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Yoga 12:00-1:00  
12/02/2007  
Final

## Yoga Final Evaluation

### 1. Mountain Pose

- To begin the yoga set I will start in the Mountain pose. This pose is a standing pose. Your feet are flat on the floor with you legs together. Hands are at you sides and arms are flush along the body. Your shoulders should be set back to extend the chest. Head is facing forward and the stomach is pulled into the back.
- I chose this position because I felt that it was a good starting pose. You are able to stand, center yourself, and began to relax. Focus on breathing seems to be easier in this position because you are not bending down or flexing.
- The mountain pose has several benefits. The upward stance improves posture by forcing the shoulders back and chest out. The legs strait together strengthens thighs, knees and ankles while you hold the pose, as well as a tightened stomach and butt from bringing the stomach to the back. The deep breaths bring oxygen to the entire body system and prepare you for the rest of the routine.
- To transition to the next pose you will step forward with one leg giving your self a wide parallel stance. Next lean into the leg you stepped forward with creating a 90-degree bend, which places your weight over the hips and thigh. Finally extend both arms above the head with fingers extended towards the sky into Warrior 1 pose



### 2. Warrior 1

- In the Warrior 1 pose, you have your feet shoulder length apart and spread 3 to 4 feet from one another. The front knee is bent to a 90-degree angle with the thigh and hips taking the weight of the torso. The arms are extend parallel to each other above the head with the palms flat and extended towards the sky. As a final step you will turn the back foot 90 degrees as if the letter L was being formed from your front foot to back foot.
- I chose this pose because it stretches and flexes your thighs and groin. This action of starching can improve your flexibility as well as increase your endurance on standing poses.

- The warrior 1 pose will strengthen the legs and ankles, as well as stretch the shoulders, chest, belly, and groin. The reaching to the sky will stimulate all the abdominal organs and help the flow of blood throughout the body. From Warrior 1 we transition into the next pose.
- First, you will bring your arms down to your side, and then leaning forward you will place them on the floor shoulder length apart. One hand should be on the outside to the forward foot, while the other is parallel with it. Leaning into the arm that is on the outside of the forward leg, you will then extend the other straight up towards the sky. Finally open your chests and look up at your extended hand. We are now in the Extended Side Angle Pose.



### 3. Extended Side Angle Pose

- Similar to the warrior 1 pose our feet are shoulder length apart and spread 3 to 4 feet from one another. The front knee will be bent at a 90-degree angle with the weight of the torso over the thighs and hips. The same arm as the extended leg is placed on the floor with the palm down on the outside of the extended bent leg. The opposite arm is reached straight up towards the sky, which opens the chest towards the side. The head is looking up at the extended arm, which forces the chest to be in the open position.
- I chose this pose because it begins to focus a strengthening of the obliques as well as strengthen the spine. You feel your sides get a strong stretch and pull as well as the thighs and ankles being strengthened.
- This pose gives benefits to your legs, knees, and ankles in the lower body by strengthening them as well as stretching the sides, abdominal, chest, lungs, and shoulders. As you breathe, you flex the abdominal organs and muscles to increase core strength. When in this position we will tuck the stomach in and reach as high as we can and hold and relax on the exhale of a deep-



breathe. After a few long and held stretches we will began our transition into the next pose.

- First, bring down you extended arm and place it parallel to the other shoulder length apart on the floor. Pivot the back foot so it is no longer at the 90-degree angle making the “L” shape with the front foot. Rise up the back foot so the weight is on the ball of the foot. Putting weight on your arms and shoulders but being careful not to lock the elbows, you will the kick the forward leg back so your feet are parallel with one another shoulder length apart. Now you are on an “extended all fours with hands on the matt in front and feet on the matt behind, keeping your arms and legs strait the whole time. Now we have transitioned into Downward Facing Dog.

#### 4. Downward Facing Dog

- In the downward facing dog position picture leaning on a wall with both hands strait in front of you. Your palms are on the floor with fingers spread apart, arms are shoulder length apart, leaning into your arms keep them slightly bent. Your legs will be parallel with the position of your hands. You are on all fours with each limb fully extended. Keep your buttock extended into the air. The entire time you are in this pose make sure to slowly breathe and do not lock your limbs. The head needs to be pushed down into the chest.
- I chose this pose because it is the most common pose and is easy to transition into and out of. The downward facing dog is a very calming pose that can help to relieve stress and relax the body.
- This pose has many benefits including but not limited to a strengthening the arms and legs. As well as the strengthening the downward facing dog stretches the shoulders, hamstrings, calves, arches, and hands. This pose is different from the others in that it can be therapeutic for high blood pressure, insomnia, back pain and fatigue.
- The transition into the child pose is simple and helps to relax you at the end of the routine. From the downward facing down bring your knees down to the floor into a kneeling position. Push your butt back into your heels, next spread the thighs apart and learn all the way down to the floor from your back. Rest your forehead on the floor and spread your arms out and behind you. Finally breathe deep and relax you are in the child pose.



## 5. Child Pose

- The final pose is the Child pose. In this pose you are on your knees and pushed back into you heels so that your buttocks is resting on them. The forehead is resting on the floor while your arms are swept back behind you.
- I chose this pose because as an end to my routine it is very relaxing and relieves all kinds of aches and pains.
- This pose has great benefits. First it stretches the hips, thighs and ankles as well as stretching out the entire back. This pose will calm the brain and relieve stress and fatigue. This pose is the most beneficial to me because it stretches the hips and the hip flexor as well as the back and helps me to calm down near the end of the routine. There is no stress or fatigue associated with this pose and I feel like I can fall asleep with my face on the floor.
- The next transition is easy and smooth. From the child pose, place your arms next to your head at 90-degree angles, similar to doing a push up. Pull your hips up so you are on your knees. Extend your arms so that they are straight but not locked. Your body should be in a table like position, flat back on the knees with straight arms. This pose is called the Cow pose.



## 6. Cow Pose

- In the cow pose, you are in a tabletop position. While on your knees with your feet back, your body is bent at the waist. Have your arms straight down about shoulder length apart. To get a strong visual picture yourself crawling on your hands and knees. Your arms and knees are the same distance apart and push your stomach down creating a slight sway in your back. Your head should be looking straight ahead. Make sure to not lock your arms, while they are straight there should be a slight bend.
- I chose you use this position because it is a nice warm up for stretching your back. When you sway your hips and push your belly down it stretches the lower back. After the child pose it seems like it stretches the opposite back muscles



- The cow pose has several benefits mostly the back and neck. As you push the belly down it stretches the full length of the back as well as the neck. It can also have benefit to the internal organs by moving them around and stretching them all out. We will hold this position for a few minutes and then transition into the next pose.
- For the next pose, the transition is very simple. The first step is to tuck you toes and straiten you legs. This will put you into a push-up like position. Make sure you back is lightened up with your legs and you buttock is now high floating in the air. You may look down and hold the pose. We are now in the plank pose.

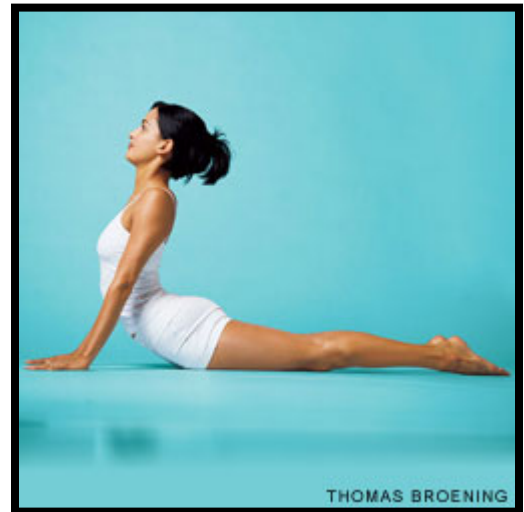
## 7. Plank Pose

- In the plank pose, it is as if you are preparing to do a push-up. Your arms are extended strait out in front of you with a slight bend so that they are not locked. Your arms should be shoulder length apart, if they are too wide or too close you will not be getting the proper support and will strait your arms. Your feet are strait out behind you resting on you toes. Your legs should be together and not spread apart. Make sure your back is strait and that you butt is not raised up too high, or dipped too low. It is important you have this nice strait line or you will be straining yourself.
- I chose the plank pose because of the strength and endurance this pose gives you body. In this position you have to hold up your body with your arms and keep you back strait with your hips and abs. All of this requires muscle strength and control of your muscles.
- Like the cow pose the plank pose has very specific benefits. When holding this pose you are strengthening the arms, wrists, and pecks. It tends to focus on the arms because they are holding up your body. While you arms hold up the body, your abs help you to balance, so the plank pose tightens and strengthens your abs as well.
- The next pose is the cobra pose. To get into this pose relax your arms for just a moment. Let your hips come all the way down to the floor so your groin all the way down to your toes are on the yoga mat. Next extend your arms and curve your spine. Look as far back as you can and hold to stretch out the cobra pose.



## 8. Cobra Pose

- In the Cobra pose from your hips all the way back to your toes are flat on the floor. Place your arms shoulder length apart and straiten them out. Arch your back and look as far back as you can. This position is similar to a push up except your hips are on the floor instead of up in the air. Do not stretch your back further than it can go, if you need to bend your arms for comfort do so to make this position comfortable
- I chose this pose because of how much it stretches out your back. I feel like I always have a stiff back and several of the poses in this sequence focus on stretching out the back. The cobra pose gives an extreme stretch to all parts of your back and it just feels incredible.
- The cobra pose has many benefits. To start it strengthens the spine and stretches the chest, lungs, shoulders and abdomen. As well as all of the stretches the cobra pose firms the buttocks. Other than stretching the cobra pose stimulates abdominal organs, relieves stress, and opens the lungs, which creates oxygen rich blood to travel all around the body creating better health.
- To transition into the next pose relax your back first. Pull your hips back so you are in a sitting position on your knees. Rise up so that your legs make a 90-degree angle behind you. Tilt your head back and slowly reach both arms behind you and grasp your ankles. Holding your ankles arch your back and push your hips forward. Taking a deep breath hold this position, we are now in the camel pose.



## 9. Camel Pose

- This pose is very relaxing and helps to stretch several different parts. Start down on your knees, knees making a 90-degree angle with legs back and quads and torso upright. Then you will be arched back looking up at the ceiling. Your arms will be thrown back and holding onto your ankles. Be sure to push your hips forward, and it is important to keep your quads straight. Your legs can be slightly spread apart to help you balance yourself. Hold this position and allow it to stretch out all of your parts.
- I chose this position because of the stretch that you feel in your chest and shoulders. It is a very relaxing position and I feel that it relieves stress in my shoulders and allows my lungs to open wide and fill my body with air.

- The camel pose stretches the entire front of your body, your thighs and your groin. While in the pose your shoulders and chest are allowed to stretch and relax. It also stretches out you hip flexors in you groin and can be very relieving. The entire stretch strengthens you back as you arch as well as improving you overall posture.
- To transition into the final position you let go of your ankles and kick your legs out in front of you so you are sitting on you bottom. Next put your arms out behind you and slowly lower yourself down so you are lying on your back. Stretch you arms out to your side and let your palms be pointed up to the sky. Now we are in the corpse pose.



## 10. Corpse Pose

- In the corpse pose you will be laying on your back. Your legs and feet will be slightly spread apart, but not too far. Position your arms spread wide apart at your sides with the palms facing up to the sky. You eyes should be closed and you entire body should just be relaxed. Focus on taking long deep breaths and letting all of your stressors go.
- I chose this pose to end the sequence because it is a nice way to relax. When you are lying on your back it gives you a chance to clear your mind and relax your entire body. You are not under any strain, you just clear the mind and focus on your deep breathing
- This positions benefits are not stretching or strengthening like the others, it is relaxation. The corpse pose calms the mind and allows you to relieve your body of stress and worry. It may also help you to reduce the symptoms of headaches and fatigue and can assist in the elimination of insomnia.





The last thing to remember through all of the positions that I have explained as well as other positions in yoga is the connection to breath. Whether it be in the pose, transitioning to a new pose or relaxing in mediation it is important to breathe. The simple act of breathing helps oxygen flow through your body and to your muscles to help with all of the movements. When you can keep a calm breath, it helps you to keep a calm sense to your entire being. I know this sounds cheesy but instead of being stiff and uncomfortable during yoga, having a calm and relaxed (and consistent) breath helps the flow of the entire process.

(All pictures used were obtained from [www.yogajournal.com](http://www.yogajournal.com))