

Routine #4 to Introduce You to Foundation Poses and Basic Elements of Serenity Yoga and to *Breathing Theme Number Four*

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Breathing Theme Use *Breathing Theme #4 – Extending with the Breath* – When in the poses, take a little longer than you usually do to breathe out. For your first two rounds, notice 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. For the third round, keep stretching as long as you're breathing out. You'll find the stretch goes farther than you achieved during those first two rounds. However, don't do this to the point of pain. Once you've reached your limit, hold the pose there and finish, slowly, breathing out.



1. Wood Chopper



2. Abdominal Lifts 1 & 2

3. Breathing Exercise – Chest Breathing 2

- ? Lie on a firm surface, arms beside you.
- ? Press your elbows firmly into your supporting surface. Notice which muscles this works – the muscles at the sides of your chest, under your armpits, downward.
- ? Hold this press for 6 breaths. Relax.
- ? Repeat for a total of 3 rounds.
- ? On your last round, each time you breathe out, press more and more firmly into your supporting surface. This will work the muscles to their maximum, which convinces them to strengthen.
- ? Relax, and enjoy breathing in and out as the muscles let go of the exercise.

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. Reclining Butterfly



6. Leg Over



5. Spider 1 & 2



Serenity Yoga Foundation Routine #4

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7. Half Bow Primer



7. Optional Half Bow for the second or third round. (Level 2/3 difficulty)



7 Further Option, Full Bow for final round. (Level 7 difficulty)



8. Puppy



9. Simplified Twist



OR Full Twist
(Level 5 Difficulty)



10. Triangle
Discovery



OR Full Triangle
(Level 3 / 4
Difficulty)



10. 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.