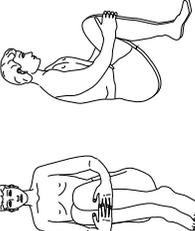
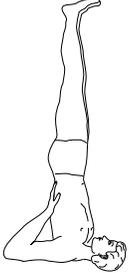
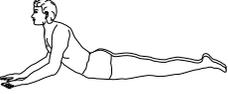
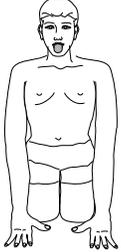
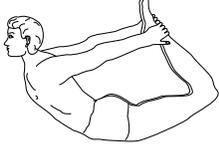
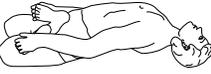


Yoga Asanas - Set 1, Floor Postures

	<p>Body Tone – Start with head. Press & squeeze fluids toward the heart, finally ending at the chest. Keep hands in contact with body all the time. Next →</p>		<p>Continue pressing and squeezing hands & arms, back, torso, then feet & legs, working towards the heart.</p>		<p>To massage your back – roll from side to side, turn your head around as far as possible. Roll to other side. Repeat 3x</p>
 	<p>Lie flat and rest. Breathe deeply. 30 seconds. Then sit on heels, big toes overlap. Hands folded. Stretch the spine up to lengthen it.</p>	 	<p>With one leg folded in, reach for your toes. Forehead touches knee if possible. Do other side. Keep leg flat.</p>	 	<p>Legs together. Touch toes. Head touches knees. Elbows touch floor. Legs flat on mat. Then rest again for 30 seconds or so.</p>
	<p>From a lying position. Lift legs up without bending knees. Ease into vertical. Ankles over hips over shoulders.</p>		<p>Bring feet down in front of head. Toes touch floor. Easy does it. Hold. Then up vertical. Then lower legs to floor slowly.</p>	 	<p>Lift up with your body first, then push with arms. Arms at side, palms up, lift legs. No knee bending</p>
	<p>Sit on ankles with hands splayed in front. Stick your tongue out as far as possible. Exhale with force. 3x</p>		<p>Reach back and grab your ankles, arch your back.</p>	 	<p>Bend leg. Foot goes over the knee. Opposite arm goes over leg to grasp foot. Other arm goes behind back. Repeat other side.</p>
	<p>Both feet on thighs (lotus), arms behind, hands clasped. Or sit in half lotus, or cross-legged. Touch floor with head, if possible.</p>		<p>Lie flat, legs in lotus position, grab toes, arch back. (or half lotus, hands under thighs), No pressure on head.</p>	 	<p>Bend to touch toes, forehead touches knees. Then rest. One minute.</p>

Instructions:

Do asanas gently. Never force. Forcing can cause injuries. Don't try to do the asanas perfectly by using greater effort. With practice, you will improve over time. The descriptions are the ideal, but most people are not this flexible, especially at the beginning. Even a 1/8" improvement per day is almost an inch per week. Gradual safe progress is best.