

A Demanding Routine Using Inverted Poses

Level 8

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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. 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, or The Second 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

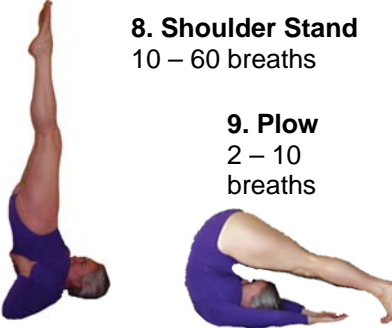


6. & 7. Incline Plane alternating with Back Stretch




8. Shoulder Stand
10 – 60 breaths


9. Plow
2 – 10 breaths



10. The Wheel
1 repetition
1 – 6 breaths



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



12. Relaxation

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

13. Rock & Rolls

