



yoga BUILDER

Name: **Hatha**Description: **pyramid gomu**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

3

Standing Hand to Toe

Active

Start Position:

Standing

Description:

Beginning in Mountain Pose, rest the left hand on the left hip, bend the right knee and raise it up. Clasp the big toe with your “peace fingers” (index and pointer) and wrap your thumb around the other side of the toe. Straighten out your right leg as much as possible in front of you, as you gaze at one spot to help you keep your balance. Breathe deeply and maintain focus on your gaze for several breaths. Afterwards, gently release you leg down and repeat with the other leg.

Benefits:

Adds power to legs, gives balance, adds poise, enhances flexibility

Contraindication(s):

Elbow Injury, Shoulder Injury, Ankle Injury, Knee Injury, Low Back Injury

Footnotes:

Carolyn Weatherson, *Teacher Training Manual*, (Guelph: Maha Pura Publishing, 2010), 161

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Pyramid Pose

Active

Start Position:

Standing

Description:

Begin standing tall in Mountain Pose near the back of the mat, turn your left foot out to point to about 10:30. Next, take a big step forward with your right foot, approximately 3 feet, and have your right heel lined up with your left heel or a little wider if needed. Square your hips and shoulders to the front and keep them level, for beginners, the use of a block will help tremendously, when reaching your hands to the ground. Keep the four corners of both feet grounded throughout. Take a deep inhale to open your chest and collarbones, exhale hinge at the hips and

1



lead with your chest to slowly come down over your right leg. Keep extending your spine long. Use your exhales to help your body to release and lengthen and your inhales to open your back. Listen to your body and its warning signs as you melt forward only as far as it's appropriate, leading with the chest. Bring your hands down on either side of your front ankle, resting then on blocks if necessary. Hold the pose here for several breaths. To come out, engage mula bandha, press your feet down, bend your forward knee and rise up to Mountain Pose. Repeat on the other side with right foot pointing to 1:30 and your left foot steeping forward.

Benefits:

Relieves stiffness in legs, relieves stiffness in hips,

Contraindication(s):

Hip Injury, Wrist Injury, Low Back Injury, Shoulder Injury, High Blood Pressure, Heart Condition, Headache

Footnotes:

Carolyn Weatherson, *Teacher Training Manual*, (Guelph: Maha Pura Publishing, 2010), 137

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Revolved Triangle Pose

Active

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Start Position:

Standing

Description:

Begin standing tall in Mountain Pose near the back of the mat, turn your left foot out about 15 degrees. Next, take a big step forward with your right foot, approximately 3 feet, and have your right heel lined up with your left heel or a little wider if needed.

Square your hips and shoulders to the front and keep them level, for beginners, the use of a block will help tremendously, when reaching your hands to the ground.

Keep the four corners of both feet grounded and be very mindful of the position of your hips, keep them level. Take a deep inhale to open your chest and collarbones, exhale hinge at the hips and lead with your chest to slowly come down over your right leg. Keep extending your spine long. Use your exhales to help your body to release and lengthen and your inhales to open your back. Listen to your body and its warning signs as you melt forward only as far as it's appropriate, leading with the chest. Bring your hands down on either side of your front ankle, resting then on blocks if necessary.

Keep your left hand planted and reach your right arm up so that your arms make one long, straight, vertical line. Your right palm faces to the right side and so does your chest. Gaze to the side or up at your right thumb if your neck can remain relaxed. Here is fine but if you feel you are ready for a deeper challenge, you can bring your left hand to the baby toe side of your forward foot and deepen the twist. Continue to explore opening your chest and revolving your right shoulder back. Hold the pose for several ocean breaths. To come out, place your hands down on either side of your right ankle, bend your right knee directly over your ankle, engage mula bandha and rise up with a flat back on an inhale. Repeat with your left leg in front.

Benefits:

Tones thighs, tones calves, tones hamstrings, tones abdominal organs, strengthens hips, aids digestion

Contraindication(s):

Hip Injury, Wrist Injury, Low Back Injury, Shoulder Injury, High Blood Pressure, Heart Condition, Headache

Footnotes:

Carolyn Weatherson, *Teacher Training Manual*, (Guelph: Maha Pura Publishing, 2010), 140



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Revolved Half Moon Balancing Pose

Active

1



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 and twist your torso to face downward all the while staying long through the waist. Place your left hand on the floor or if you cannot reach the mat, place a block down on the big 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. Next begin to straighten the standing right leg while carefully lifting your left leg making it parallel with the mat. Rotating further to the right, reach the right arm up to the sky so the arms make a straight line for the energy to flow through. Maintain a strong core, lift out of the standing leg and ensure your hip bones remain pointing down to the mat. Hold for several breaths and reverse out of the pose very carefully. Repeat on the other side.

Benefits:

- Tones spine, legs and knees
- Increases balance
- Improves focus
- Tones abdominal organs

Contraindication(s):

Knee Injury, Hip Injury

Footnotes:

Carolyn Weatherson, *Going Deeper More Challenging Asanas*, (Guelph: Maha Pura Publishing, 2010), 19



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Staff Pose*Warm up, Active, Restorative***Start Position:**

Seated

Description:

Sit with your legs extended out in front of you. Flex your feet, draw your toes towards you and engage your quadriceps. Feel your lower abdominals zip together and inward toward your spine. Bring your upper abdominals gently in and up. Elongate your spine by spreading your shoulder blades down your back and rooting down with your sit bones. Reaching up with the crown of your head, feel your collarbones open wide and your sternum lift ever so slightly. Stack your upper body so that your ears fall over your shoulders and your shoulders fall over your hips. Your hands rest to either side of your hips with your palms on the mat with fingertips pointing toward your toes.

Benefits:

Reduces fat around hips, tones kidneys, promotes posture

Contraindication(s):

Low Back Injury, Wrist Injury

Footnotes:

Carolyn Weatherson, *Teacher Training Manual*, (Guelph: Maha Pura Publishing, 2010), 48

**Howard Plank Pose**

8

Upward Plank Pose

Active

1

Start Position:

Seated

Description:

Begin sitting tall in Staff Pose. Place your palms on the floor behind your hips, shoulder width apart, with your fingers pointing toward your feet. Inhale, press your palms and heels into the mat and lift your body off the floor. Straighten your arms and legs and point your toes pressing the soles of your feet to the floor. Your arms should be perpendicular to the floor with your wrists directly under your shoulders. Your body forms a straight line, like a plank, from your shoulders all the way to your feet, prevent your bottom from sagging. Relax your neck allowing your head to gently drop back. Hold for several breaths. To release out, exhale and lower back into Staff Pose.

Benefits:

Relieves fatigue, tones arms, tones wrists, tones shoulders, strengthens your core

Contraindication(s):

Wrist Injury, Shoulder Injury, Elbow Injury, Back Injury, Neck Injury

Footnotes:

Carolyn Weatherson, *Teacher Training Manual*, (Guelph: Maha Pura Publishing, 2010), 172



9

Cow Face Pose

Warm up, Active, Restorative

1

Start Position:

Seated

Description:

Begin sitting tall in Staff Pose. Deeply bend your left knee and place your left heel beside your right hip. Next, bend your right knee and place your right knee directly on top of your left knee, so that they are stacked. Your right heel beside your left hip, your heels should be approximately equal distance away from your hips. If your sensing any discomfort this pose may be too intense for you. But if you wish, bring your left arm up and overhead then bend your elbow so that the palm touches down between your shoulder blades. Reach down and away with your right hand, bend your elbow and bring the back of your hand between your shoulder blades, clasp your hands or use a strap if needed. Remain long in the spine as you gently pull your elbows away from one another. Hold here for several breaths then release out slowly, repeating on the opposite side.

Benefits:

Relieves leg cramps, loosens hips, loosens shoulders, promotes posture

Contraindication(s):

Neck Injury, Shoulder Injury, Knee Injury, Hip Injury, Ankle Injury

Footnotes:

Carolyn Weatherson, *Teacher Training Manual*, (Guelph: Maha Pura Publishing, 2010), 54



10

Half Lord of the Fishes Pose

Active

1

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



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Firelog Pose

Active, Restorative

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Start Position:

Seated

Description:

Begin in Staff Pose. Bend the left knee and make your left shin parallel to the body with your toes pointing away. Place your right leg directly on top with your right ankle stacked on the left knee and the right knee over the left ankle. Inhales lengthen the spine and exhales help you to fold forward keeping a nice flat back. Be sure to keep both of your feet flexed, engaging your leg muscles and preventing an inward rotation of the knee. Walk your hands out in front of you, hinging forward at the hips. Be sure to lengthen out through the waist. Remain here for several minutes, breathing deeply. When you have had enough, engage mula bandha and slowly walk the hands up. Carefully release the top leg and then the bottom. Give the legs a shake and repeat on the other side.

**Benefits:**

- Opens hips

Contraindication(s):

Knee Injury, Lower Back Injury

Footnotes:

Carolyn Weatherson, *Going Deeper More Challenging Asanas*, (Guelph: Maha Pura Publishing, 2010), 10

12

Sleeping Vishnu Pose

Active

1

Start Position:

Side



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**Description:**

Begin by laying on your right side, line your body up using the mat as a guide. Bend your right arm and rest your head in your hand but make sure you are kinking the neck, keep it long. Be sure to flex your feet and turn the top leg so your toes are facing upward. Bend the left knee so that you can grab the outside edge of the foot. Straighten out your top leg as much as possible until you feel the perfect stretch for you. Hold for as long as you would like. Repeat on the other side.

Benefits:

- Increased core stability
- Stretches the entire leg

Contraindication(s):

Leg Injury

Footnotes:

B.K.S. Iyengar, Light on Yoga, (Hammersmith:Thorsons, 2001), 199