

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

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Breathing Theme Use *Breathing Theme #2*

For the warm up, poses 1, 2 & 3, enjoy the exercises and get a good stretch. For the remaining poses, when in the poses, take a little longer than you usually do to breathe out, and 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.



1. Complete Breath – taking a little extra time for your arms to return to your sides as you let go of your breath.

2. Abdominal Lifts



3. Chest Breathing 1



4. 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.



5. Pelvic Lift



6. Rock & Rolls (10)

7. Butterfly Extension



8. Twist
(Any version you find manageable.)



9. Back Bend Primer



10. Back Stretch



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.