

Routine #1 to Introduce You to the Foundation Poses and Basic Elements of Serenity Yoga and to *Breathing Theme Number One*

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Breathing Theme Use *Breathing Theme #1* – For the warm up and the breathing exercise, poses 1, 2 & 3, notice how your body is responding to them. Notice where you enjoy the stretch and enjoy the chance to exercise your body. Then, for the rest of the poses, notice the parts of your body that are not stretching, and notice how they relax and let go as you breathe out – and the stretch increases almost by itself. Do each pose three times unless otherwise stated. Hold the pose until you've reached your limit. Then let it go and relax complete before continuing.



1. Complete Breath – taking your time to let go of your breath as your arms float down to your sides.



2. Abdominal Lifts



3. Breathing Exercise – Abdominal Breathing

4. Meditation
Start by taking a moment to notice the flow of your breath as you breathe in and out. As you settle into the meditation, notice how your body relaxes as you breathe out. Feel your body letting go, sinking down every time you breathe out.



5. Pelvic Lift



6. Leg Fold 1
Do Once

7. Spider 1 & 2



8. Rock & Rolls
10 rocks



9. Wide Angle Pose – sitting or standing



10. Twisted Wide Angle Pose – sitting or standing



11. Gradual Relaxation

- Start by settling into place.
- Then notice your breath as it comes and goes for a while.
- Then start taking a little longer to breathe out, until your breath is noticeably longer, slower and more relaxed than when you started.
- Now relax your body, step by step, from your feet to your face, one area at a time, feeling that part of your body letting go, sinking down, more and more every time you breathe out.
- Do about 6 breaths for each area.