

**Something New:**

**Yogi Snack for Energy “Rise & Shine” Standing/Chair**

**Breathing: Alternative Nostril Breathing**

**plus Breathing Ratio Chart**

**Asana:**

**Yogi Snack for Energy “Rise & Shine”**

**Description: Standing without Chair**

Consisting of five different asanas beginning and ending in Tadasana/Mountain Pose/Standing Pose.

1. Urdhva Hastasana/Upward Salute  
Reaching the arms up and overhead
2. Uttanasana/Standing Forward Bend  
Bending the knees slightly and with a flat back, hinging at the hips bend forward
3. Adho Mukha Svanasana/Downward Facing Dog  
Step back to a full DD and place the feet next to each other centered with your body.
4. Adho Mukha Svanasana Variation/3 Legged Dog Pose with Hip Opener  
Bend the right leg and lift, stack the hips trying to keep the right knee in line with the body.  
Releasing the upper part of the body down and looking under the right arm pit.
5. Anjaneyasana/Low Lunge  
Step the same side foot forward to a high/toes curled under or low lunge/toes uncurled, reaching the arms overhead, at the heart or placing them on the thigh.

Return to Mountain Pose and begin again on the other side, repeating this sequence and reversing sides for stacking and lunge.

**Alternative/Variation: With the Chair**

1. Standing approximately one foot in front of a chair in Tadasana reaching up.
2. Forward Fold either using the chair or not.
3. Laying the hands on the chair and then step back in DD.  
Stacking the hips can be done either standing or on the knees.
4. From DD come up on your heels, bring the shoulders forward and gently/slowly release the knees to the floor.  
Lean the left forearm on the chair and hold the chair with the right hand.  
Take the right leg back and up, keep it bent and stack the hips.  
Looking over the right shoulder as you try to align the right knee with the body.  
(This can also be done standing on one leg if kneeling is an issue).
5. From here take that same leg forward directly to the chair, stacking the knee over the ankle.  
Using the chair or not, lift the right knee off the floor and come into lunge or stay in low lunge with the knee on the floor and the toes not curled.

From lunge bring the front leg back from the chair approximately one foot and bring the back leg forward to join. Continue into a Forward Fold.

Then reaching out and reaching up to bring your thumbs to your heart in Tadasana.

**Physical Benefits:**

Energizing Poses give your day a bright start, yoga gets you going to a place where you feel really alive and awake, in a natural way.

Reversing the effects of lying supine for hours by awakening the spine, activation the breath , increasing circulation and flushing the body wit oxygen.

According to Ayurvedic tradition, the full invigorating benefits of a morning practice, as close to sunrise as possible, will give you optimal energy.

It is also advised to drink a glass of water with lemon in the morning to activate your digestion. You can finish this practice with a short meditation to begin the day feeling clam and grounded setting the mood for the day.

**Pranayama: Alternate- Nostril Breathing/Nadi Sodhana(meaning purification)/Channel Cleaning Breath/Anuloma Viloma**

This practice emerges from yogis' belief that each nostril is allied with a particular sort of energy.

Breathing through the left nostril is considered to engender feelings of calmness and receptivity, while breathing through the right is associated with feelings of brightness and invigoration.

Alternating between the two is said to promote a balanced, fortifying melding of these energies, and a calm and centered mind.

**Step by Step**

Sit in a comfortable asana or in a chair as straight as possible, with seat bones grounded and chest opened out.

Breathe freely. Make the gesture called Vishnu Mudra by curling in the index and middle finger of the right hand so the thumb and fourth finger can be used on either side of the nose to close the nostrils.

- 1.Inhale/exhale through both nostrils.
- 2.Gently close your right nostril with your thumb at the sinus bridge.
- 3.Inhale through your left nostril for the count of four.
- 4.Close the left nostril with the fourth finger of right hand, exhale through the right nostril, counting to four. Inhale through the right nostril counting to four.
- 5.Close the right nostril, exhale through the left nostril counting to four. Inhale through the left nostril counting to four.
- 6.Release the right nostril and exhale completely.

This is one sequence, continue for at least 10 breaths, more if you choose, 2-2 sessions daily for breath maintenance, for health enhancement 4-6 sessions per day.

Check in with your body and mind.

Observe the effect this exercise has on you.

Do you feel a little more centered and grounded? A little more balanced and at ease, perhaps?

Enjoy the sense of wholeness and well being this classic pranayama practice offers you.

You must first feel comfortable with this breathing technique, then different ratios can be added, deepening the exhalations to twice the length of the inhalations.

Retention of the inhalations can also be developed. Ten sequences are usually practiced daily.

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### **Benefits:**

This pranayama strengthens and purifies the lungs, purifies the nadis (energy channels) and increases prana intake.

Stale air is eliminated, as you increase the length of exhalation; retention of inhalation increases oxygen intake.

The breathing pattern also helps calm the nerves and improves circulation.

It is regarded as a general balancer and purifier of the physical and emotional systems.

Lowers heart rate and reduces stress and anxiety.

### **Stilling the breath, stills the mind!**

#### **Alternative Hand Positioning:**

In Nadi Sodhana you adopt a particular hand position or Mudra.

Place your index and middle fingers in the middle of your forehead, between the eyebrows.

Place your thumb at your right nostril and your ring and little finger on your left nostril.

In this Mudra each finger has a special significance.

The thumb represents the cultivation of will power.

The index finger the "I", or oneself.

The middle finger, the Absolute or one's spiritual being.

The ring finger emotional maturity.

The little finger control of the mind.

The juxtaposition of the middle and index fingers symbolized the union of oneself with the Absolute or pure consciousness.

#### **Breath Ration Chart** which can be used with most breathing during a yoga practice:

The idea is to keep your awareness on your breath continuously as you move in and out of each posture.

And depending on whether you want to relax, balance, or energize, you can vary your breathing pattern to get the desired effect.

The following breath ration list shows the ration at the top to be very relaxing, while those at the end are more energizing.

#### **Inhalation/Hold/Exhalation/Hold/Effect**

4/1/8/4/Relaxing

4/1/12/1

6/1/10/1

6/1/8/4

8/1/8/1/Balanced

6/2/6/2/Balanced

6/4/6/1/Energizing

6/6/6/1

See how different kinds of breathing can enhance your yoga practice.

Lengthening and then holding your exhalation after all the air is expelled release you, while lengthening and holding your inhalation increases your energy.

Be careful, though - if you're feeling stressed, you're better off using a balanced breath pattern, as holding your inhalation can make you more tense.

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**Essential Oil:** doTerra: Motivate -Peppermint, Clementine, Coriander, Basil, Yuzu, Melissa, Rosemary, Vanille Bean

### Music: Deuter/Earth Blue or Reike Healing

#### Quote:

*Happiness cannot come from without. It must come from within, It is not what we see and touch or that which others do for us which makes us happy; it is that which we think and feel and do, first for the other fellow and then for ourselves.*

*-Helen Keller*

#### Miscellaneous:

**Ten Hugs a Day** -begin with yourself/x2 right over and left over reaching hands to the shoulder blades behind . You can continue with your cat and your dog but the remainder should be nice people.

#### *Important Disclaimer*

*The news, suggestions, information, exercises and other items in this list are intended for informational purposes only. Not all exercise is suitable for everyone. To reduce the risk of injury, please consult your Doctor before engaging in any physical and/or therapeutic exercise program. Nothing is intended to be a substitute for professional medical care.*

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