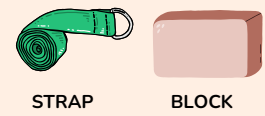


TOOLS FOR THIS PRACTICE



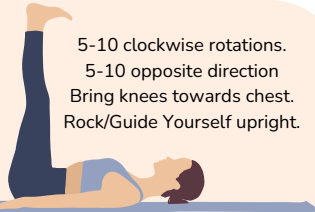
Rebel Wellness Yoga Guide

By: Vanessa Ragains



Begin on back, open feet to width of mat.

Bring Knees towards chest. Extend legs towards ceiling.



5-10 clockwise rotations.
5-10 opposite direction
Bring knees towards chest.
Rock/Guide Yourself upright.

Repeat Other Side!



Starting w/ base of spine, roll upright.

Scoot glutes back. Legs straight.
 Inhale arms up. Exhale forward fold.
 3-5 breaths at your own pace.

Seated Spinal Twist



Guide LF leg up + over. Left hand as kickstand, inhale RT arm up, exhale guide elbow or hand to outside of left knee. **Breath 3X**

Repeat Other Side!



Cross Legs! Inhale arms up, exhale gentle bend to LF. Inhale arms up, exhale gentle bend to RT. Repeat 3x on both sides.

Come to Table Top (all fours)



Extend RT arm + LF leg. Lift up reaching in opposite directions, THEN...

Repeat Other Side!

Inhale elbow + knee together, exhale extend - repeat 2X, THEN, bring limbs back to floor.



Spread hands wide on mat, tuck toes under to downward dog.

Lift 1 heel then the other to soften tension in your calf muscles.

Walk your feet to your hands, meeting in forward fold.



Roll up to standing



Inhale arms up



Exhale Forward Fold



1) Step RT foot back, drop RT knee
2) Step LF foot back, drop LF knee



Guide Torso upright, reach arms up. Breathe 3X at your own pace.



1) Lift up on RT toes, walk to forward fold.
2) Lift up on LF toes, walk to forward fold.

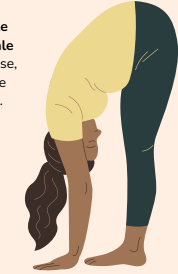
Repeat On Both Sides



Inhale arms up



Exhale to Chair Pose



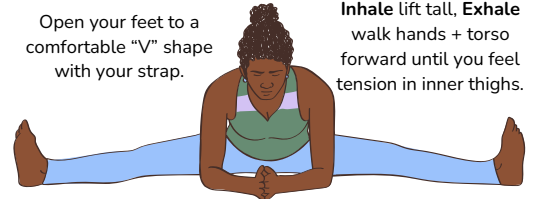
Roll up to standing

Inhale, Exhale X2. Then, Inhale through the nose, Exhale gentle forward fold.

Repeat 2X, THEN



From Forward Fold, Step both feet back to plank, drop your knees to table top, and guide yourself to your glutes.



Open your feet to a comfortable "V" shape with your strap.

Inhale lift tall, Exhale walk hands + torso forward until you feel tension in inner thighs.



Walk arms + torso to LF leg.

Inhale + Exhale, Inhale, and as you exhale open torso and reach RT arm to LF toes. Breathe 3X.



Walk arms and torso to center.

Repeat On Both Sides

Walk arms + torso to RT leg.



Inhale + Exhale, Inhale, and as you exhale open torso and reach LF arm to RT toes. Breathe 3X.



Walk arms and torso to center. Starting with base of spine, roll upright.

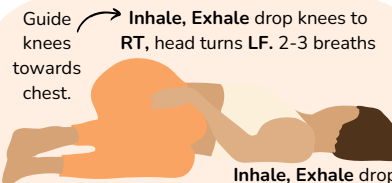
Microbend knees + rock out legs. Bring feet to hip width apart.

Scoot glutes forward. Make sure feet are hip-width apart. Lay on back.



Inhale, Exhale press hips towards sky. Inhale/Exhale 2X, Inhale and Exhale tuck pelvis under, lower down. Repeat 2-3X.

Remove block



Guide knees towards chest. Inhale, Exhale drop knees to RT, head turns LF. 2-3 breaths

Inhale, Exhale drop knees to LF, head turns RT. 2-3 breaths

Bring head to center, pull knees towards chest

Come to your back, open feet to width of mat. Stay here for 5-10 minutes.



Bring bottom surface of feet to mat, THEN knees towards chest.

Tuck hands under knees, cross ankles, rock up to seated.

Inhale arms up, Exhale hands to heart center.