

# Calming Routine

Level 1-2 (Or 5 – 7 if you do the *Options*)

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**Breathing Theme:** Use a breathing theme that makes you pace your breath by counting it. Go slowly and match movement with the breath.

Do all poses 3 times unless otherwise indicated.

For example:

- Each breath out is counted out to take twice as long as each breath in.
- Start movements when the breath in or out starts.
- Stop movements and pause when breath in or out stops.
- Count the duration of the breath in or out the whole time.

## 1. Sun Salutation

Breaths out should take twice as long as breaths in.

Move into position as you breathe in or out.

Pause when you've finished breathing in or out.

## 2. Meditation

Count the rhythm of your breath. Take twice as long to breathe out as you do to breathe in.



3. Leg Fold  
4. Spider Part 1



Optional:  
Follow with Spider Part 2



5. Optional Plow



6. Bow Prep Pose



Optional follow up:  
Full Bow

7. Cobra



8. Puppy





**9. Pigeon with or without forward bend.**

**Option:**

alternate between reaching back with one arm and holding foot and folding forward into forward bend while in pose.

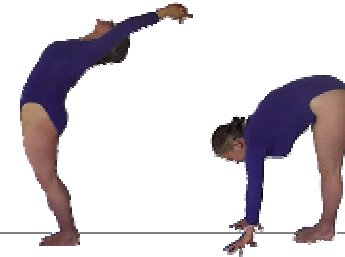
**10. Child Pose**  
Followed by **Child Pose with Bust Expansion.**



**12. Standing wide angle,**  
with or without twist.



**12. Wood Chopper**  
(to your own level of ability)



**13. If you want to close with sense of being calm, but energized, do the Wood Chopper with deep, full breaths in, and completely exhaling when you breathe out.**