

SHORT ASANA ROUTINE

THIS ROUTINE EXERCISES THE WHOLE BODY: NECK & HEAD, ARMS & SHOULDERS, TORSO, BACK, ABS, HIPS & PELVIS, LEGS. EFFORT REQUIRED RANGES FROM MILD TO MODERATE. THE 28 ASANAS DEVELOP FLEXIBILITY, STRENGTH, COORDINATION & BALANCE, PLUS MENTAL FOCUS AND DISCIPLINE.

THE ROUTINE DOES NOT REQUIRE CONTINUAL OR RAPID MOVEMENT, SO SUPPLEMENTAL EXERCISE WOULD BE NECESSARY TO DEVELOP AGILITY AND CARDIOVASCULARPULMONARY ENDURANCE.

THIS SHORT ASANA ROUTINE WOULD NOT REPLACE A LONGER ROUTINE FOR INDIVIDUALS INTERESTED IN HIGH LEVELS OF FITNESS. BEING COMPREHENSIVE, HOWEVER, THE ROUTINE DOES NOT NEGLECT ANY PART OF THE BODY OR ANY BODY FUNCTIONS. THE 30-45 MINUTES REQUIRED WOULD BE SATISFACTORY AS AN EXERCISE ROUTINE TO SUPPORT THE REQUIREMENTS OF NORMAL DAILY LIVING.

SHORT WHOLE BODY ASANA ROUTINE

warmup: standing arm swings & stretches, shoulder stretches, side stretches & twists; light hamstring stretches; stretch again during routine if necessary

goal: loosen up the body, reduce vulnerability to injury

Asana Guidelines:

- 1) Visualize body movements into, during, and out of an asana (*vinyasa krama*)
- 2) Throughout asana remain firm and steady (*sthira*), comfortable and relaxed (*sukha*)
- 3) Join movement with breath (*prana*); exhale during exertion or chest compression, inhale during preparation or chest expansion
- 4) Be mindful of your spine, the body's primary energy conduit
- 5) Be attentive to your body's response to your movements: validation of accomplishing what you intended, or knowledge that modifications are desirable

mountain (*tadasana*)

stand straight & tall, comfortably while firm and in control



mountain w/upward arms (*urdhva hastasana*);
stretch slowly from feet through arms; rise on toes;
with arms raised, interlace fingers, push upwards



standing forward bend (*uttanasana*)

basically a hamstring stretch that doesn't
require straining the back; legs straight & vertical



hero (*virasana*)

sit on heels, back straight & vertical, legs together



staff (*dandasana*)

while in pose do: ankle/foot flexes and rotations, toe flexes, leg
rotations, wrist & finger rotations & flexes



seated forward bend w/bent leg (*janu sirsasana*);

vary angle between legs;
work arms, back, posterior of leg in isometric opposition



cobbler (*baddha konasana*)

soles of feet together while outer legs pull knees outward



seated twists on alternate days do 2 sets each side of:
parsva sukhasana (2nd set w/changed leg cross) OR
bharadvajasana I
both: do head flexion & head rotations



lying twists on alternate days do 2 sets each side of:
supta parsva padangusthasana drop leg to floor on one side,
then other side OR
jathara parivartanasana) legs straight; bent; bent, knees crossed



bridge (*setu bandha sarvangasana*)
up and down: 5-10 reps; raise body with muscles
along back of body, not solely by pushing up from feet



gate (*parighasana*)
2-3 reps to each side
this is a side bend, not a forward bend



extended child's pose (*adho mukha virasana*)
body stretched out; buttocks on heels; lower back straight



extended **pigeon** (*eka pada rajakapotasana*)
body stretched out; pelvis level, towards floor;
lower back straight; vary angle of bent leg



downward facing dog (*adho mukha svanasana*)
weight balanced evenly; stretch back & legs;
arms, back & legs straight; head and neck relaxed



locust (*salabhasana*)
anchored on pelvis, raise & lower body - repeat 3-5 times
(optional) swing arms forward; rotate arms and legs



scissors leg lifts (modified *urdhva prasarita padasana*)
legs raised slightly off floor, do leg scissors, every 5th rep
raise legs vertical



sunbird (*chakravakasana*)
straighten and raise leg & arm on opposite sides
(optional) swing & rotate arms and legs



boat (*paripurna navasana*)
keep torso and legs in balance

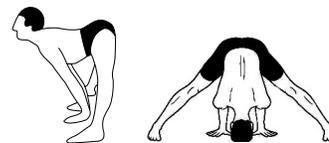


reverse/upward plank (*purvottanasana*)

start in **staff** (*dandasana*); lean back and raise body on arms;
lift shoulders and torso up and down 3-5 times



wide standing forward bend (*prasarita padottanasana*)



triangle (*utthita trikonasana*)

back against wall, shoulder blades stay on wall;
legs firm and straight, weight balanced evenly



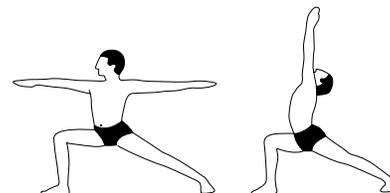
tree (*vrksasana*) on both sides

start in **mountain** (*tadasana*); draw up one leg, extending
opposite arm slightly for balance, when stable raise both arms
overhead while keeping body straight



warrior on alternate days do:

virabhadrasana II spine vertical, arms extended out OR
virabhadrasana I spine arched, arms stretched upwards
both: keep feet planted firmly, weight balanced evenly



camel (*ustrasana*)

start in **hero** (*virasana*); lean back, place hands on heels,
use muscles on back of body to create the curve



reclining hero (*supta virasana*)

starting from **hero** (*virasana*), lean back,
pelvis down between ankles, upper body stretched out straight

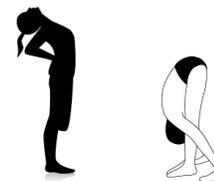


supported shoulderstand (*salamba sarvangasana*)

from supine position, swing body up to rest on shoulders,
hands supporting back; can use height under shoulders
to reduce strain on neck



standing back bend (*anuvittasana*);
standing forward bend (*uttanasana*)



relaxation/corpse (*savasana*)

relax mind and all parts of body

