



## yoga BUILDER

Name: **Hatha Flow**Description: **warriors, boat, baddha**Difficulty: **Meduim**

## 1 **Warrior 2 Pose** *Active*

**Start Position:**

Standing

**Description:**

Begin in 5 Pointed Star Pose, first pigeon toe your left foot in slightly (15 degrees) then turn your right foot out 90 degrees, your right heel should line up with your left heel (some styles line your right heel up with your left arch), keep your hips squared forward and level then exhale and bend your right knee directly over your right ankle, be sure not to let your knee extend past your ankle, also ensure that your right knee doesn't flop forward, it should point toward your middle toe. Keep your shoulders directly over your hips, not leaning forward or backwards. Release your shoulders down your back and open up your chest with a slight tuck of the tailbone. Root all four corners of both feet firmly into the earth. Turn your gaze over your right hand keeping both arms level with your shoulders. Hold here for several breaths, to release inhale to straighten your legs and heel toe your feet back together and repeat on the left side.

**Benefits:**

Stretches legs, strengthens shoulders, reduces fat around hips, opens chest, promotes good breathing

**Contraindication(s):**

Knee Injury, Hip Injury, Shoulder Injury

**Footnotes:**

*Carolyn Weatherson, Teacher Training Manual, (Guelph: Maha Pura Publishing, 2010), 127*



## 2 **Extended Side Angle Pose** *Active*

**Start Position:**

Standing

**Description:**

Starting by standing tall in Mountain Pose at the top third of your mat. Take a big step back with the left foot and pivot your foot by swinging your heel toward the right, then rooting it down. Align the right heel with the left heel. Firm your thighs and turn your right thigh outward, so that the center of the kneecap is in line with the center of the right ankle. Exhale and bend your right knee over the right ankle, so that the shin is perpendicular to the floor. As you bend the knee aim the inner knee toward the little-toe side of the foot. If possible, bring the right thigh parallel to the floor.

Slip your shoulder blades down your back. Extend your left arm straight up toward the ceiling, pausing half



way up to ensure the arm bone sinks into the shoulder socket. Next, turn the left palm to face down and with an inhalation reach so that your bicep hugs your left ear. Using your imagination, visualize a stream of energy flowing from your left heel all the way through to your fingertips, lengthening the entire left side of your body. Gaze up at your top arm and release your right shoulder away from the ear, creating space. Simultaneously, exhale and attempt to lay the right side of your ribcage down onto the right thigh. Press your right fingertips on the floor at the inside of your right foot. Slightly tuck your tailbone down and under and aim to have your right thighbone parallel to the mat, with your knee stacked over your ankle. Hold here for several breaths and then inhale to rise up to Warrior. Simply reverse your feet and repeat for the same length of time to the left. Lastly, stepping your feet together and coming back to Mountain Pose.

**Benefits:**

Stretches side body, opens chest, tones legs, tones waist

**Contraindication(s):**

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

**Footnotes:**

Carolyn Weatherson, *Teacher Training Manual*, (Guelph: Maha Pura Publishing, 2010), 131

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**Triangle Pose**  
*Active***Start Position:**

Standing

**Description:**

Begin in 5-Pointed Star Pose, pigeon toe your left foot in slightly (15 degrees) and turn your right foot out 90 degrees. Then line your right heel up with your left heel (some styles line your right heel up with the arch of your left foot). Now exhale, extend your upper body to the right bringing your right fingertips or right palm to the floor behind your right ankle, extend your left arm up with your palm facing forward (the same direction as your chest). Your arms should make one long, straight, vertical line. You can always micro bend or slightly soften your knees to avoid hyper- extension but, keep your bones aligned. Try to keep your hips as though you were between two imaginary walls as your left hip will internally rotate, gently move your right hip forward and your left shoulder back, attempting to keep your hips and shoulders on the same vertical plane. Gaze forward or upward at your left thumb if your neck can remain relaxed and comfortable. Hold here for several breaths. To rise up, protect your knee by bending into your right knee, engage mula bandha inhale lift your torso back up and step feet together, repeat on other side.

**Benefits:**

Tones legs, removes stiffness in hips, strengthens ankles, develops chest

**Contraindication(s):**

Knee Hyper Extension, Hip Injury

**Footnotes:**

Carolyn Weatherson, *Teacher Training Manual*, (Guelph: Maha Pura Publishing, 2010), 129



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**Half Moon Balancing Pose**  
*Active***Start Position:**

Standing

**Description:**

Begin in Mountain Pose, standing at the top third of your mat. Take a big step back with your left foot, pigeon toe it in slightly to about 15 degrees. Angle your right foot to 90 degrees and open your hips to the long line of the mat. Ensure that both of your heels line up with one another. Exhale and shift your upper body to the right, arms out at either side at shoulder height. Bend your right knee a little helping you to reach down to the mat with your right hand. If you cannot reach the mat, place a block down on the baby toe side of the right foot but ensure that it is about a foot in front of the foot. Aim to have your hand under the shoulder when you get to the full expression of the pose. Shoot the left hand straight up to the sky, opening the chest to the left. Take a deep breath here, engaging mula bandha. Next begin to straighten the standing right leg while carefully lifting your left leg making it parallel with the mat. Maintain a strong core, lift out of the standing leg, opening your chest and hips to the left. Gaze to the left or upward if that feels appropriate for you. Hold for several breaths and reverse out of the pose very carefully by bending your right knee. Repeat on the other side.

**Benefits:**

Tones spine, tones legs, tones knees, increases balance, improves focus

**Contraindication(s):**

High Blood Pressure, Hip Injury, Knee Injury, Headache

**Footnotes:**

Carolyn Weatherson, *Teacher Training Manual* (Guelph: Maha Pura Publishing, 2010), 160

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**High Lunge Pose**

Active

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**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



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**Crane Pose**

Active

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**Start Position:**

Table

**Description:**

From Mountain Pose, bending at the knees begin to come down to a squat. Root the palms down on the mat about shoulder distance apart. Fan the fingers wide apart and make sure the creases of your wrists are parallel to the line of the mat in front of you. In the squat, your knees should be open and resting on the outsides of your arms. Bend your elbows so that your upper arms form a 'shelf'. Place the insides of your knees above the elbows as high up onto the 'shelf' as feels right for you. Begin to tip your weight forward into your hands and float one foot up at a time,

very slowly. Balancing here, be sure distribute your weight evenly. You may want to place a folded up blanket under your head, just in case you tip over. Straighten the arms as much as is comfortable. Hold for as multiple breaths and release the feet down with control.

**Benefits:**

- Tones arms, hands and wrists
- Aids balance
- Aids focus and mental clarity

**Contraindication(s):**

Knee Injury, Wrist Injury, Back Injury

**Footnotes:**

Carolyn Weatherson, *Going Deeper More Challenging Asanas*, (Guelph: Maha Pura Publishing, 2010), 23

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**Full Boat Pose**

*Active*

**Start Position:**

Seated

**Description:**

Sit tall in staff pose, bend both knees and plant the soles of the feet onto the mat, hip width apart. Placing your hand behind each knee begin to roll the shoulders down the back and gently lift the sternum. Ensure that you keep the back of the neck long, by slightly tucking the chin. Engage mula bandha and draw your abdominals in tight while you slowly come up onto your toes. Begin to straighten out the legs only as much as your lower back allows you without pain. Watch for tension that may begin to sneak up into the tops of your shoulders and neck. Maybe the body is strong enough to let go of the backs of the knees, stretching the arms out to shoulder height with your palms facing one another. Keep the spine and breath long, balance on your bottom and gaze at your toes. Hold here for several breaths, keeping the core tight. To come out, bring the hands to the backs of the knees and bring the feet down slowly. It feels especially good to roll back and sigh out loud after this pose!

**Benefits:**

Tones core, tones back, develops focus

**Contraindication(s):**

Back Injury

**Footnotes:**

Carolyn Weatherson, *Teacher Training Manual*, (Guelph: Maha Pura Publishing, 2010), 60

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**Bound Angle Pose**

*Active, Restorative*

**Start Position:**

Seated

**Description:**

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From dandasna, bend your knees and sit with the soles of your feet together. Clasp your hands around your feet and begin to open your feet like your reading a book. Draw your heels in toward the perineum, but only as far as is comfortable. Use inhales to lengthen your spine up to the sky, rooting down with both of your sit bones and lengthening up with crown of your head upward. Use exhales to release your knees toward the floor by externally rotating your thighs. Hold here of for several breaths.

**Benefits:**

Aids urinary disorders, healthy for kidneys, healthy for prostate gland, relieves sciatic pain, prevents hernias, promotes painless menstruation, helps ovary function

**Contraindication(s):**

Knee Injury, Groin Injury

**Footnotes:**

Carolyn Weatherson, *Teacher Training Manual*, (Guelph: Maha Pura Publishing, 2010), 44

9

**Bound Angle Forward Bend**

*Active*

**Start Position:**

Seated

**Description:**

From dandasna, bend your knees and sit with the soles of your feet together. Clasp your hands around your feet and begin to open your feet like your reading a book. Draw your heels in toward the perineum, but only as far as is comfortable. Reaching forward, press your elbows downward into your thighs. Use inhales to lengthen your spine up to the sky, rooting down with both of your sit bones and lengthening up with crown of your head upward. Use exhales to help you release your chest toward your feet and knees toward the floor by externally rotating your thighs. As you get deeper into the forward bend, feel your shoulder blades slip down your back in an attempt to take the roundness out of your back. Hold here in this forward bend for several breaths. Engage mula bandha and inhale up with a flat back.

**Benefits:**

Aids urinary disorders, healthy for kidneys, healthy for prostate gland, relieves sciatic pain, prevents hernias, promotes painless menstruation, helps ovary function

**Contraindication(s):**

Knee Injury, Groin Injury, Back Injury, Herniated Discs

**Footnotes:**

Carolyn Weatherson, *Teacher Training Manual*, (Guelph: Maha Pura Publishing, 2010), 44



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**Reclined Bound Angle Pose**

*Restorative*

**Start Position:**

Reclined

**Description:**

From dandasna, bend your knees and sit with the soles of your feet together. Clasp your hands around your feet and draw your heels in toward the perineum, but only as far as is comfortable. Use inhales to lengthen your spine up to the sky, rooting down with both of your sit bones. begin to walk your hands back behind you as you gradually lie back. Use



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down with both of your sit bones, begin to walk your hands back behind you as you gradually lie back. Use exhales to release your knees toward the floor, with the aid of gently squeezing your buttocks. Lift your chest up, opening the collarbones and slightly engaging the muscles on either side of your spine. Hold here of for several breaths.

**Benefits:**

Aids urinary disorders, healthy for kidneys, healthy for prostate gland, relieves sciatic pain, prevents hernias, promotes painless menstruation, helps ovary function

**Contraindication(s):**

Knee Injury, Groin Injury, Back Injury, hip Injury

**Footnotes:**

Carolyn Weatherson, *Teacher Training Manual*, (Guelph: Maha Pura Publishing, 2010), 220

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**Legs up the Wall Pose**

*Restorative*

**Start Position:**

Reclined

**Description:**

For this pose you will need: a cushion, folded blanket, pillow or cylindrical yoga bolster. If a bolster is available it is preferred.

Come to a wall and place the bolster lengthwise a couple inches away from it. Next, come into Childs Pose beside it with your bottom and toes very close to or touching the wall. Make certain your hips are lined up beside the bolster. Next, slowly roll your torso and bottom over toward the bolster, straighten out your legs and swing them up the wall. Your low back should be comfortably sinking into the

support beneath you, envision your tailbone draping over the other side of the bolster. This pose is not so much about flexibility as it is relaxing and being supported so don't worry so much about having your bottom touching the wall if your legs are tight. Fiddle around with this pose before settling in.

Find a comfortable place for your arms, either by your sides with your palms facing the sky, resting on belly or in cactus arms back behind you. Rest for several minutes here with your eyes closed and soft. As you do, imagine the blood flowing from your feet like a cascading waterfall. Ever so slowly release out by bending your knees and walking your feet down the wall to rest on your side, like your sleeping.

**Benefits:**

- Relieves pain in legs from varicose veins or stiffness
- Enlivens the legs and improves circulation
- Gently stretches the hamstrings, the back and the neck
- Eases backaches
- Calms the mind

**Contraindication(s):**

Glaucoma, Low Blood Pressure

**Footnotes:**

Carolyn Weatherson, *Teacher Training Manual* (Guelph: Maha Pura Publishing, 2010), 218

