

## A Network Yoga Practice

(many thanks to YogaJournal.com)



Indicates for all levels (Beginners through Advanced)



Indicates for Advanced level.

Please note: all poses are linked with one's breath – **in the nose and out the nose.**

1



Bitilasana  
Cow Pose



A favorite place of mine to start. Breathe in slowly and deeply as you look upward or forward; dropping your belly. Your hips are vertically positioned over your knees. Use your shoulder muscles to push into the floor; get out of your shoulders; do not allow them to drop backward.

Follow with Cat pose.

2



Marjaryasana  
Cat Pose



Exhale fully, as you look downward, rounding your neck and curling your spine upward. Again, do not allow yourself to drop into your shoulders. Repeat Cow and Cat 8-10 times.

3



Urdhva Hastasana  
Upward Salute/ Sun Salutation 1



Stand with your ankles and knees together, with lower back gently curled backward. Breath in deeply through your nose as you raise your arms overhead, touching palms together. Consciously extend your hands and arms to the sky. Bend backward gently to complete your inhale.

4



Ardha Uttanasana  
Standing Half Forward Bend



With either straight or bent legs, exhale deeply as you bend forward, keeping your spine straight (looking forward helps with this). For the Full Forward Bend, extend this posture forward (outward), while bending gently toward the floor as far as comfortably possible. Feel for your hamstrings to stretch, at which time curve your back, dropping your face toward your knees. Hold for 3 slow and deep breaths. Take one final inhale and look forward.

5



Plank Pose/ Upward Push-up



Place one hand to the outside of each foot. In the same long exhale, step back with each leg, holding your elbows against your ribs. Hold this pose for 3 deep breaths. An alternative is to allow your knees to rest upon the ground. Take one final inhale and then exhale slowly, dropping to your belly.

6



## Sphinx Pose



Inhale deeply through your nose, press your shoulders upward and back, resting on your hands, forearms, and elbows -- hands flat, fingers forward. The distance between your elbows and hands are the same, shoulders' width. Look up to the sky (or straight forward). Hold your shoulders backward and down (squeezing shoulder blades). Breathe in slowly and deeply 3 times.

7

Bhujangasana  
Cobra Pose

An alternative to the Sphinx: With increased strength and interest, inhale, look up and push up (with elbows pressed against ribs and thighs on the floor). Turn shoulders back and down, opening your chest. Take in 3 deep slow breaths through your nose.

8

Urdhva Mukha Svanasana  
Upward-Facing Dog

An alternative to Cobra: As you develop an increase in strength, breath in, look up, and push up (with thighs off floor). Push shoulders back and down, opening your chest. Tense your thighs and point your toes.

Hold for 3-5 deep breaths through your nose.

9

Adho Mukha Svanasana  
Downward-Facing Dog

Next, exhale through your nose deeply, as you push your butt up and drop shoulders downward toward the ground. Keep your spread fingers directed forward and elbows turned inward. Consciously raise your hips, drop into your shoulders, and gently press your heels toward the floor. Hold for 3 breaths (in and out of the nose).

10

Ardha Matsyendrasana  
Half Lord of the Fishes Pose

Be sure to do both sides in this pose. Keep your spine straight and chin pulled in, while looking straight behind you. Breathe deeply, gently tightening your belly muscles, pushing your elbow against your outer knee or thigh. Feel for your abdominal muscles to stretch and strengthen.

An easy way to get into this pose is to reach under a bent knee and grab your opposite ankle and pull it through so that the sole of your foot is touching your hip. Press your opposite elbow against the outside of the bent knee and look backward into the direction of the twist. Place your other hand behind your pelvis and use it to assist you in the twist.

Take 5 deep breaths and with each breath stretch a little more. **An interesting hint: with any posture one will find it easy to incrementally get into position with an inhale and then relax/stretch more deeply into the pose, upon the exhale.**

11



Baddha Konasana  
Bound Angle Pose

Sit with spine straight and bringing feet in toward your pelvis, with soles of feet together, opening them like a book. Press gently your knees to the floor, using the aid of your elbows if you desire. Hold for 3-5 deep breaths. Do not bounce knees.

12



Balasana  
Child's Pose

As a rest (which may be done anytime during your workout), sit with your knees apart and ankles touching. Lean forward, while lengthening your spine. Feel for a stretch throughout your lower back and pelvis (including hip joints). Gently allow your upper body to relax forward and downward, touching your forehead to the floor. Hold for 5 long, slow, and deep breaths; feel for each breath to stretch into the pelvis.

Use this flexion asana to prepare for extensions.

13



Setu Bandha Sarvangasana  
Bridge Pose

Let's help to warm up the back with extensions. Clasp fingers together, straightening arms. Squeeze shoulder blades together, while gently squeezing thighs together and raising hips as high as possible. Be sure feet are square and about shoulder distance apart. Feel for definite tension within your lower back and into your butt. Don't forget to breath in deeply for 5-10 breaths.

14



Ustrasana  
Camel Pose

After some experience and strengthening: First, place our hands on your hips and gently bend backward, looking to the sky and taking a 3-4 deep breaths. Second, try gently bending backward and grabbing your heels with your palms--with thumb and fingers on opposite sides. Looking behind you, breath in 2-5 long slow breaths. Carefully come back up.

15



Prasarita Padottanasana  
Wide-Legged Forward Bend

Start by standing upright, with spine straight. Place hands on hips, gently extend backward, breathing in deeply. With a straight spine (it helps to look forward), exhale and bend forward, placing your fingers or palms on the floor. Gently press forward with your hands, as you extend your lower back and raise your butt to the ceiling. Hold for 3-5 breaths.

An alternative pose may be to position a stool or chair closely to your legs.

**Remember: there is no perfect pose to be attained.  
What ever degree of a posture you can perform is perfect for you.**

16



Supta Padangusthasana  
Reclining Big Toe Pose

There may be three options, here: 1) Alternately, grab your big toes by making a hook with your first two fingers. 2) Wrap fingers and/or palms over the tops of your toes. 3) Use a wide strap around your arches. Gently straighten your legs to your own degree of comfort. Never excessively force any joints or muscles during any postures.

17



Uttana Shishosana  
Extended Puppy Pose/Prayer Pose

One of my favorites: With your hips over your knees, bend forward, stretching your palms forward, allowing your spine to extend and drop your belly to the floor. Feel for the stretch throughout your shoulders, upper back, lower back, pelvis, and hips. Hold for 3-5 breaths, gradually gently stretching forward a little bit more with each deep breath (on the **exhale**). This is truly sweetness!

18



Savasana  
Corpse Pose

As Bryan Kest states, "If you have worked hard in your practice, this is the most important posture of all!" In other words, this is the time needed to allow the body to rest, recover, to internalize the mental and physical changes that have taken place through your Yoga workout.

Bring your ankles together, arms close to your sides, and palms relaxed, facing upward. Hold your eyes closed, breath deeply, allowing the floor to fully support your body. Rest for 5-10 minutes before you enter the balance of your day.

**A few considerations:**

Please take note of an important aspect of a Yoga practice: **there is no perfect pose to be attained. What ever degree of a posture you can perform is perfect for you.** As Bryan Kest repeatedly states, everybody has a different genetic makeup and life experience. Not everybody is supposed to look the same in every posture.

This list of poses is only a guideline to provide you with a direction in which to move. Please, don't feel a need to force a pose—eliminate the Ego. Monitor your breath; if you find that you are unable to breath easily, then back off a bit. If you experience dizziness, back off or quit all together. With practice, these movements will become easier and easier.

As for the members of my practice, I suggest that a routine of your own making should be performed a minimum of 3 days per week for best results. Each of our bodies needs proper stimulation for growth and development.

I believe, for greater neurological function and clarity, that an exercised and attuned body is very important. Adjustments, by themselves, are not enough. Muscular strength, coordination, and balance are essential for each member of my Network practice to expand and grow to the greatest possible potential. Light and Peace. ~~JBC