



yoga BUILDER

Name: **Hatha**Description: **camel, hanuman**Difficulty: **Meduim**

1

Powerful Pose
*Active***Start Position:**

Standing

Description:

Standing tall in Mountain Pose, inhale and lift your arms over your head keeping your palms to face each other. Your arms, fully extended, should be shoulder width apart and your shoulders back away from your ears. Now exhale bending your knees as if to sit in a chair, hook your tailbone under slightly to protect your lower back. Ensure that you do not lower your hips below your knees, keep your feet firmly planted and your knees in line with your toes. Keep your chest as far back as possible (don't stoop forward), your torso will lean slightly over your thighs. Breathe deeply for about 30 seconds then inhale to straighten your legs and exhale to bring your arms down.

Benefits:

Tones shoulders, tones legs, tones ankles, tones abdominal muscles, tones back, expands chest, strengthens diaphragm

Contraindication(s):

Shoulder Injury, Hip Injury, Back Injury, Knee Injury, Ankle Injury

Footnotes:

Carolyn Weatherson, Teacher Training Manual, (Guelph: Maha Pura Publishing, 2010), 113

1



2

Standing Forward Bend Pose
*Warm up, Active, Restorative***Start Position:**

Standing

Description:

Beginning in Mountain pose, inhale the arms up and overhead. Hinging at the hips exhale and dive forward, with a flat back lead down with your chest. Rest your hands on your thighs, shins or fingertips down to the floor with your palms beside your feet. Here there are a number of hand positions that one can do to assist their torso toward their legs. Take several long and deep breaths here, the torso releasing toward the legs with every exhale. Let the weight of your head draw your spine long. If you are finding this quite uncomfortable and you are rounding your back, micro-bend the knees. It is essential in this pose that you fold forward passively, and just wait for your body to let you in. Patience is a virtue. Close your eyes and hold here for several breaths.

Benefits:

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Cures stomach pain, tones liver, tones spleen, tones kidneys, calms nervous system, slows heart beat, aids digestion

Contraindication(s):

Low Blood Pressure, High Blood Pressure, Headaches

Footnotes:

Carolyn Weatherson, *Teacher Training Manual*, (Guelph: Maha Pura Publishing, 2010), 109

3

High Lunge Pose

Active

1

Start Position:

Table

Description:

From Table pose rise up onto your knees. Step your right foot forward, stacking your right knee directly over your right ankle. Right knee points toward your middle toe of your right foot. Slide your left knee back and sink your hips toward the floor until you feel your hip flexor stretch. Place the palms on the floor on either side of your right ankle. Lift your chest and gaze forward. Next, tuck your toes under on your left foot and straighten your left leg. Feel your back quadriceps engage as you reach your left heel away. Once you have found stability in this lunge bring your hands up one at a time onto your right leg and lift your torso away from your thigh. Slightly tuck your tailbone under and lengthen your spine upward toward the sky. Feel your shoulders spread like angel wings down your back. Hold here for several breaths and then release your back knee down with control. Repeat with opposite foot forward.



Benefits:

Stretches hips, stretches groin, strengthens legs, tones legs

Contraindication(s):

Hip Injury, Knee Injury

Footnotes:

Carolyn Weatherson, *Teacher Training Manual*, (Guelph: Maha Pura Publishing, 2010), 75

4

Revolved Side Angle Pose

Active

1

Start Position:

Standing

Description:

Begin in Table pose, slowly walk your hands toward you and sit tall on your knees. Bring your right leg forward and plant your foot on the mat in front of you, lunging into it. Begin to raise your left arm up and twist your torso to the right as you bring the left arm up and over, planting it down on the baby toe side of the right foot. A block might come in handy here, to help extend your reach and root the four corners of the hand down. Your knee should snuggle into the area under your armpit but be cautious not to overstretch the elbow. Come up onto the toes of the back foot and straighten the back leg, engaging the quadriceps and reaching the back heel away. Reach your right arm up to the sky and gaze upward if comfortable for you. Long and slow inhales help you to lengthen the spine as exhales help you to deepen the twist. Hold here for a few breaths and then slowly unwind and repeat on the other side.



Benefits:

- Aids digestion and elimination
- Improves stamina and balance
- Tones the legs

Contraindication(s):

Low Blood Pressure, High Blood Pressure

Footnotes:

Carolyn Weatherson, *Going Deeper More Challenging Asanas*, (Guelph: Maha Pura Publishing, 2010), 8

5

Eagle Pose

Active

1

**Start Position:**

Standing

Description:

Begin in mountain pose, bring your right arm in front of you, bending the elbow at 90 degrees. Then fluidly pass the left arm under and right around the right arm, until the left fingers touch the right palm. Ensure that your palms face each other with the fingers pointing up to the sky. Find a comfortable spot in the pose, if you are fine here, lift the elbows a little

higher and move the hands away from your head every so slightly. Create space between your ears and shoulders, lengthening upward. Come up onto the left toe and bring it over to the other side of the right foot. Begin to slightly bend the knees and cross the left leg over the right leg, just above the right knee, as your hook the left foot behind the right calf. Choose a point to gaze at and hold for several breaths. When you have had enough slowly unwind the legs and arms, rolling the shoulders in each direction a few times. Repeat on the left.

Benefits:

Prevents leg cramps, aids stiffness in shoulders, aids stiffness in knees, aids stiffness in ankles, detoxifies

Contraindication(s):

Shoulder Injury, Elbow Injury, Hip Injury, Knee Injury, Ankle Injury

Footnotes:

Carolyn Weatherson, *Teacher Training Manual*, (Guelph: Maha Pura Publishing, 2010), 152

6

Wide Angled Forward Bend

Active

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**Start Position:**

Standing

Description:

Begin standing tall in Mountain Pose, step your feet apart, wider than hip width. The actual distance between you feel is dependant on height, so go to the distance that feels right for you. Your feet should remain parallel and pointing forward, use the short line of the mat as a guide. Ground down into the mat with the outer edge and big toe ball of your feet. Engage the thigh muscles by drawing them up. Place your hands on your hips and take a deep breath in, elongate your spine nice and long. Exhale as you fold forward leading with your chest, bringing your hands to the mat or to a block for support. If you can reach the ground without strain, plant your hands into the mat below your shoulders, creating a 90 degree angle with you elbows. Rest the crown of you head gently on the mat, placing very little weight on it. Turn your tailbone up to the sky, opening up the backs of the thighs. Once you feel comfortable here, come into the full expression of the forward bend by walking your hands between your legs, until your forearms are parallel to the mat, deepening the posture. Create space between your ears and shoulders, by shifting your shoulder blades closer together and feather down your back. Hold here for

and shoulders, by snugging your shoulder blades closer together and tarter down your back. Hold here for several long and steady ocean breaths. To release out, bring your hands back on the floor below your shoulders and lift and lengthen your front torso. Then with an inhalation, rest your hands on your hips, tuck your tailbone down and under, coming up with a flat back. Heel-toe or jump your feet back into Mountain Pose.

Benefits:

Stretches hamstrings, opens hips

Contraindication(s):

Groin Injury, Low Back Injury, High Blood Pressure, Headaches

Footnotes:

Carolyn Weathersen, *Teacher Training Manual*, (Guelph: Maha Pura Publishing, 2010), 56

7

Strong Cat Pose

Warm up, Active

Start Position:

Table

Description:

From hands and knees (Table pose), gaze down at the mat and keep your neck inline with the rest of your spine. Ensure that your shoulders are stacked over your wrists and your hips are over you knees. Lift your right leg up to hip height behind you. Exhale as you round the upper part of your back, the space between your shoulder blades, to the sky and simultaneously bring your right knee toward your head . Chin tucks into towards the chest, let your head follow, feeling a stretch the back of your neck. At the same time, your tailbone should tip down and tuck under while you pull your abdomen upward. On the inhale, flow and do just the opposite. Concave your back, tilt the tail up to the sky and bring your right leg straight back and up. Gaze up, lift out of your shoulders and open your collarbones. Use the strength of your gluts to bring that right leg as high as it can go. Feel a great stretch in the front of the torso as you gaze up. Continue flowing to the rhythm of your breath for about 8 breath cycles. Come back to your neutral spine when you have had enough and repeat with the opposite leg.

Benefits:

Creates space in vertebrae, creates sense of peace, tones core

Contraindication(s):

Wrist Injury, Knee Injury, Spinal Injury

Footnotes:

Carolyn Weathersen, *Teacher Training Manual*, (Guelph: Maha Pura Publishing, 2010), 73

1



8

Strong Cow

Warm up, Active

Start Position:

Table

Description:

From hands and knees (Table pose), gaze down at the mat and keep your neck inline with the rest of your spine. Ensure that your shoulders are stacked over your

wrists and your hips are over you knees. Lift your right leg up to hip height behind you. On an inhale, concave your back, tilt the tail up to the sky and bring your right leg straight back and up, squeezing the gluts. Gaze up, lift out of your shoulders and open your collarbones. Use the strength of your gluts to bring that right

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leg as high as it can go. Feel a great stretch in the front of the torso as you gaze up. Intensity of this pose is completely up to you. Come back to your neutral spine when you have had enough and repeat with the opposite leg.

Benefits:

Creates space in vertebrae, creates sense of peace, tones core, tones back, tones gluts

Contraindication(s):

Wrist Injury, Knee Injury, Spinal Injury

Footnotes:

Carolyn Weatherson, *Teacher Training Manual*, (Guelph: Maha Pura Publishing, 2010), 73

9

Camel Pose

Active

Start Position:

Table

Description:

Begin in Table pose, slowly walk your hands toward you and sit tall on your knees. Ensure that your knees and feet are hip width apart, make your hands into fists and place them in the small of your back, on either side of your sacrum. Gazing back, lift and open the collarbones while you sink your sacrum. Feeling a great stretch in the thighs as the pelvis presses forward. Inhale a deep breath in, lifting the ribcage, arch back evening. Feel your chest opening up as the shoulders roll back, opening the heart to the sky. Reach your chin up and back, arching just like the rest of the spine. Ensure that you keep the thighs parallel to the mat and keep your heart lifted up to the sky. Here is fine, but if you would like an added challenge, reach the right hand to right heel and left hand to heel. Hold here for several breaths and lift out safely by placing your fists on the small of your back again, engaging mula bandha and rising up.

Benefits:

Corrects shoulders, corrects hunched backs, opens the heart, expands the chest

Contraindication(s):

Neck Injury, Shoulder Injury, Back Injury, Knee Injury

Footnotes:

Carolyn Weatherson, *Teacher Training Manual*, (Guelph: Maha Pura Publishing, 2010), 174



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10

Childs Pose

Warm up, Active, Restorative

Start Position:

Table

Description:

From laying on your belly. Begin by planting your hands beside your chest on the mat. Inhale and push your way into Table pose then exhale and sink your hips down to your heels. Reaching your straight arms out in front of you, sink your forehead to the mat. Ensure that the tops of your feet are relaxed on the mat. Take several luxurious breaths here, feel for the upper back to fill with air on inhales.

Benefits:

Aids relaxation, aids digestion, tones diaphragm

Contraindication(s):

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Ankle Injury, Knee Injury, High Blood Pressure, Low Back Injury

Footnotes:

Carolyn Weatherson, Teacher Training Manual, (Guelph: Maha Pura Publishing, 2010), 64

11

Gate Pose

Active

Start Position:

Table

Description:

Begin in Table pose, and rise to kneeling, bring your right leg out to the right and line your right heel up with your left knee. The toes of your right foot point to the right, make sure you have the four corners of your right foot planted down, allowing you to feel a very rare stretch in the top of the foot. Straighten the right leg out as much as you possibly can while keeping you hips facing forward. Inhale and bring your arms up to shoulder height. Exhale and side bend to the right, sliding your right hand down your right leg and your left arm up and over beside your left ear with your palm facing down. Ensure your left shoulder doesn't drop forward or back. Use a slight tuck of the tailbone to help you push your hips forward. Exhales can ease you deeper into the pose sliding your hand down your leg. Gaze upward at your top arm and feel a great stretch in the ribs. Hold here for several breaths as long as your breaths remain long slow and steady. To rise up, engage mula bandha with your abdominals inward toward your spine, inhale up with control. Repeat on the other side.

Benefits:

Stretches hips, stretches groin, strengthens legs, tones legs

Contraindication(s):

Knee Injury, Hip Injury, Shoulder Injury

Footnotes:

Carolyn Weatherson, Teacher Training Manual, (Guelph: Maha Pura Publishing, 2010), 84



12

Splits Preparation Pose

Warm up, Active

Start Position:

Table

Description:

Begin in Table pose, slowly walk your hands toward you and sit tall on your knees. Bring your right leg forward and plant your foot on the mat in front of you, lunging into it. From here straighten out your front right leg, keeping your right foot planted, at the same time bringing the left hip over the left knee. One at a time, walk your hands forward on either side of your straight leg. Until you have stacked shoulders and wrists. Leading with your chest and keeping a flat back, release down toward your leg a little deeper with each exhale. Inhales lengthen the spine to avoid rounding of the back. It is imperative that you avoid pushing or straining into this pose. Wait for your body to let you in.

Benefits:

Super stretches the hips, releases legs

Contraindication(s):

Hip Injury, Knee Injury, Back Injury

Footnotes:

Carolyn Weatherson Teacher Training Manual (Guelph: Maha Pura Publishing 2010) 78



13

Monkey Pose*Active***Start Position:**

Table

Description:

Be thoroughly warmed up before attempting this pose.

From table pose, bring one leg forward into Splits Preparation Pose with your hands underneath your chest. Next, flex both of your feet and make certain that you keep your hips squared forward as you glide gently down to the mat by sliding your feet away from each other. Wait for your body to let you in. If your body is telling you it's not ready to go all the way down, use your arms to hold you up. Maybe even

place a block under the sitting bone of the front leg to help you ease into it. Work towards getting your hips level by slightly shifting the front leg back and the back leg forward. If you are feeling stable here, reach your arms overhead with palms touching in prayer. Hold here for several breaths. To release out of this pose, use the strength of your arm to lift yourself up and slightly roll over onto the front leg. Bend the back knee and slowly swing the back leg forward. Give the legs a little shake.

Benefits:

- Helps cure sciatica
- Opens the hips and groins
- Especially beneficial for runners or sprinters

Contraindication(s):

Hamstring Injury

Footnotes:

Carolyn Weatherson, *Going Deeper More Challenging Asanas*, (Guelph: Maha Pura Publishing, 2010), 9

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14

Head to Knee Pose*Active***Start Position:**

Seated

Description:

Begin by sitting tall in Staff Pose. Using your left hand to guide your left leg into a bent position and plant your heel in toward the perineum. Keep that foot flexed so that the sole of your left foot pressing into your right thigh as high as possible. Let your left knee drop down toward the floor. With your right foot flexed, inhale your arms up and overhead until shoulder width apart and palms facing one another. Drop your shoulder blades farther down your back. Exhale and hinge from your hips, guiding your chest directly over your right leg. Use your slow and steady ocean breath to bring your abdomen, chest and then nose to your leg. You may find that holding your shin, foot or to clasp your hands around your foot works best for you. Hold this pose for several breaths. Engage your abdominals inward toward your spine and inhale up. Repeat on the left side.

Benefits:

Aids digestion, stretches hamstrings, stretches back body

Contraindication(s):

Herniated Disc, Low Back Injury

Footnotes:

Carolyn Weatherson, *Teacher Training Manual*, (Guelph: Maha Pura Publishing, 2010), 50

1



15

Half Lord of the Fishes Pose*Active*

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Start Position:

Seated

Description:

Beginning from sitting tall in Staff Pose. Bend your right knee, drawing up the sole of your foot on the mat. Pick it up your foot and bring it up and over to the other side of your left knee. Draw your foot up as far as is comfortable, ensuring that the four corners of that foot remain rooted down. Here is fine, but perhaps your straight left leg can bend bringing your heel in toward your right hip. This is only appropriate if both of your sit bones can root back down to the floor evenly, if this is not possible straighten that leg back out. Next, wrap your left arm around your right knee and hug it in, helping your knee to point straight up to the sky. If you find this easy and you have a healthy shoulder, bend your left elbow and bring it up and over to the other side of your knee. Keep your spine long and your sternum lifted as you use your arm as a lever to help you deepen the twist. Place your right hand behind the base of your spine with your fingertips pointing away. However you decide to place your hands, be sure your shoulders are level. Twist to the right looking over your right shoulder, gazing back at the wall behind you. If this causes your neck some discomfort then you can keep your head more neutral. Really make the most of each breath in this pose, keeping them in check. Inhales help elongate your spine in both directions. Exhales help to gently deepen the twist. Keep your chin parallel to the floor throughout the twist. Hold here for several breaths then unwind slowly and repeat on left side.

**Benefits:**

Calms nervous system, detoxifies, aids digestion, opens hips, opens sacrum

Contraindication(s):

Spinal Injury, Hip Injury, Shoulder Injury

Footnotes:Carolyn Weatherson, *Teacher Training Manual*, (Guelph: Maha Pura Publishing, 2010), 51