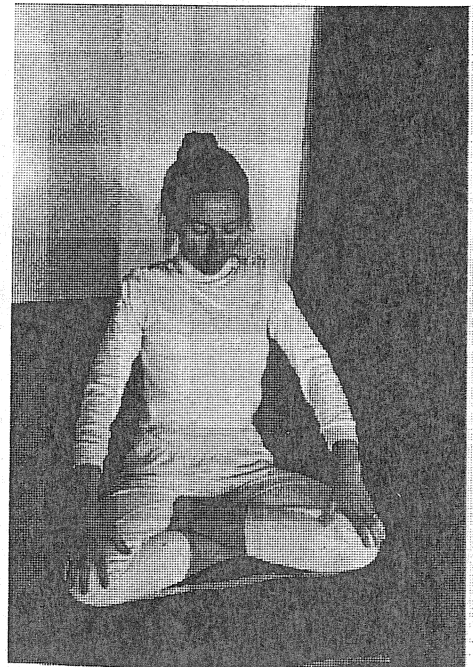
18c. Chest Lift. Remain sitting comfortable crosslegged. Interlace the hands in a basket behind the head. Lift the chest high and press the elbow back. Hold the position for 90 seconds with breath of fire.



19c. Shoulder Shrugs. Remain sitting comfortable crosslegged. Gently grasp the knees with the hands. Inhale as you shrug the shoulders up to the ears.



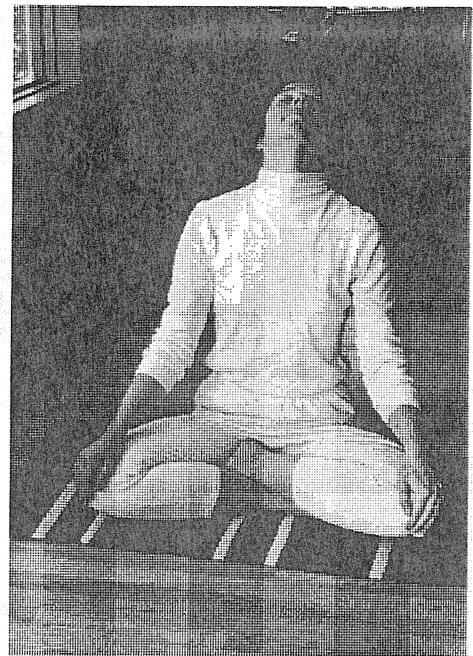
20c. Exhale as you drop the shoulders down. Continue this motion for 60 seconds at a rapid pace.



21c. Remain sitting crosslegged. Keeping the hands on the knees, roll the shoulders together in big slow smooth circles. Continue for 90 seconds with relaxed breath.

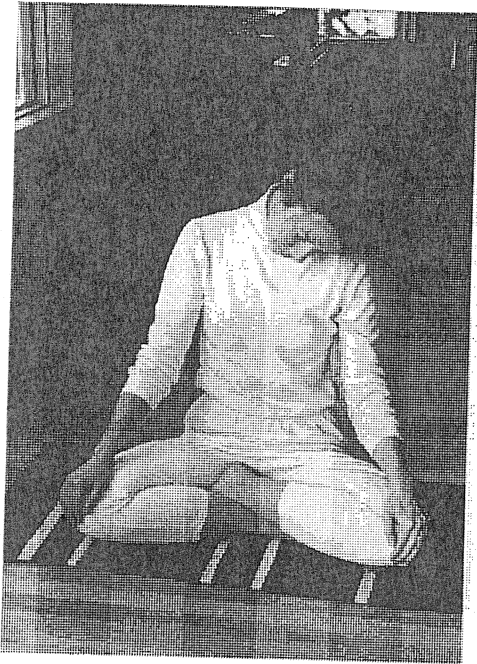


22c. Roll the head in a slow motion circle in one direction.

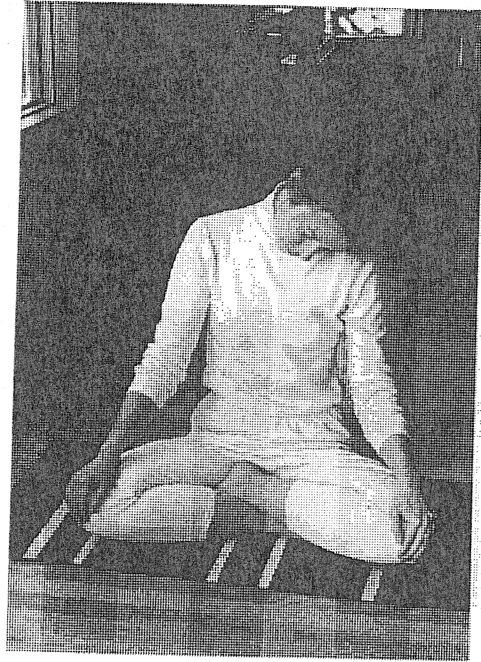


23c. Roll the head in a slow motion circle in one direction.

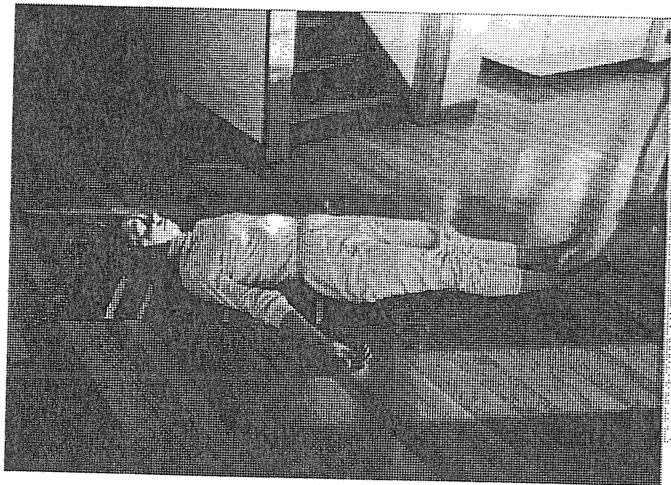
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24c. Roll the head in a slow motion circle in one direction.



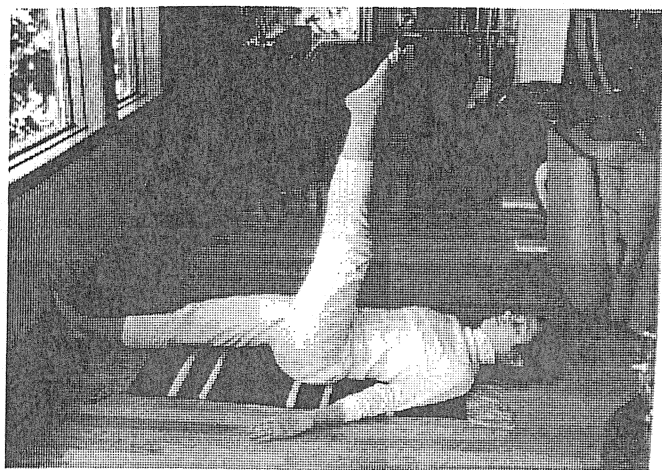
25c. Reverse



26c. Relax flat on your back. Arms are by the sides palms up eyes are gently closed, breath is soft and normal. Totally and completely relax. 5 to 11 minutes.

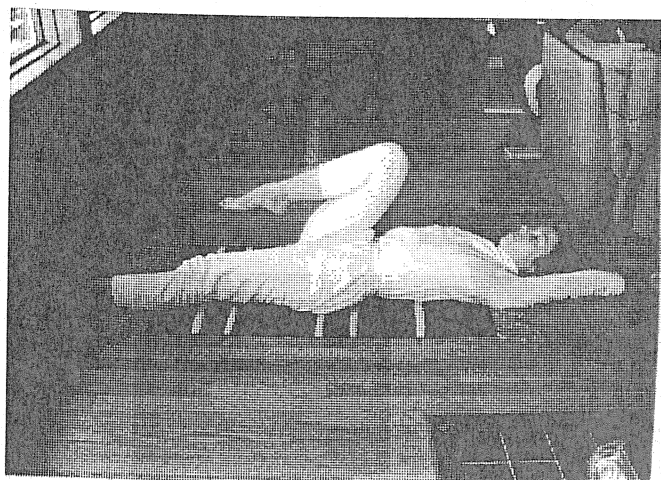
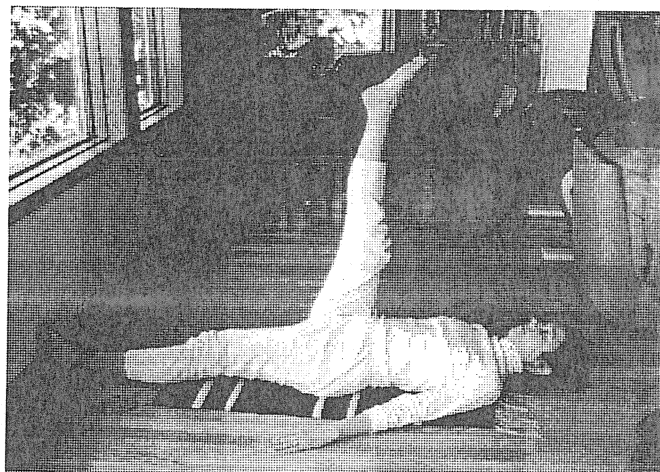
Exercise Series for Naval Energy

This series of exercises will center, strengthen, and balance the energy at the naval point. Strong naval energy gives you boundless energy and the ability to transform yourself.

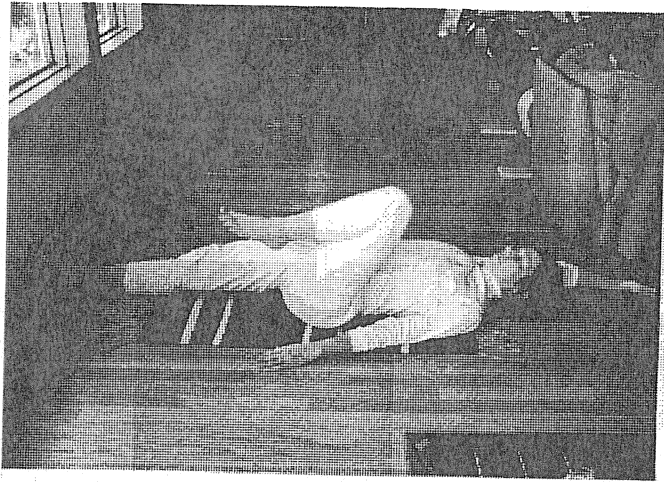


- 1d. Lie flat on your back, arms by the side palms down. Inhale as you lift the left leg up to 90 degrees. Keep the knee straight and the toes pointed to the ceiling. Exhale and lower the leg down.

- 2d. Alternate legs with a deep powerful breath. Concentrate at the naval point. Continue for 3 minutes.

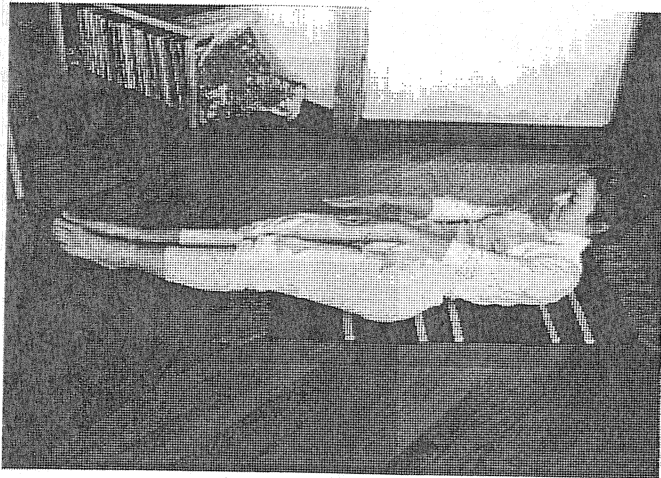
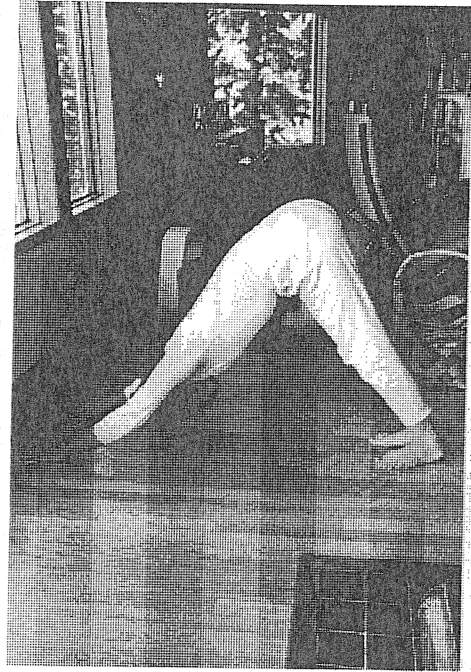


- 3d. Cross-crawl. Lie flat on your back. Inhale as you bring the right knee up to the chest and at the same time bring the left arm back overhead on the ground in a backstroke motion. Exhale and return the arm and leg to the ground flat.



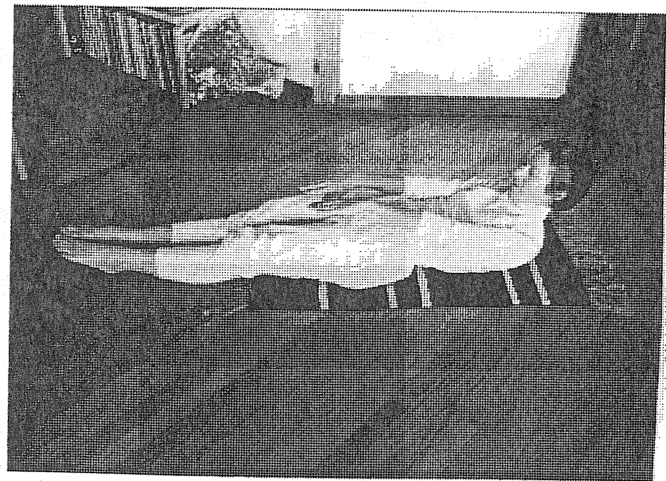
- 4d. Switch legs and arms. Use the opposite arm and opposite leg. Alternate with half breaths for 3 minutes.

- 5d. Rock yourself up. Stand up. Come into triangle position. Have the hands on the ground shoulder width apart, feet together and heels flat if possible. Arch the back. Hold the position for 2 minutes with long slow deep breathing.

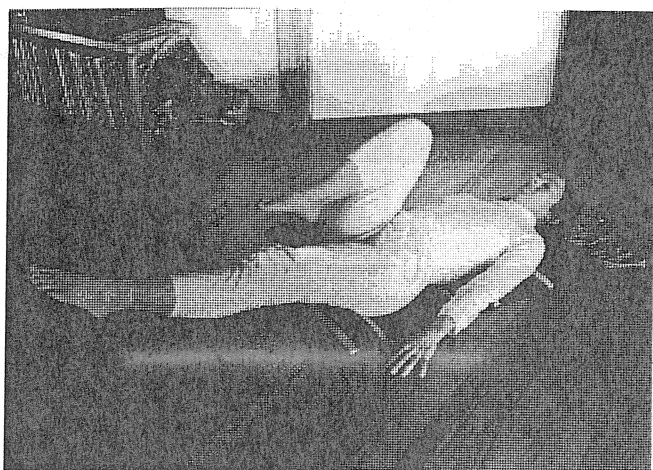
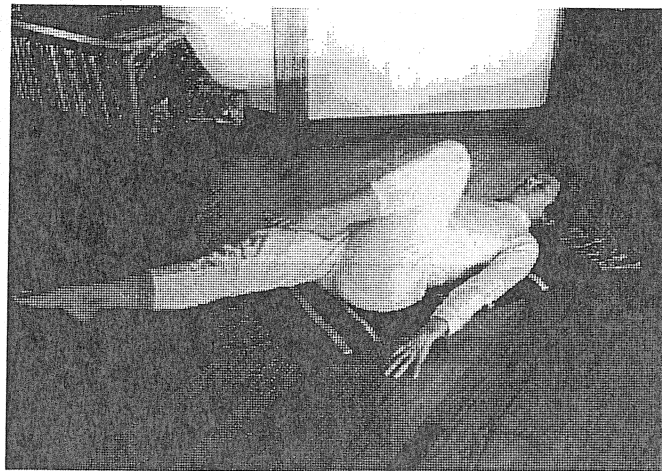


- 6d. Stretch pose. Lie flat, lift the head and shoulders off the ground keeping the lower back flat. Bring the arms up and over the body with the fingers pointed towards the toes. Stretch toes forward away from the body. Eyes are open looking at the toes. Lift the toes up to the level of the eyes. Breath of fire for 60 seconds. Concentrate on the naval point.

- 7d. Keeping the heels lightly resting on the ground is an acceptable variation of 6d. Use this variation if you are high waisted or if you have weak abdominals or lower back.

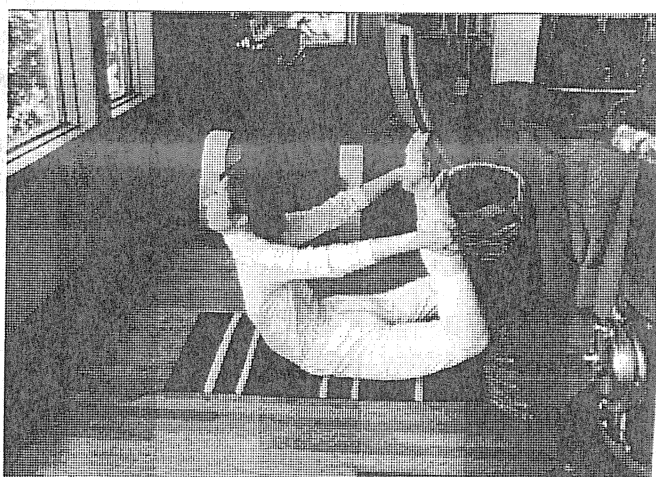


- 8d. Lie flat on the back. Arms are by the side with the palms down. Bring both knees up to the chest. Inhale as you stretch the right leg out straight with the right heel 6 to 18 inches off the ground. Point the toes away from the body.



- 9d. Exhale, switch legs. Continue with powerful half breaths for 90 seconds. Concentrate the breath at the naval point.

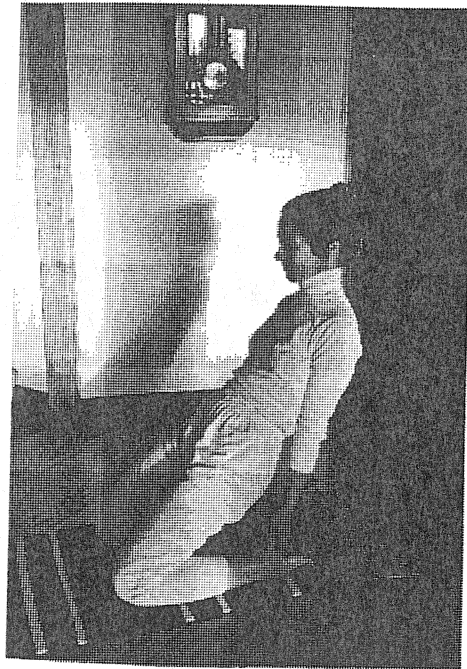
- 10d. Bow. On the stomach reach back and catch the tops of the feet or ankles with the hands. Push the shins away from the body while pulling in with straight arms. Lift the chest and head up and back. Breath of fire 90 seconds.



- 11d. Push yourself up into baby pose. Sit on the heels with the forehead on the ground, arms by the sides palms up. Allow the shoulders to relax with normal breath for 60 seconds.



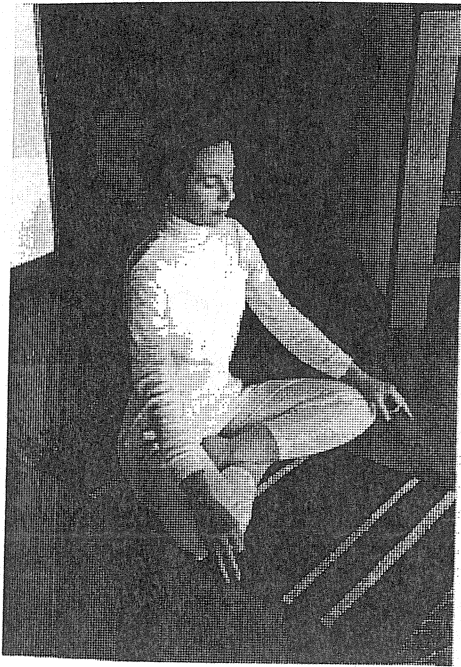
12d. Camel pose. Rise up on the knees. Knees are about shoulder width apart. Place the hands on the heels, arch the pelvis forward, shoulders back, chest high, heel relaxed all the way back. Concentrate at the heart center. Breath of fire for 90 seconds.



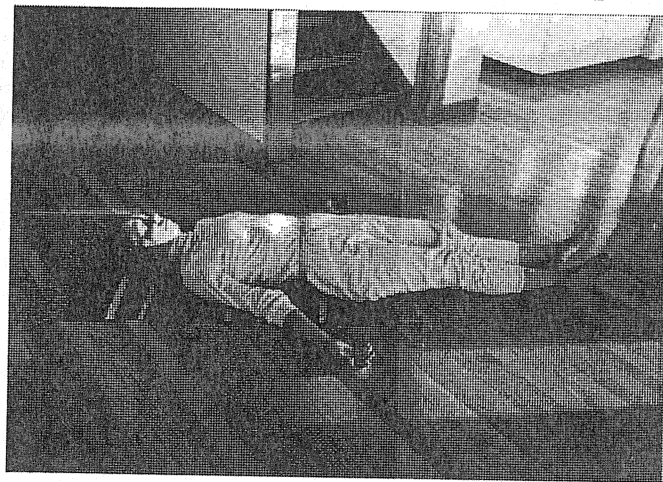
13d. Come out of camel pose by sitting down through the position as you lift the head up.



14d. Push yourself up into baby pose. Sit on the heels with the forehead on the ground, arms by the sides palms up. Allow the shoulders to relax with normal breath for 60 seconds.



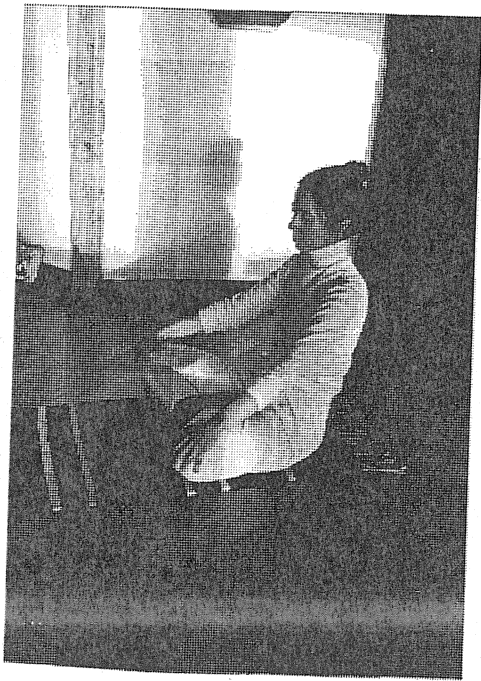
15d. Sit crosslegged with the hands in gyan mudra (index finger and thumbs lightly pressed together) Elbows are straight, chest is high and the chin is level to the ground, slightly tucked in. Open the eyes slightly and gaze at the tip of the nose keeping both sides of the nose in equal view. Begin long slow deep breathing for 5 minutes.



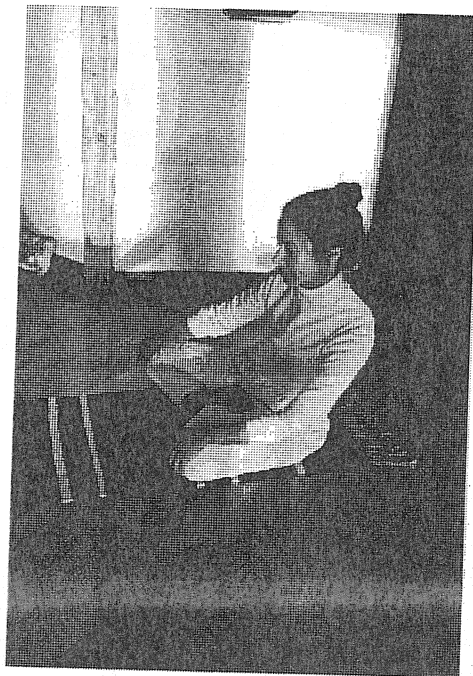
16d. Relax flat on your back. Arms are by the sides palms up eyes are gently closed, breath is soft and normal. Totally and completely relax. 5 to 11 minutes.

Exercise Series for the Lower Back

This short exercise series helps to stretch and strengthen the lower back. In addition, it will help improve digestion and balance the energy centers.



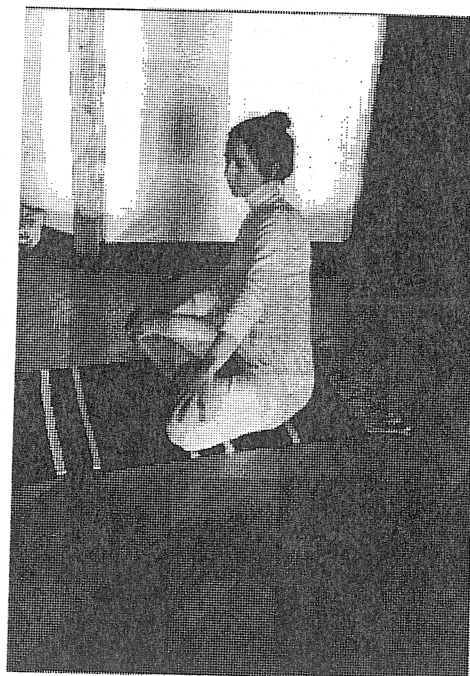
1e. Sit comfortably crosslegged. Grasp the knees with the hands. Tilt the pelvis back.



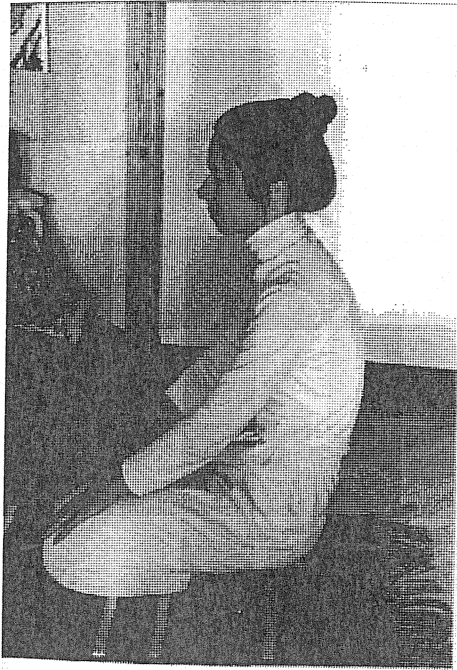
2e. Lean to the left.



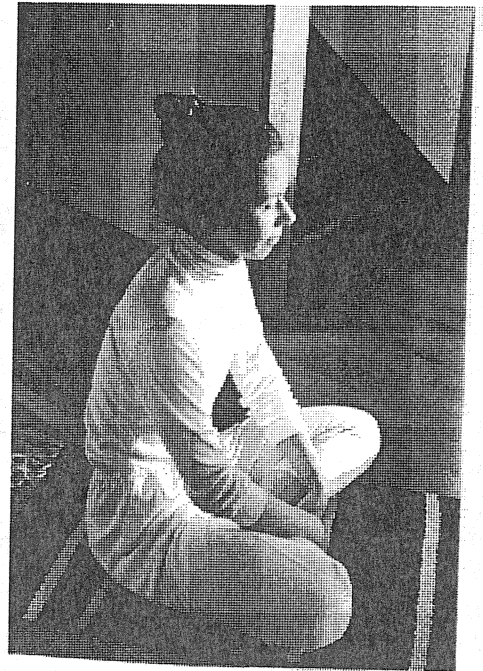
3e. Arch and lean forward.



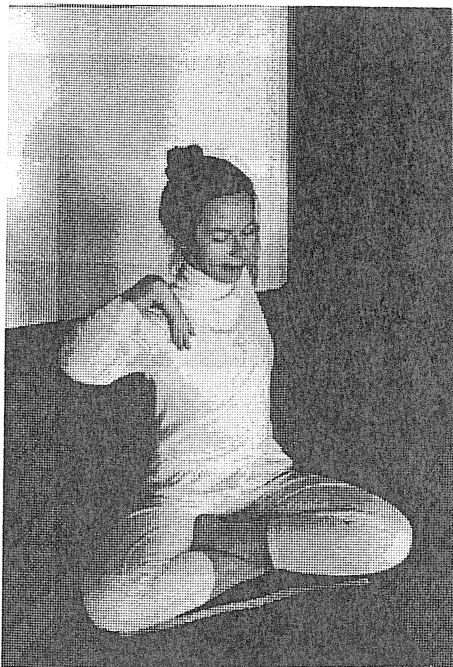
4e. Lean to the right. Continue this grinding motion for 90 seconds in one direction and then grind the other way for 90 seconds. Keep the head up throughout. Normal breath.



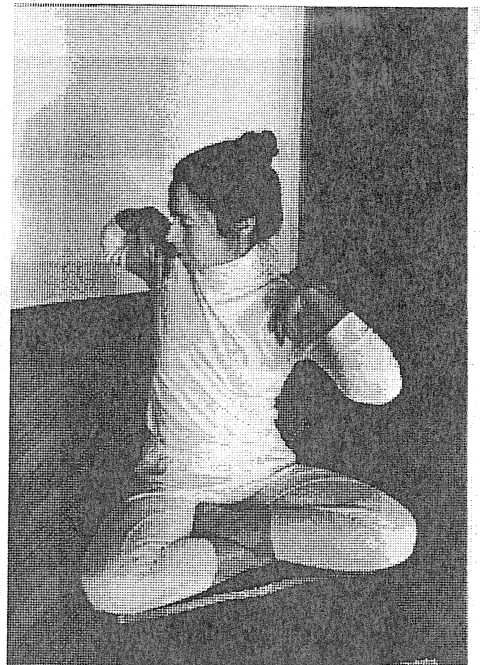
5e. Sit comfortably on the knees and heels or sit cross legged tailor fashion. On the knees have the palms flat and fixed on the thighs (the hands don't move). Sitting crosslegged have the hands on the shins right above the ankles. Through the nose, exhale as you slump back, tilting the pelvis, pushing the lower back out and letting the chest collapse. Keep the chin level to the ground and the shoulders down and relaxed.



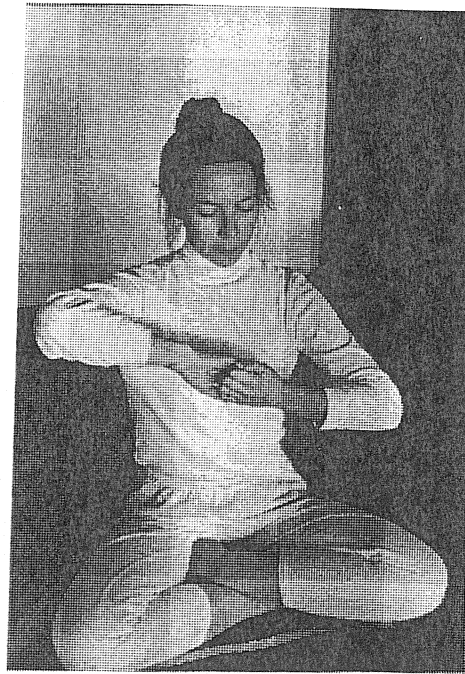
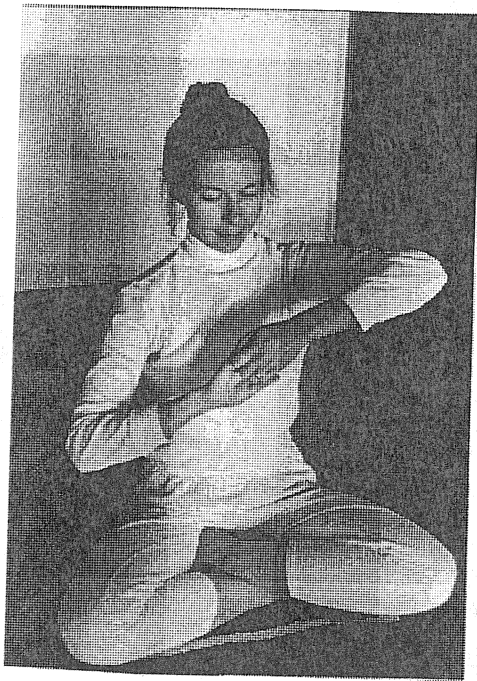
6e. As you inhale through the nose, arch the pelvis and lower back forward, lifting the chest up high. Keep the chin level. Continue smoothly with the half breath for 2 minutes.



7e. Sit comfortably crosslegged. Have the hands on the shoulders, fingers in front, thumbs in back. Inhale and twist the torso to the left. Keep the chest high and the chin level to the ground.

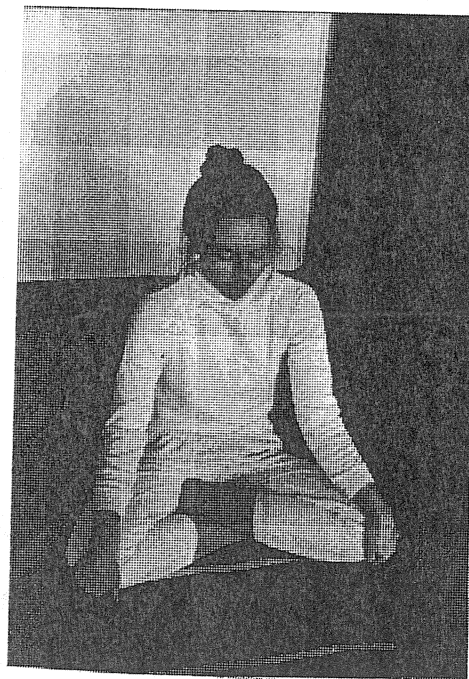
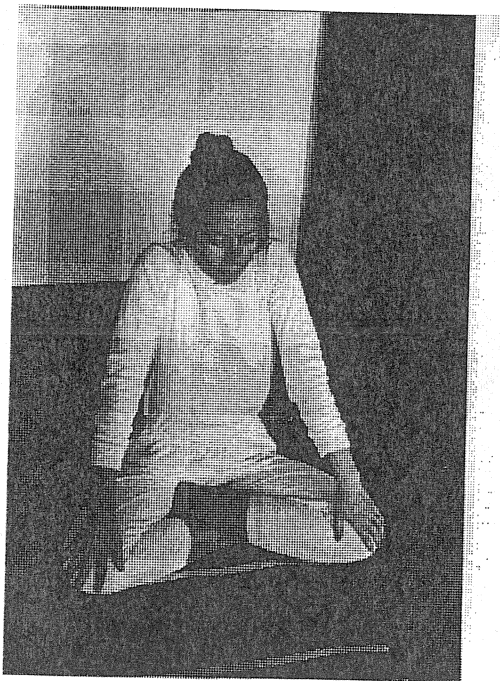


8e. Exhale, twist the torso to the right. Continue smoothly without pause in either position for 90 seconds.



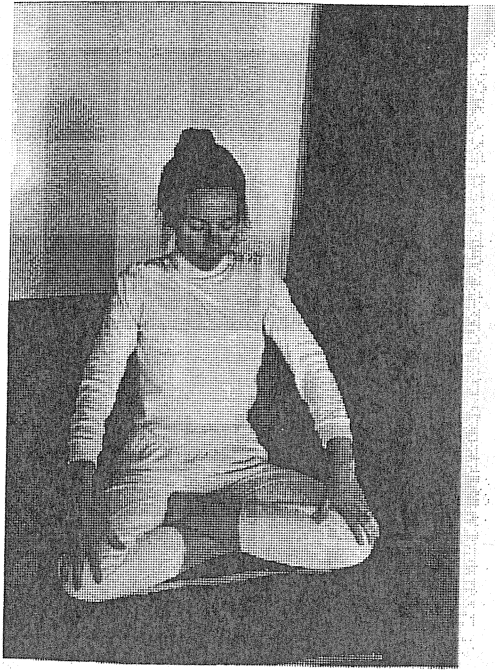
e. Sitting comfortably crosslegged hook the fingers together in a bear grip. One palm faces in as the other palm faces out. Hands are heart center high 6 to 8 inches in front of chest. Inhale as you lift the left elbow up, right goes down.

10e. Exhale as the left elbow comes down and the right elbow comes up. Continue this teeter-totter motion with the heart center as the pivot point for 90 seconds using powerful half breaths. Conclude the exercise by inhaling, the fore arms parallel to the ground, pulling on the grip and briefly holding the breath.



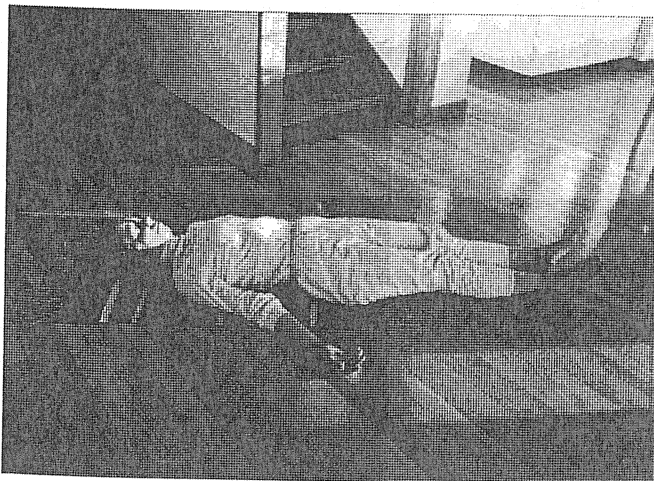
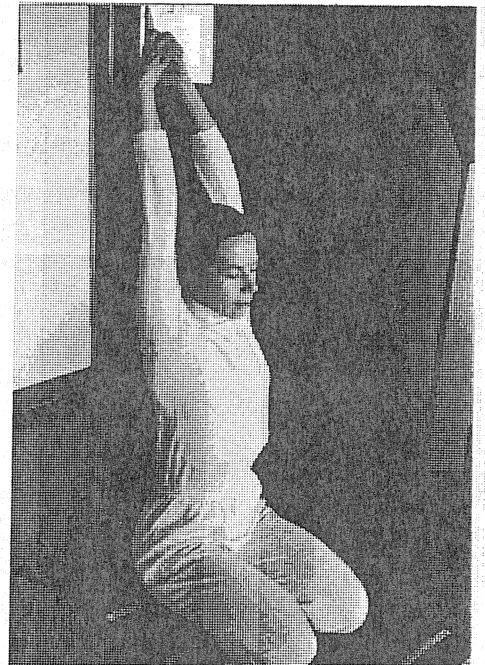
7. Remain sitting comfortable crosslegged. Gently grasp the knees with the hands. Inhale as you shrug the shoulders up to the ears.

12e. Exhale as you drop the shoulders down. Continue this motion for 60 seconds at a rapid pace.



- 13e. Remain sitting crosslegged. Keeping the hands on the knees, roll the shoulders together in big slow smooth circles. Continue for 90 seconds with relaxed breath.

- 14e. Sat Kryia for energy center balance and sexual system rejuvenation. Sit on the knees and heels with the ankles together. Make a basket of the hands with the index fingers pointing up. Bring the hands up over head, elbows locked straight. Recite the word SAT out loud as you apply Root Lock. Root Lock is applies by sharply pulling in the navel point and squeezing the muscles of the rectum and the sex organs. Release Root Lock and recite the word NAM. Mentally concentrate SAT at the naval and the word NAM at the brow point. Allow the body to breath itself. Pelvis remains stationary and the elbows locked straight. Continue with strong mental concentration for 3 minutes.



- 15e. Relax flat on your back. Arms are by the sides palms up eyes are gently closed, breath is soft and normal. Totally and completely relax. 5 to 11 minutes.

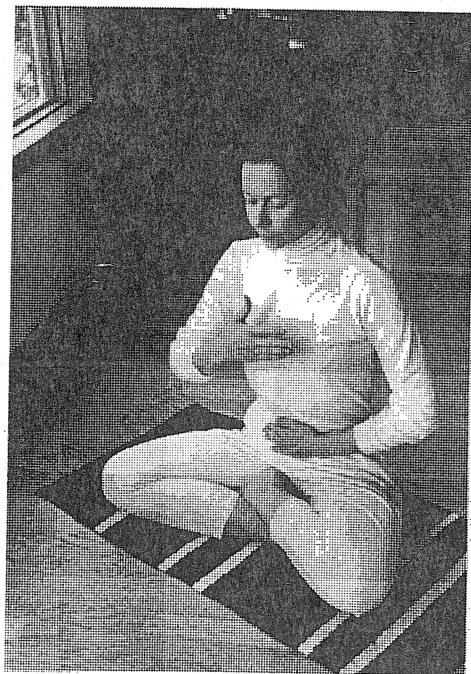
Three Primary Breathing Techniques

Long Slow deep Breathing

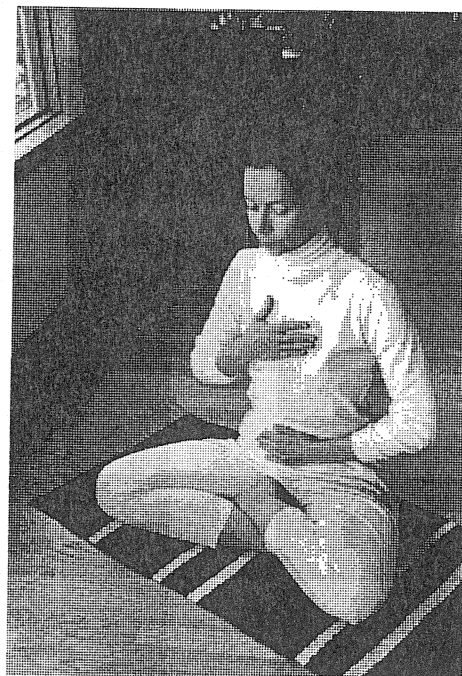
Long Slow deep breathing helps to relax and calm the mind and body. Done regularly it helps the digestion and elimination and helps keep the spine in proper alignment.



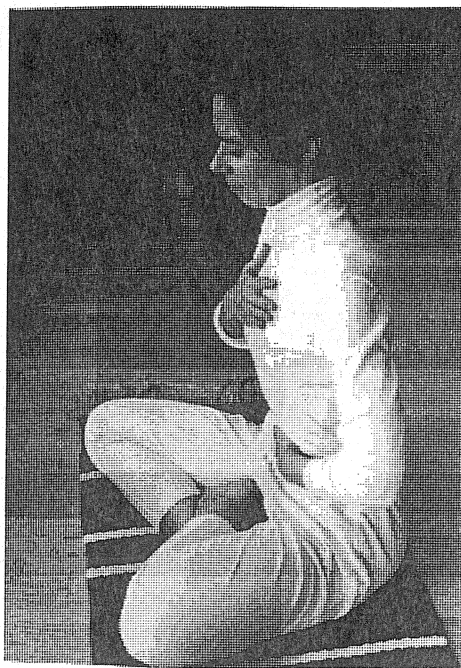
- 1f. Sit crosslegged with chest high and the chin level to the ground. Have the hands in the lap or in gyan mudra (index finger and thumb pads lightly touching). In order to gauge whether or not you are coordinating the breath properly, try placing your hands on the chest and the belly. As you slowly inhale allow the diaphragm to relax down and out (big belly).



- 2f. Continue to inhale into the upper chest keeping the diaphragm down and out (big belly).



- 3f. As you exhale allow the upper chest to fall keeping the diaphragm down and out (big belly).



- 4f. Complete the exhale by pulling the diaphragm up and in. Continue this complete process slowly and smoothly without pause on the inhale or exhale. Breathe at a rate of 6 to 8 complete breaths per minute. Continue for 3 to 11 minutes.

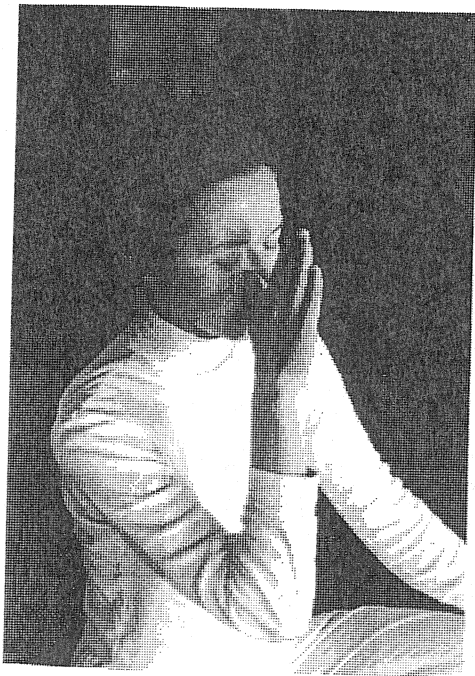
Half Breath

This is half of a long slow deep breath. Follow the instructions for 1f and 4f. This breath is useful with exercises that have movements in two or more positions (ie spine flexes).

Breath of fire

This is a rapid diaphragmatic breath that heats up the body and brings in a tremendous amount of energy in a short period of time. It is the half breath technique done at a rapid rate. It is useful by itself for expanding the lung capacity, cleaning and clearing the lungs, purifying and oxygenating the blood. It is a great technique for energy and helps to intensify any exercise that it accompanies.

Three Additional Breathing Techniques



Left Nostril Breathing

1g. Sit comfortably crosslegged. Spine is straight, chest high, chin level and slightly tucked in. Left hand in the lap or on the left knee in gyan mudra (index finger and thumb lightly pressed together). Right hand is up with the right thumb closing off the right nostril.

You may practice any of the three primary breathing techniques in this position. Left nostril breathing will slow you down, cool you and allow you to access the right brain hemisphere.

Right Nostril Breathing

2g. Switch hands

You may practice any of the three primary breathing techniques in this position. Right nostril breathing will energize you, warm you and allow you to access the left brain hemisphere.



4:1 Breath

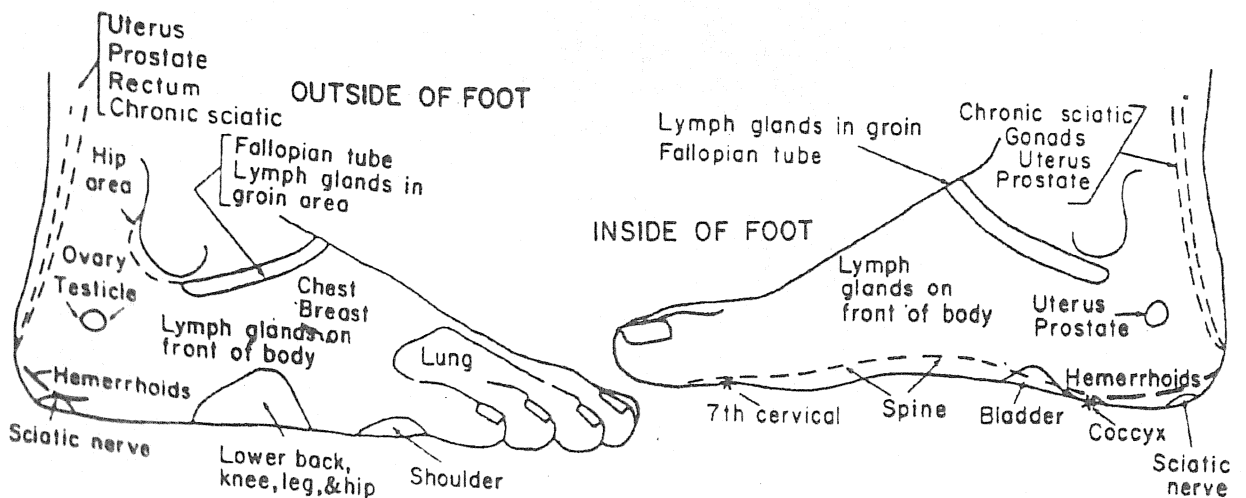
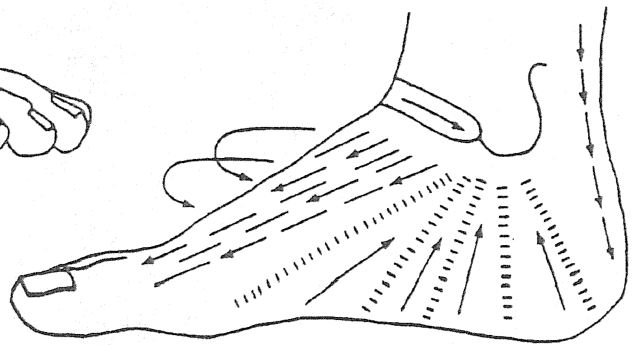
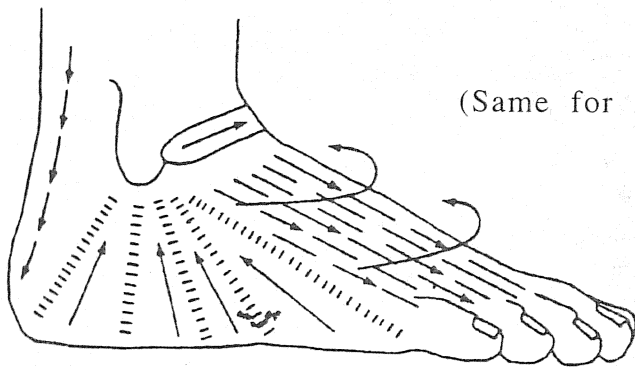
4:1 breath is an energizing breath that will help to synchronize the activity between brain hemispheres. It is a good antidote to stress and depression.

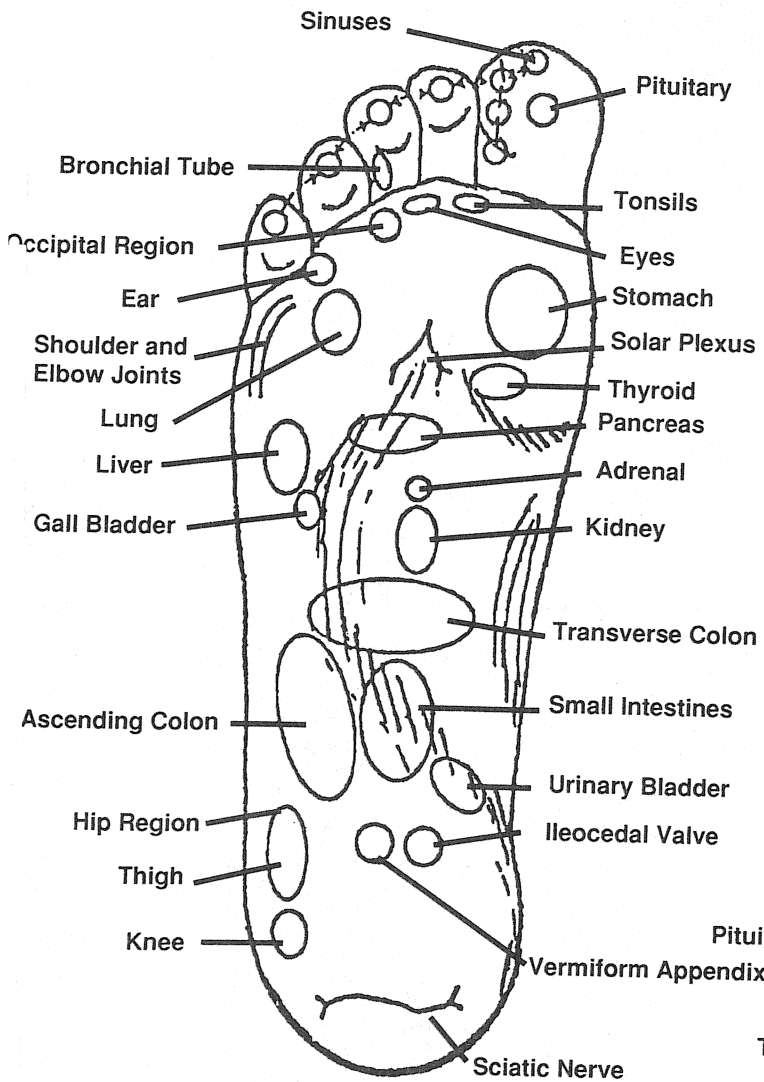
inhale follows the principle of the long slow deep breath. However on the inhale break the breath into 4 equal parts of "sniffs." The exhale is just like the exhale a long slow deep exhale.

Foot Reflexology

The art of foot massage is really quite simple. Rub foot vigorously on areas that correspond with charts. Use your fingertips to massage deeply. Use oil such as sage/eucalyptus blend. Spend 20 minutes on each foot. You can rest the ankle on your knee while you massage the foot. The painful areas are actually energy blockages caused by calcium crystals. These crystals form at nerve endings in the feet due to gravity; thus you don't experience them in your finger tips. Massage these areas until sharp pains (energy rushes) have diminished. For better results, follow energy flows illustrated by arrows.

(Same for Left and Right foot)





Left Foot Reflexes

Right Foot Reflexes

