

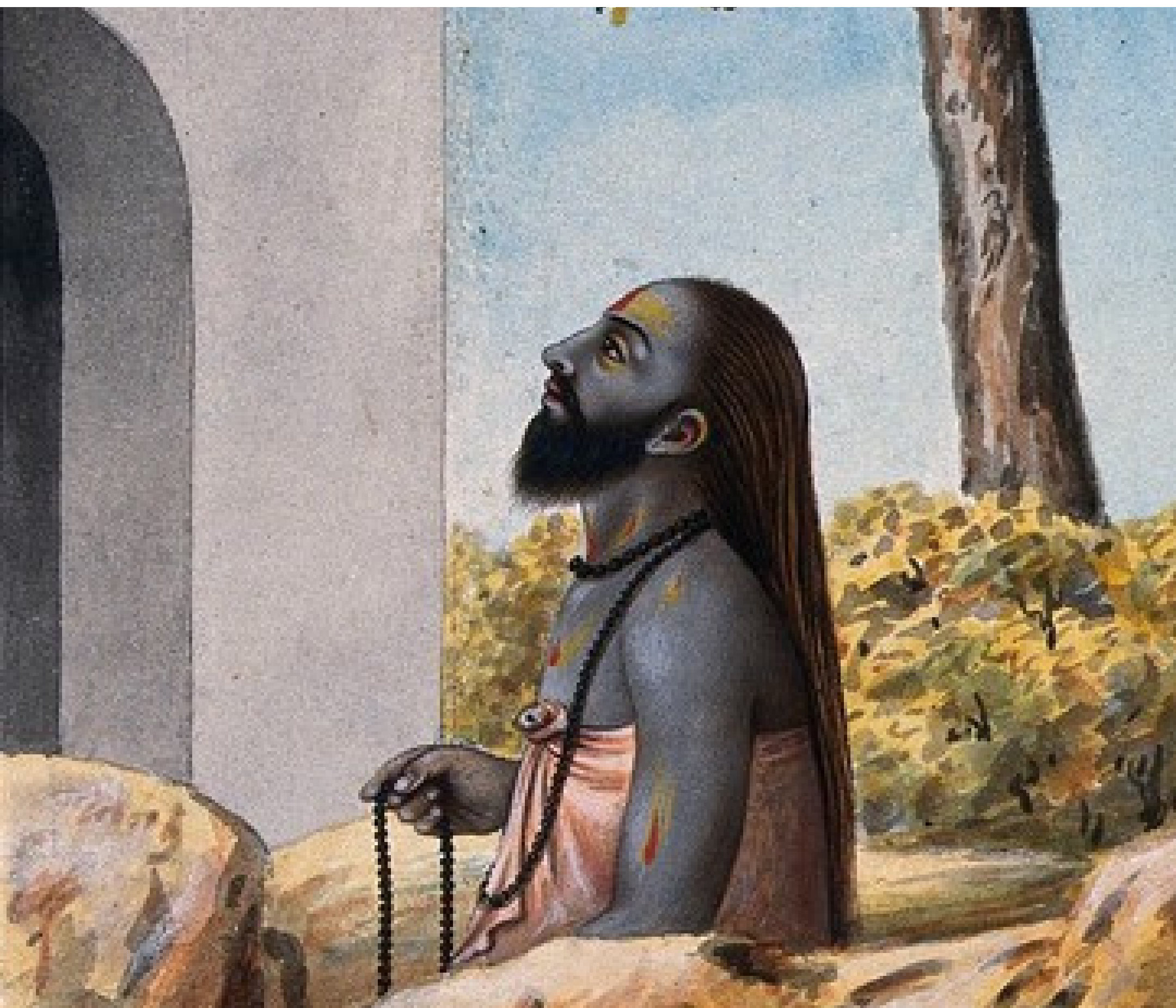
YOGA FOR A BUSY SCHEDULE.

From the Pawanmuktasana 1 series
By Mila Grass



YOGA BRIEF

Established in India in 300 BC, it is a non-secular practice which was later brought to the US in the late 19th century and made popular by the 1970s. Yoga is widely recognized by fitness and medical professionals globally because of its clinically proven benefits for the mind, body, and soul.



Purpose of Yoga



Physical Health

Maintains and sustains physical health and strength.

Mental Health

Reduces stress, enhances intelligence, and helps to create an emotional balance.

Energetically

Helps to sustain energy, and keeps the mind and soul focused on creative and spiritual growth.

Benefits of Yoga



- Increases circulation
- Normalizes blood pressure
- Normalizes heart rate
- Increases strength
- Increases metabolism
- Reduces depression
- Reduces anxiety
- Increases flexibility
- Increases mobility of joints & connective tissue



Pawanmuktasana 1

The goal of this series is to create balance in the joints by keeping the synovial fluid healthy and functioning.

Maintaining motion in the joints helps to keep the body active and inflammation at bay.

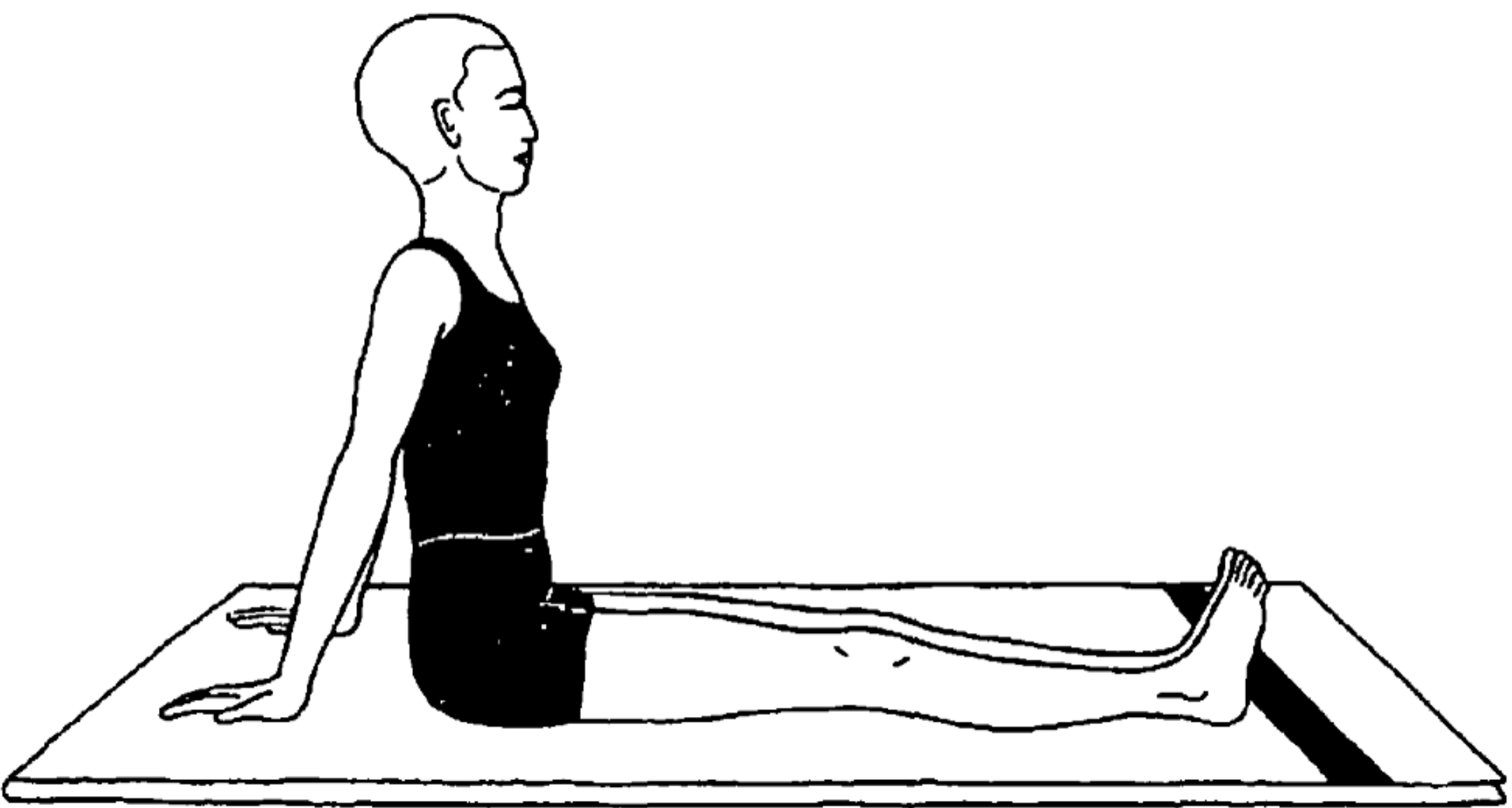
Many of us forget about our posture, movement and circulation throughout the day. So I wanted to create a reminder that you can keep with you no matter where you are! I've included 9 quick poses and 2 quick breathing exercises

Keep it simple by learning one pose per day.

PRARAMBHIK STHITI (BASE POSE)

1. Begin in base pose, this is a seated position with your legs extended in-front of you. If necessary, this position can be modified by sitting in a chair. Ground your glutes to the core of your seat and extend the top of your head to the sky. Take 3 full rounds of breath. On the fourth inhale flex the toes without moving the ankles and on the next exhale, extend the toes without moving the ankles.

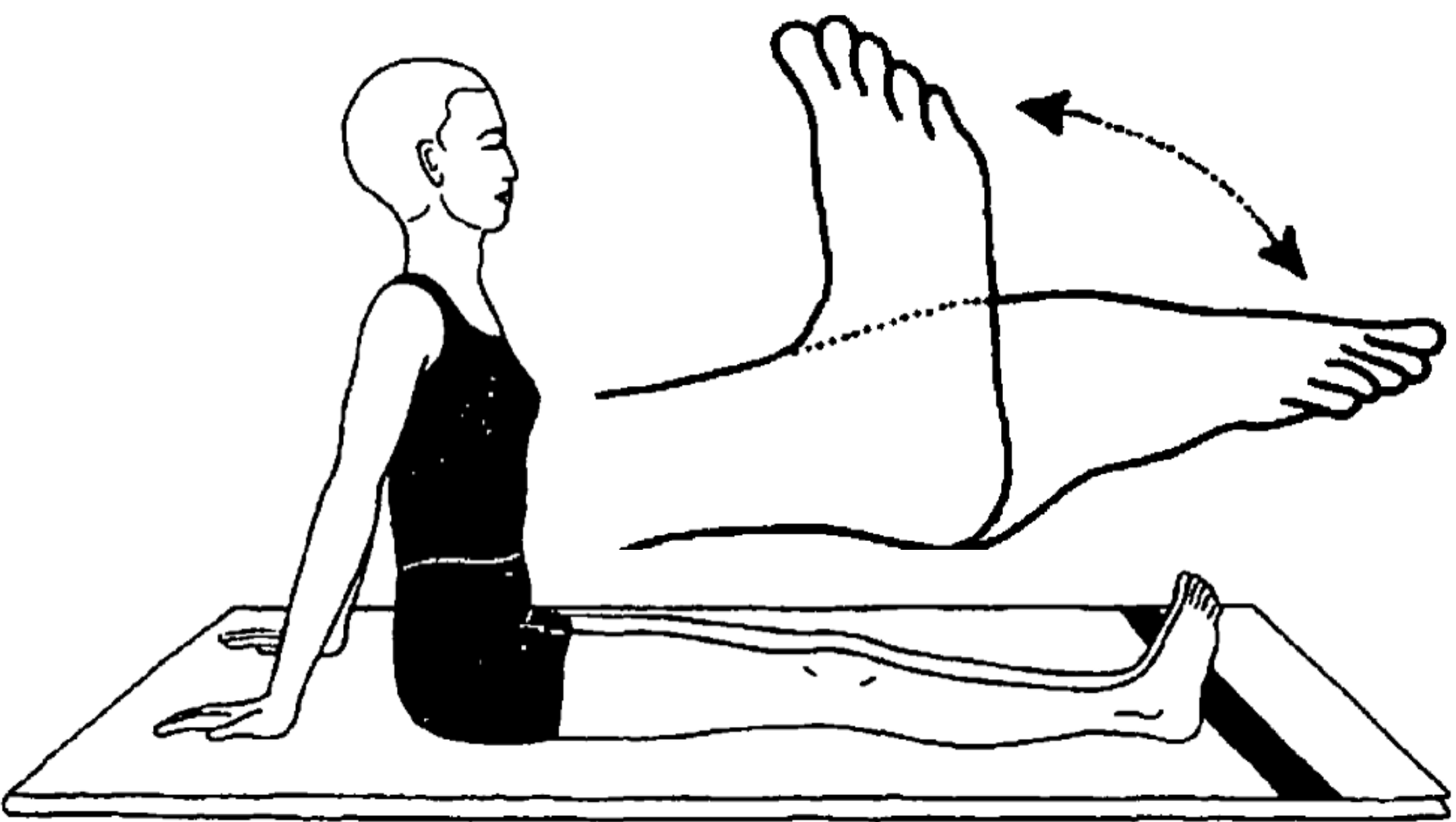
Do this around 5-10x while being aware of your breath and posture.



PADANGULI NAMAN/GOOLF NAMAN (TOE & ANKLE BENDING)

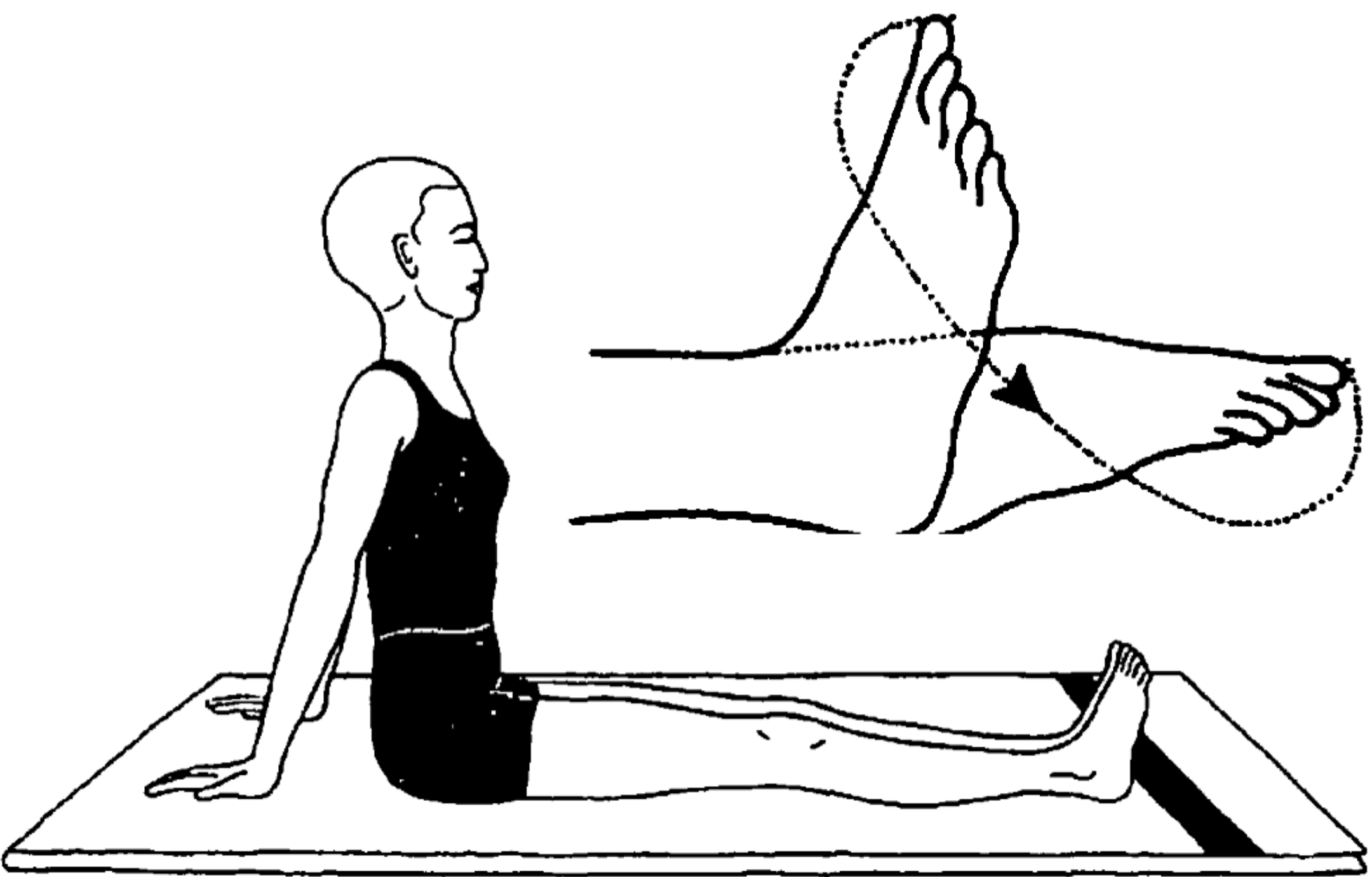
1. Begin in base pose, this is a seated position with your legs extended in-front of you. If necessary, this position can be modified by sitting in a chair. Ground your glutes to the core of your seat and extend your head to the sky. Take 3 full rounds of breath. On the fourth inhale flex the toes while moving the ankles and on the next exhale, extend the toes while moving the ankles.

Do this around 5-10x while being aware of your breath and posture.



GOOLF CHAKRA (ANKLE CIRCLES)

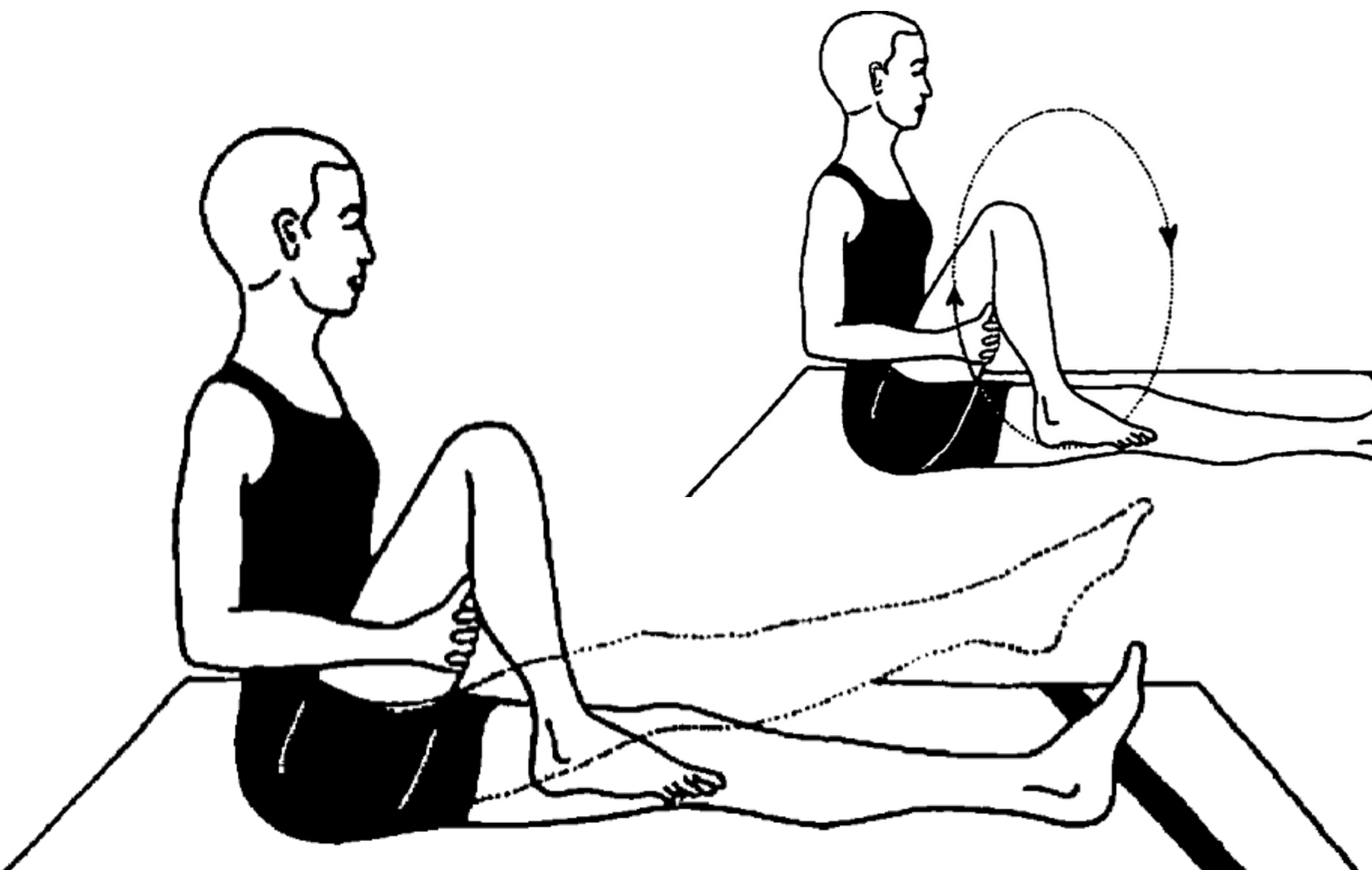
2. At this time, take two full rounds of breath. On your inhale, reach your head to the sky, and on your exhale, without losing any height you want to anchor your glutes to your seat. (the purpose is to create space in your torso and expand the lungs for optimum intake of oxygen.) On your third inhale, rotate ankles to one direction, 5x then the opposite direction 5x.



JANU NAMAN (KNEE BENDING)

3. Move to knees. Inhale as you draw the left knee towards you. Exhale to extend the knee. Do this 5x on the right, take one full breath in base position, on your next inhale, draw the right knee towards you and repeat 5x. Release back to base position.

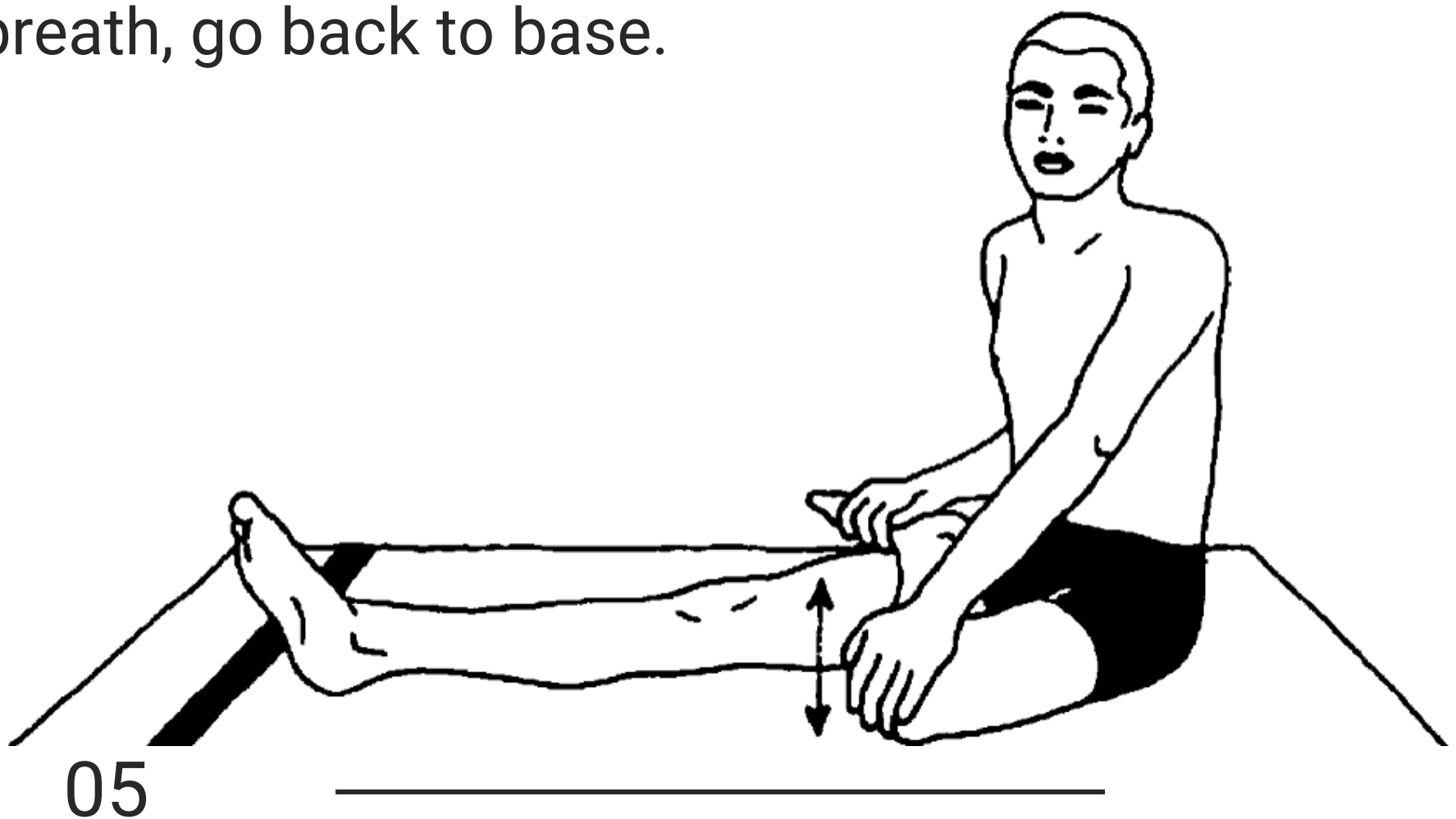
4. Now in the same fashion, make circular motions as if to draw a circle with your foot. First in one direction, and then the next. Repeat this upto 5x



ARDHA TITALI ASANA (HALF BUTTERFLY)

5. On your inhale bring your left leg towards you laterally, as if you are seated in a crossed legged position. This motion will open up the hip joint. With your foot flexed to protect you knee, place one hand under the knee and the other under the foot for support. Move in a clockwise position for five full breaths, then repeat in the opposite direction for 5 full breaths.

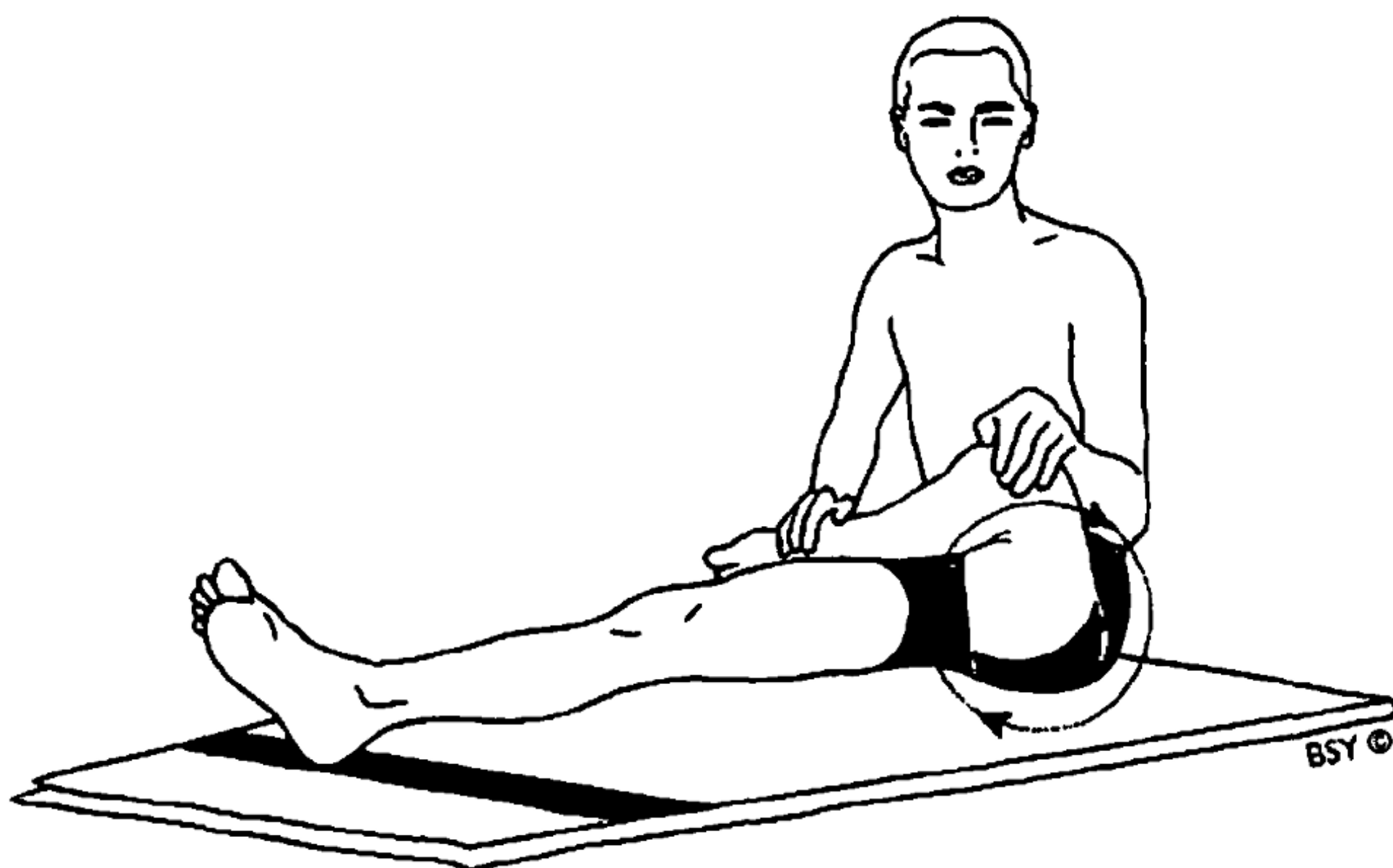
6. Before moving back to base, keep your position and begin to guide your ankles just the same. First clockwise 5 breaths, then counterclockwise 5 breaths. Your last exhale should guide you back to base position. From here, inhale as you bring your right leg towards you laterally, and repeat the motion 5 breaths clockwise, and five breaths counterclockwise. Don't forget your ankle. On your last breath, go back to base.



POORNA TITALI ASANA (FULL BUTTERFLY)

7. On your inhale, draw your feet towards you facing each other as if to be seated in a butterfly position. Exhale once you have reached a comfortable position. And on your next inhale, draw your knees inward keeping a strong core and posture, and on your exhale, gently guide your knees back down to the ground with the assist of gravity. Do this for 5 full breaths.

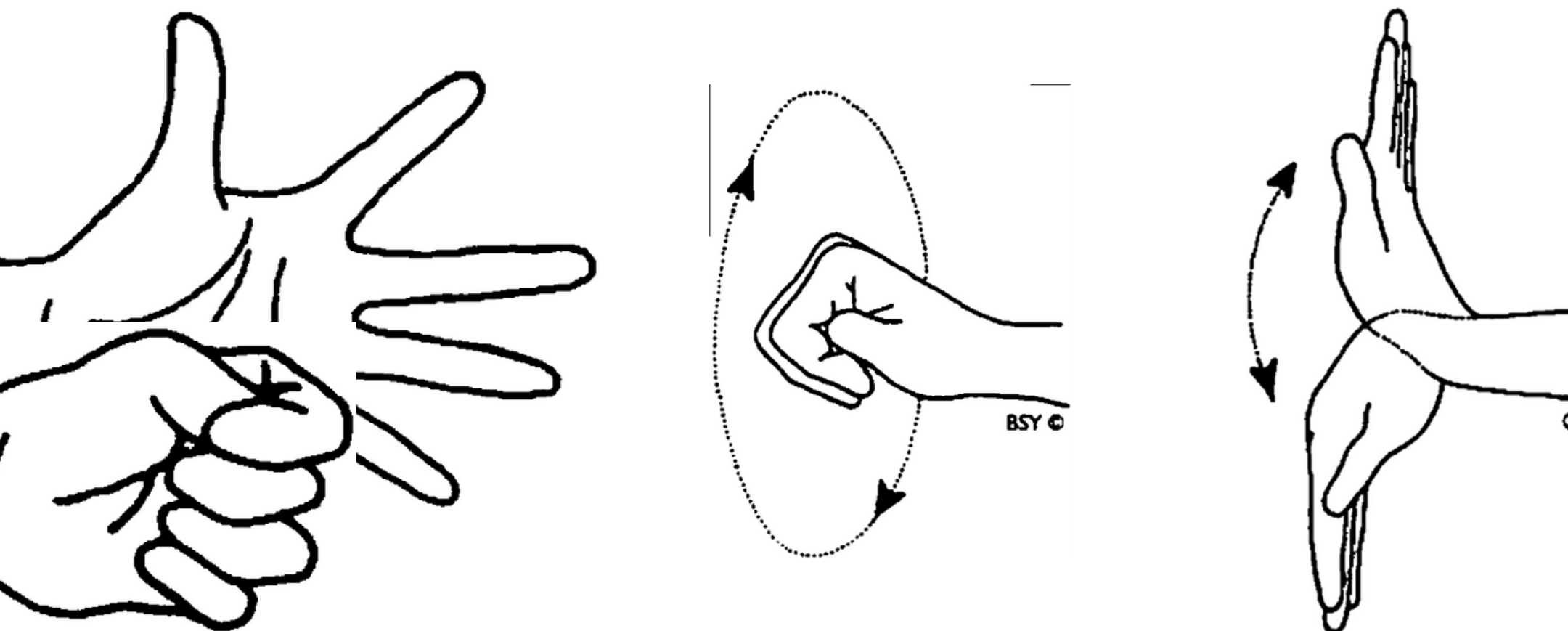
Move back to base pose or modify your seated position at this time to cross legged, or you may use a sitting pillow as you will be moving on to upper extremities.



MUSHITKA BANDHANA/MANIBANDHA NAMAN (HAND CLENCHING/WRIST BENDING)

8. On your inhale, extend your arms out in-front of you and open and flex your fingers wide. When you exhale, make a fist. Remain aware of your posture the whole time and repeat this series for a full round of 5 breaths. On your next exhale, bend your wrists downward and on your inhale flex them upward. You will also do this for 5 full breaths.

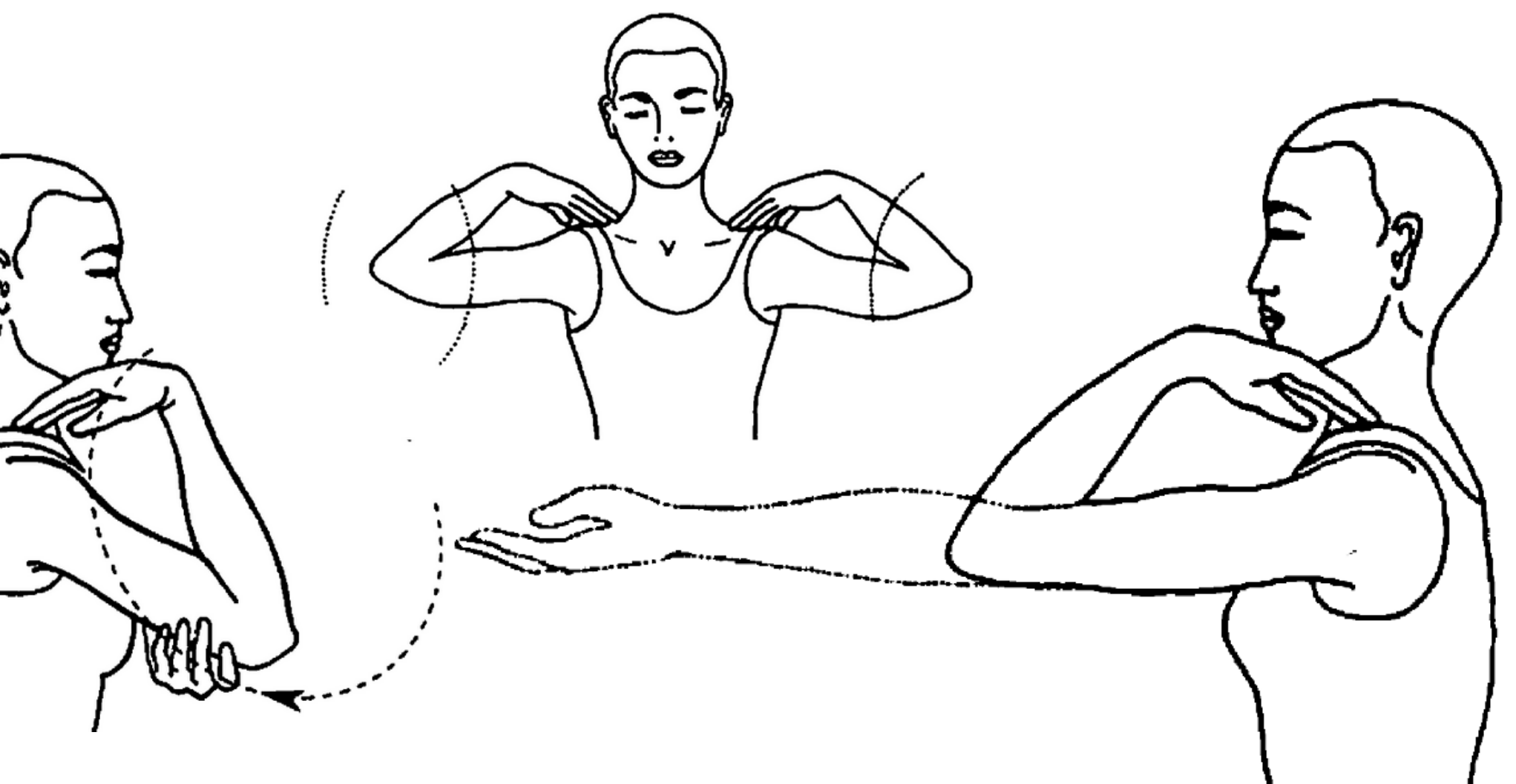
9. On your next inhale, you will begin to rotate the wrists in a circular motion bringing them inward. You will do this for 5 full breaths then move on in the opposite direction for 5 full breaths.



KEHUNI NAMAN/ KEHUNI CHAKRA (ELBOW CIRCLES/ELBOW BENDING)

10. Remaining in the same seated or base position with your arms extended out in front of you, on your next inhale, bend your arms towards you at the elbows and extend them back out on the exhale. Do this for 5 full breaths.

11. Remaining in the same seated position, place your hands on your shoulders and inhale as you draw large circles with your elbows outward. Exhale as you bring your elbows inward. Do this for 5 full breaths. Make sure to maintain your posture the whole time. Reverse your motion on your last exhale and repeat for 5 full breaths.



GREEVA SANCHALANA (NECK MOVEMENTS)

12. Moving to the neck on your next inhale, exhale your chin down, inhale your chin up. If you feel any pain or discomfort at this time you may reduce your range of motion. Do this for 5 full breaths. Make sure your shoulders are relaxed at this time as you come to center.

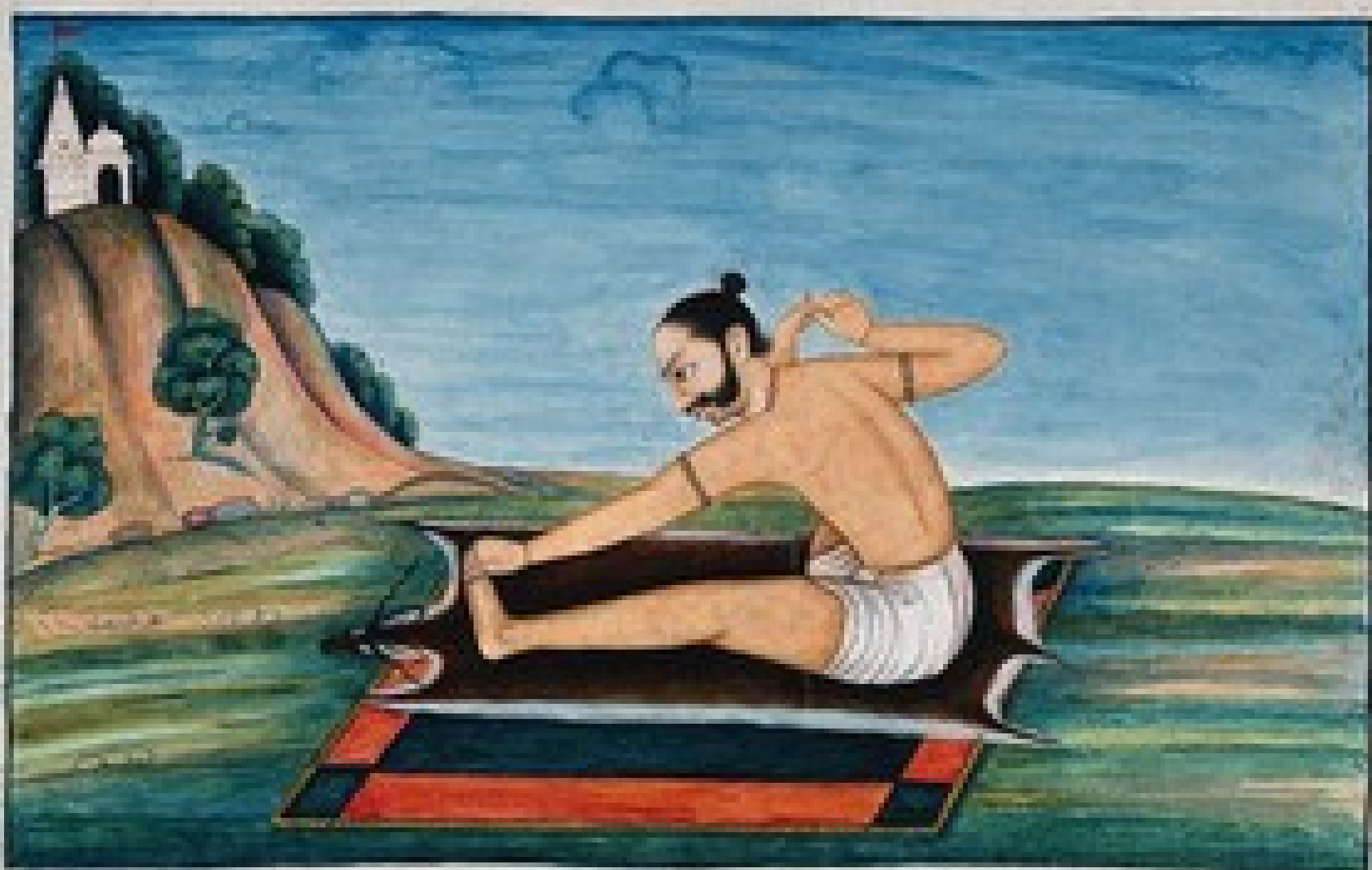
13. On your next inhale gently turn your head to the left, exhale to the right. Do this for 5 full breaths.

Move back to center, keep your shoulders relaxed and gently draw your left ear to your left shoulder at your inhale, exhale your right ear to your right shoulder.

Repeat this series 5 times if you feel no discomfort or pain.



BREATHING TO CALM THE MIND



Sheetali Pranayama

Reduces inflammation in the body and mind. Great exercise for acne and rosacea.

Sit tall and relax the neck, shoulders and abdomen.

1. Roll tongue creating a fold in the center and inhale through the hole in the center. Close your mouth and exhale through your nostrils. Can be practiced in one-minute intervals or sets. If you cannot roll or fold your tongue, you may use the following alternative.

2. Sheetkari- inhale through the teeth instead of rolled tongue. Close mouth and exhale through the nose. This can be done in one-minute intervals for up to 10 minutes per day.

This series can be repeated for as many times as you need.

Please note that if you become lightheaded or dizzy, take a moment to end your series comfortably. If you are still experiencing dizziness and lightheadedness please seek medical attention.



Nadi Shodhana

Alternate nostril breathing.

This helps with anxiety, fear, balance of the right and left hemispheres of the brain.

1. Begin in a relaxed seated position,
2. Use your right hand and close your middle and index finger.
3. Place your thumb on your right nostril and inhale through your left nostril slowly.
4. Exhale through your left nostril slowly and place your ring or pinky finger on your left nostril.
5. Inhale slowly through your right nostril. Exhale through your right nostril and repeat.

This series can be repeated for as many times as you need.

Please note that if you become lightheaded or dizzy, take a moment to end your series comfortably. If you are still experiencing dizziness and lightheadedness please seek medical attention.

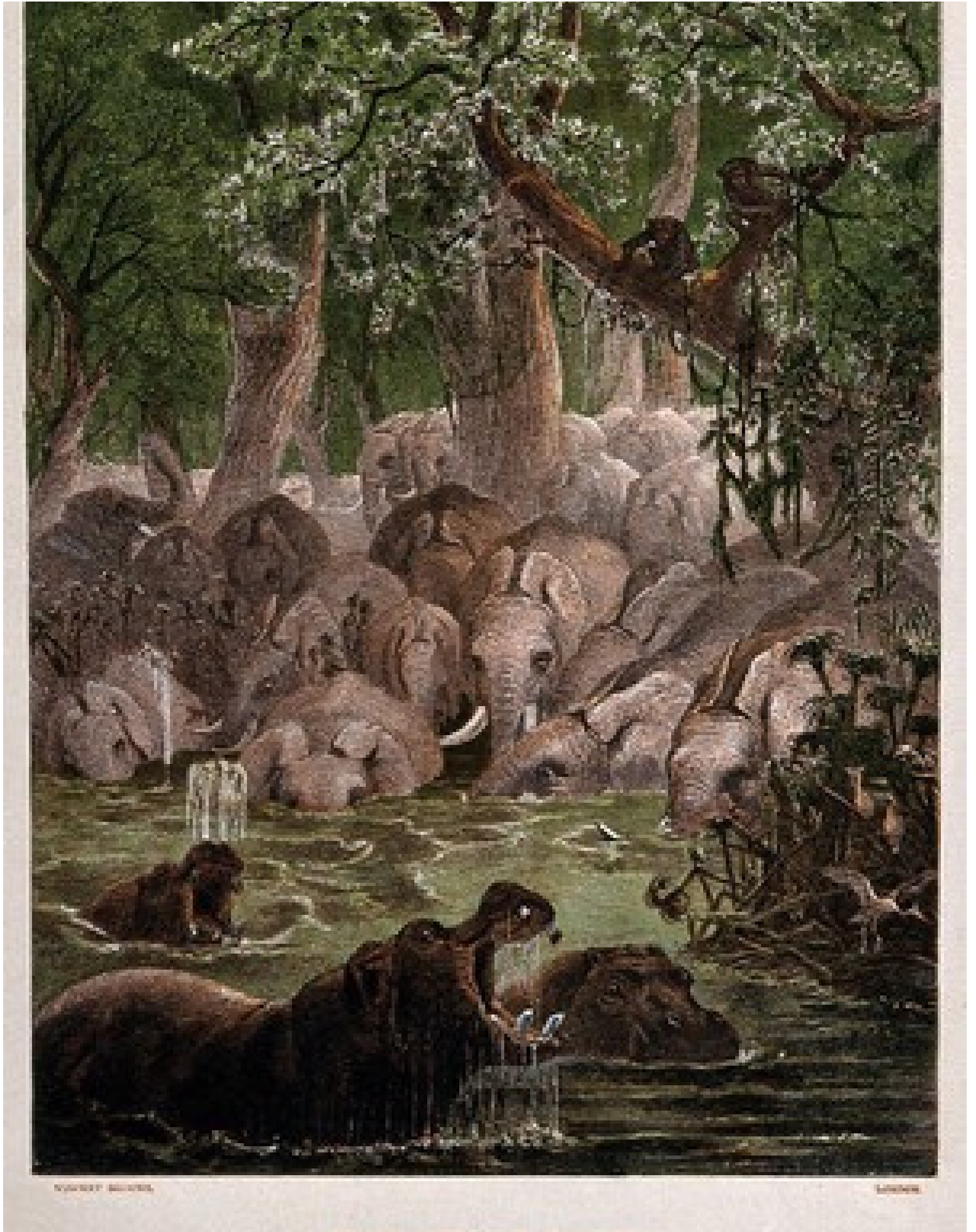


MILA GRASS

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NAMASTE



WYNDLEIGH BARNETT

SAVANNAH

