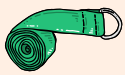


OPTIONAL TOOLS FOR THIS PRACTICE



STRAP



BLOCK

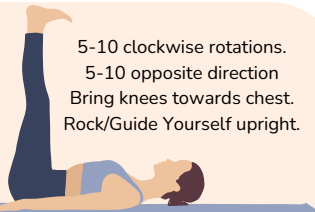
YOGA SEQUENCE

vanessaragains.com



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.

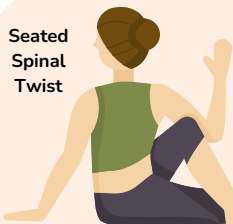
Repeat Other Side!

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



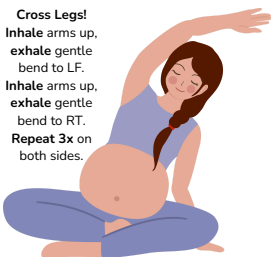
Starting w/ base of spine, roll upright.

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

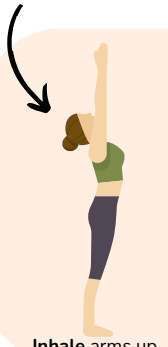


Guide Torso upright, reach arms up. Breathe 3X at your own pace.



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

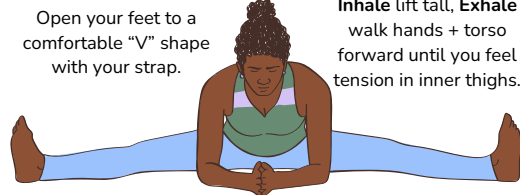
Inhale, Exhale X2. Then, **Inhale** through the nose, **Exhale** gentle forward fold.



Roll up to standing



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.

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



Walk arms + torso to LF leg.

Repeat On Both Sides

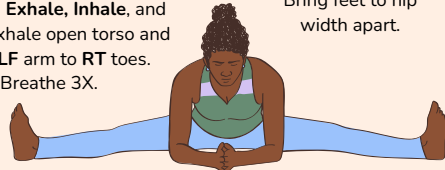


Walk arms and torso to center.

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.

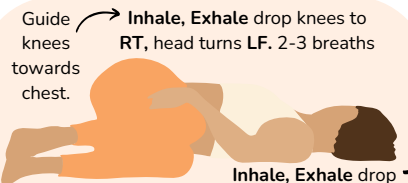
Microbend knees + rock out legs. Bring feet to hip width apart.

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

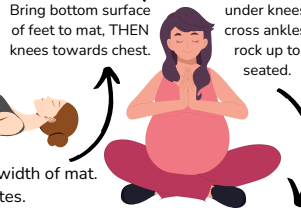


Guide knees towards chest. **Inhale, Exhale** drop knees to RT, head turns LF. 2-3 breaths

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.

OPTIONAL TOOLS FOR THIS PRACTICE



STRAP

BLOCK

CHAIR YOGA SEQUENCE

vanessaragains.com



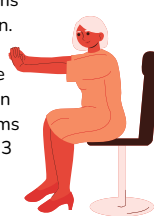
Inhale both arms up, Exhale left side bend, Inhale to center, Exhale right side bend

Inhale both arms up, Exhale gentle twist to left, Inhale both arms up, Exhale gentle side bend right

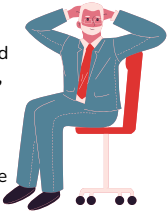


Repeat 3X each side

Inhale arms to horizon. Exhale interlace fingers and press palms forward. 3 breaths



Inhale arms up. Exhale interlace fingers behind skull. Inhale, Exhale opposite elbow to opposite knee



Use strap or towel.



Inhale right arm up, exhale reach left arm under and walk hands together w/ strap/towel. If your hands can touch, don't use strap/towel.

Repeat Other Side!

Cross Legs! Inhale arms up, exhale forward fold. Inhale right arm up, exhale bring right arm down. Cross Legs! Inhale left arm up, exhale bring left arm down.

Repeat 3x on both sides.



1. Plant your hands on the chair seat shoulder width apart. Walk your feet under your hips.

Stand in front of the seat of your chair



Repeat 2X each side!

2. Inhale step right foot back, exhale twist torso to the left and extend left arms to ceiling.

3. Inhale step left foot back, exhale twist torso to the right and extend right arms to ceiling.

Walk feet under hips



Press hips up to ceiling for Downward Dog

3 breath cycles at your own pace

Exhale Forward Fold



Inhale arms up

Exhale Extend right foot.



Inhale lift right knee

Exhale Forward Fold



Inhale lower right leg and lift arms up

Exhale Extend left foot.



Inhale lift left knee



Exhale hands to heart center.

Inhale arms up

Goddess Pose

Inhale arms up, Exhale to Elbows to shoulder height. Inhale press shoulder blades together, Exhale to bring forearms to touch.



Repeat 2X, THEN

From Goddess Pose, Slide left leg straight back, bend your right knee. Inhale your arms to a "T", exhale settle in pose. Inhale lift shoulders to ears, Exhale lower shoulders down.



Warrior 2



Triangle

Inhale straighten your right knee, Exhale plant right hand on chair, extend left arm to ceiling.

Eagle Arms

Inhale arms up Exhale wrap Right arm under left, bend elbows. Lower shoulders, press elbows forward.



Repeat Other Side!

1) Place right foot on outside of front leg of chair. Inhale step left foot back, exhale plant hands on seat.

Stand and face seat of chair



Pyramid

2) Place right foot on outside of front leg of chair. Inhale step left foot back, exhale plant hands on seat. Inhale ground left hand in chair seat, Exhale reach right arm to ceiling.

Repeat On Both Sides

Stand at back of chair.



Quad Stretch

Grab right foot with right hand. Pull heel to glute. Repeat On Both Sides

Stand at back of chair.

Place hands on back of chair. Walk feet back to hip width apart.



Warrior 3

Inhale shift your weight to your right leg, Exhale lift your left leg press left heel back. 3 breaths Repeat On Both Sides

Stand at side of chair.



Tree

Repeat On Both Sides

Inhale shift weight to right leg, Exhale bring left foot below or above right knee

Sit back in your chair



Bring your right ankle above your left knee. Inhale lift tall through your spine, Exhale gaze forward bring your chest to right shin. Repeat On Both Sides

Plant hands on either side of your seat for support.



Inhale Knees to chest, Exhale straighten knees at angle. 2-3 breaths

Lower legs down



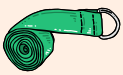
Repeat On Both Sides

Inhale Roll chin to chest, Exhale roll neck to neutral.



Inhale arms up, Exhale hands to heart center.

OPTIONAL TOOLS FOR THIS PRACTICE



STRAP

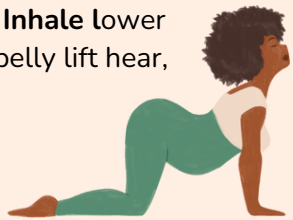


BLOCK

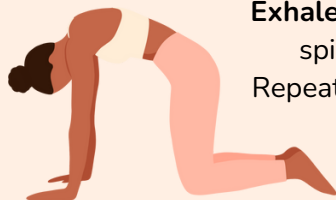
RESTFUL SLUMBER SEQUENCE

vanessaragains.com

Inhale lower belly lift hear,



Exhale round spine. Repeat 2-3X.



Extend RT arm + LF leg, Lift up reaching in opposite directions, THEN...
Come to Table Top (all fours)



Repeat Other Side!

Inhale elbow + knee together, exhale extend - repeat 2X,

THEN, bring limbs back to floor.

Seated Spinal Twist



Repeat Other Side!

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

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



Starting w/ base of spine, roll upright.

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



Walk arms + torso to LF leg.

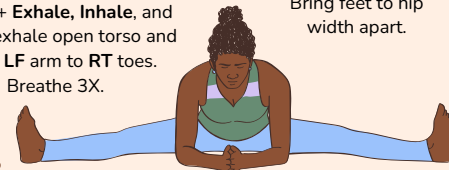


Walk arms and torso to center.

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.

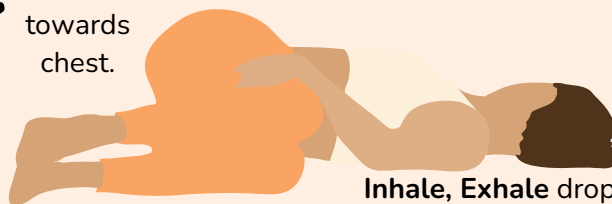
Scoot glutes forward. Make sure feet are hip-width apart. Lay on back.



Remove block

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

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

Put block between knees. Feet hip width apart. Arms at your sides, palms down near hips.



Repeat Other Side!

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



Lay on back, open feet to hip width.

Repeat On Both Sides

Repeat On Both Sides