

## Breathing Theme

Use whatever breathing theme best suits your goals. For example:

- If you're just getting to know the postures or the routine, hold the postures for a number of breaths and relax other parts of your body while you're holding the pose.
- If you're trying to build strength in a muscle group, hold the posture for longer periods of time.
- If you're trying to build flexibility in your muscles, do many repetitions without holding them for more than a breath.
- If you're trying to get sense of flow, so that you feel poised and balanced like an elegant dancer, then do any breathing theme that matches movement with your breathing.



**1. Abdominal Lifts**  
(of course)



**2. Then any version of the Dancer's Posture**

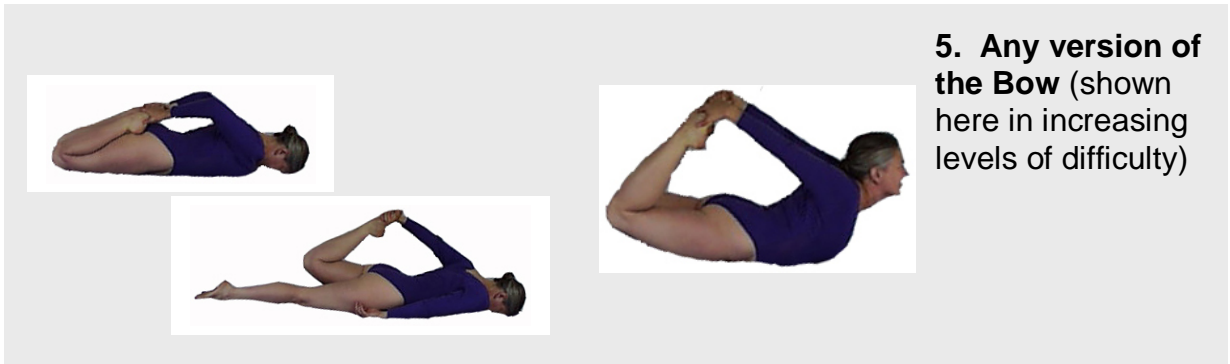
**3. Meditation**



**4. Pelvic Lifts**

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Boxed groups of postures indicate nice mini routines that you can do in about 5 minutes.



**5. Any version of the Bow** (shown here in increasing levels of difficulty)

**6. Puppy**



**7. Back Stretch**



**8. Back Bend**  
any version

**7. Balance Posture** Any version. Shown here in increasing level of difficulty.

