

Warm Up Routine A

This routine is intended to be an effective warm up for moderate to demanding yoga work outs or for sports activities. Remember not to push yourself beyond your limit. Take the time during your stretches to notice that your body will relax and give you more of a stretch as you breathe out. It can take 4 – 6 breaths for your body to respond completely to a repetition of a stretch. Give yourself time.

Best Breathing Themes

Except where otherwise indicated

*If you're stiff and need a gentler warm up:
use Breathing Themes 1 or 2.*

*For a solid warm up before a good work out:
use Breathing Themes 5 or 21.*

1. Sun Salutations

4 – 8 repetitions

At whatever level you can do them.



Do the following 5 poses in sequence, twice.

2. Abdominal Lifts

20 – 50 lifts on a single exhalation

Do the lifts deeply and vigorously



3. Butterfly Breathing

5 – 15 breaths

Breath in and out fully

Searching for more and more of a stretch
as you breathe in and as you slowly breathe out.



4. Simple Side Bend

Once to each side

Hold for 3 – 8 slow breaths on each side.

With each breath out notice your body relaxing
& letting go, giving you more and more of a stretch.



5. Neck Stretch

Once to each side

Hold for 3 – 8 slow breaths on each side.

With each breath out notice your body relaxing
& letting go, giving you more and more of a stretch.



6. Standing Wide Angle Pose

Hold for 6 - 10 slow breaths.

With each breath out notice your body relaxing
& letting go, giving you more and more of a stretch.



7. Wood Chopper

- Hold the back bend for 6 – 10 breaths
With each breath out notice your body relaxing
& letting go, giving you more and more of a stretch.



- Hold the back bend for 6 – 10 breaths
With each breath out notice your body relaxing
& letting go, giving you more and more of a stretch.



Repeat the Wood Chopper a second time

Then do one more Wood Chopper in a smooth, flowing sequence, without holding any part of the pose. This leads you into the Leg Presses

8. Leg Presses

Alternately lift and press each foot into the floor
10 - 20 times each



Take a break by doing one more Wood Chopper in a smooth, flowing sequence, without holding any part of the pose.

This leads you into **doing the Leg Presses again.**

After your second Leg Press set, go into The Frog

9. The Frog

Repeat the Frog movements 3 - 5
Hold the downward movement for 6 – 8 breaths each time
feeling your hips release and the stretch deepening
more and more every time you breathe out.



10. Chest Expansion

Do 3 times in a flowing sequence back and forth.
Do not hold for any length of time
but do take your time when you are
in the full forward bend
and in the full back bend to ease into the stretch
as you slowly finish breathing out.



11. Hug

Once with the right arm on top.
Once with the left arm on top.
Do not hold for any length of time
but do take your time ease into the stretch
more and more as you slowly finish breathing out.

