

A Demanding Routine to Build You Up to and Using Inverted Poses

Level 8

www.audioyoga.com

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 the early parts of this routine to build you up to doing inverteds one day, or use the first 14 poses as a warm up – and do the inverted poses at the end of the routine.

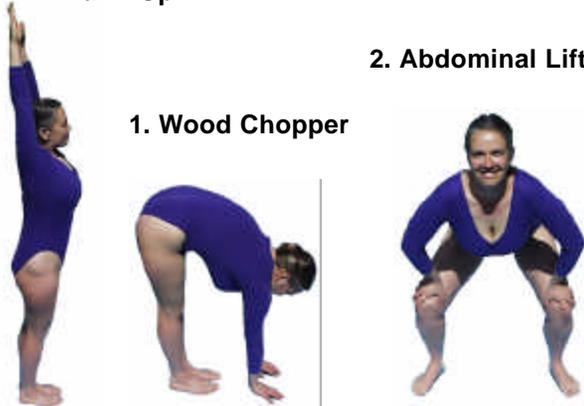
Best Breathing Theme for this routine is *The Fourth Breathing Theme*

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

Warm Up

1. Wood Chopper

2. Abdominal Lifts



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.

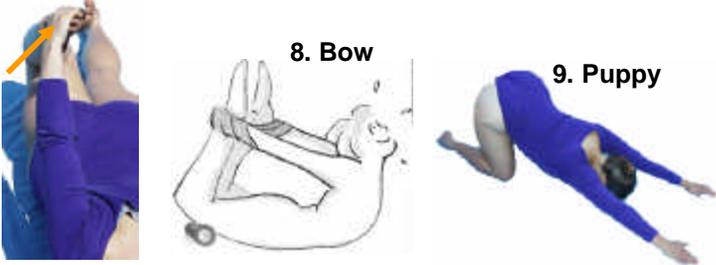
4. & 5. Pelvic Push alternating with Pelvic Lift



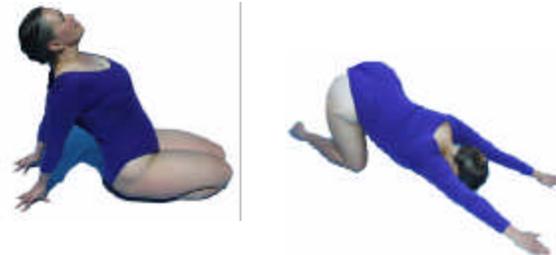
7. Half Bow, once on each leg, then do #8 the Bow

8. Bow

9. Puppy



10 & 11. Back Bend alternating with Puppy for 2 rounds.



12. Then do one repetition of the Camel, followed by the Puppy.



A Routine to Build you up for Doing Inverted Poses (pg 2)

www.audioyoga.com

13. & 14. Incline Plane alternating with Back Stretch



If you like, you can stop here and do the relaxation. Or, if you like, you can go on and do the following inverted poses, to your own level of ability.

Caveats: Please note that inverted poses should not be practiced by pregnant or menstruating women. The Shoulder Stand and Plow are not recommended for people with compromised necks or shoulders. (Don't do them if you have serious shoulder injuries, arthritis or osteoporosis in your neck and shoulders.) Do not attempt the Wheel unless you have been properly instructed in getting out of it without injuring your head and neck.

15. Shoulder Stand



16. Plow



17. The Wheel (Back Push Up)



18. Do one round of the Leg Fold, without holding it for more than a breath, to compensate for the inverted poses.



19. Relaxation

then do the Rock & Rolls to bring yourself back to life.

20. Rock & Rolls

