










## Upper Body Strength – Level 2/3 with additional Level 5 options

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**Breathing Theme:** Hold the poses for a long time, breathing out strongly.

- 1<sup>st</sup> Repetition: is a warm up. 2<sup>nd</sup> repetition is to your comfortable limit.
- The 3<sup>rd</sup> repetition is where you get the strength building.
  - Hold the 3<sup>rd</sup> repetition at your extreme limit (short of pain!).
  - Each time you breathe out, see if your body will go any farther, without pushing it.
  - Each time you breathe in, see what parts of your body will relax more.

 <p><b>Wood Chopper</b></p>	<p><b>Meditation</b></p> <p>Explore the edge of the breath.</p> <p>(Breathing Theme # 5. See <i>Breathing Themes</i> on website.)</p>	 <p><b>Cat</b></p> <p><b>Puppy</b></p>	 <p><b>Elbow to Knee 1 &amp; 2</b></p>
<p><b>Either:</b> <b>Cobra (Level 5) or Back Bend 1 or Back Bend 2</b></p> <p>OR</p>  <p>OR</p>  <p>OR</p> 		<p><b>Alternating with Puppy</b></p> 	<p>Poses grouped in boxes make good mini-routines that take 10 minutes or less.</p>
<p>OR</p>  <p><b>Back Bend Primer</b></p>		 <p><b>Alternating with Back Stretch</b></p>	

## Upper Body Strength – Level 2/3 (continued)

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**Triangle (Level 5)  
or Triangle Primer  
(Level 2)**



**Wide Angle  
Pose**



**Standing Wide  
Angle with Twist  
(Level 5)**

