

A Routine to Build you up for Doing Inverted Poses

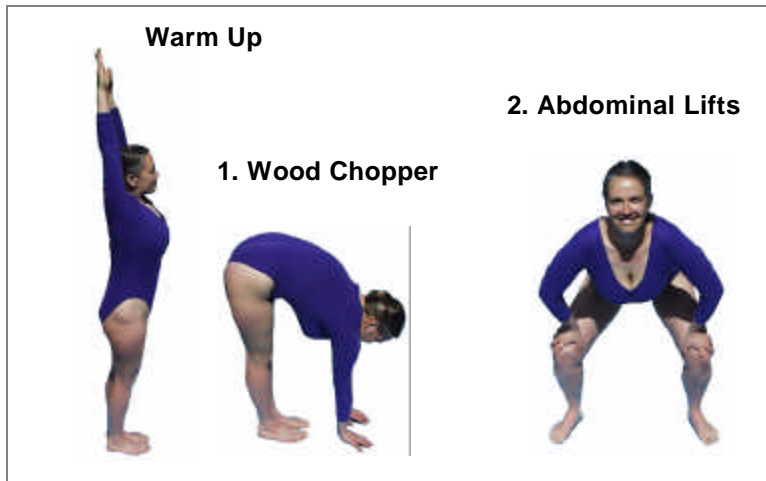
Level 4

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Inverted poses, like the Shoulder Stand, Plow, Head Stand, and Back Push Up (Wheel), typically require good strength in your torso, especially in your abdominals, lower back and shoulders. There are simpler poses at all levels that are good for building you up for these demands of inverted poses. No matter what level of practice you are doing, you can move toward the benefits that inverted poses bring. This routine is one of several that prepare you for doing inverted poses. You can use these routines to build you up to doing inverteds one day, or use these routines as a warm up – and put the inverted poses at the end of the routine.

Best Breathing Theme for this routine is *The Fourth Breathing Theme*

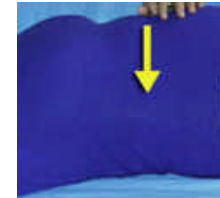
Poses boxed together make good mini-routines that take about 5 minutes.



3. 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.

4. Pelvic Push alternating with Pelvic Lift



5. Spider 2



6. Half Bow



7. Puppy



8. Back Bend alternating with



9. Puppy



9. Gradual Relaxation