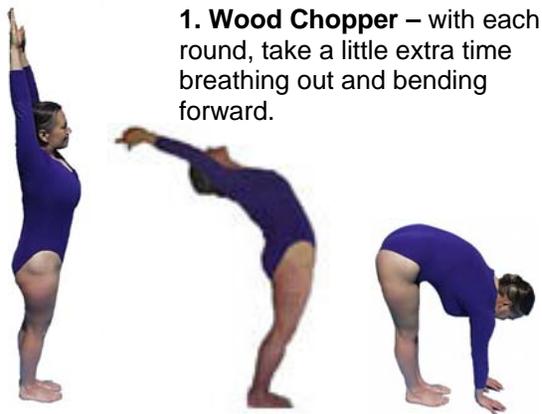


Routine #2 to Introduce You to Foundation Poses and Basic Elements of Serenity Yoga and to *Breathing Theme Number Two*

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Level of Difficulty: Fairly Gentle

Breathing Theme Use *Breathing Theme #2* – Use parts 1 & 2 as a warm up. As you do the Wood Chopper, concentrate on good full breaths in and out, keeping the stretches full, but not extreme. Give the Abdominal Lifts your best, deepest movements. The Triangle Discovery is a learning exercise, so simply pay attention to what the pose is trying to teach you about stretching the sides of your body. Chest Breathing 1 is a chance to train better breathing. The meditation is there to settle your mind and focus you on your breathing theme for the rest of the routine. For the remaining poses, take a little longer than you usually do to breathe out. As you breathe out, notice the parts of your body that are not doing the pose relaxing and letting go. Notice how, by giving yourself longer to breathe out, those parts of your body are able to relax and let go more deeply than usual – and the stretch increases almost by itself. Do all poses three times unless otherwise stated.



1. Wood Chopper – with each round, take a little extra time breathing out and bending forward.



2. Abdominal Lifts



3. Triangle Discovery



4. Chest Breathing 1

5. Meditation

Start by taking a moment to notice the flow of your breath as you breathe out. As you settle into the meditation, start taking a little longer to breathe out, until your breath is noticeably longer, slower and more relaxed than when you started. Stay with that for the duration of the meditation.

Warm Up using a New Pose

Learning a New Principle

Training Your Breathing Focusing on Your Breathing Theme

These poses will give you a full work out while toning and strengthening most parts of your body. For the ones you are not familiar with, take the time to learn them in a separate part of your day, or sometimes do the routine simply to get use to the movements. Then, at other times, do the poses or full routine using the Breathing Theme.



6. & 7. Pelvic Push alternating with Pelvic Lift



8. Rock & Rolls
(Do 10 rocks)

The Pelvic Push strengthens your lower back. The Pelvic Lift strengthens your lower back, abs and thighs. The Rock and Rolls get you back on your feet, loosen your spine and strengthen your abs. Back Bend Primer and Bust Expansion loosen your shoulders and upper chest, builds better breathing and prepares you for tougher poses later. The Back Stretch loosens your lower back and hamstrings. The Hug loosens your shoulders and gives you better shoulder rotation.

9. & 10. Back Bend Primer



alternating with Back Stretch



11. & 12. Bust Expansion
After each rep. briefly do The Hug, once with left arm on top, then once with right arm on top.



13. 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.



14. Leg Fold 1

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- “Cool Down”
- Relaxation Training (drill, drill, drill! 😊)
- Loosening & Strengthening Your Spine & Lower Back
- Reviewing Familiar Poses
- Getting Back on Your Feet!