
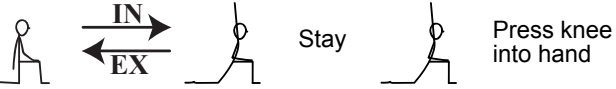

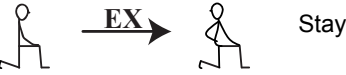

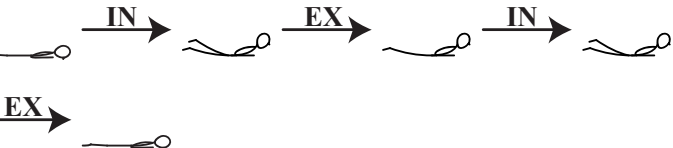



## Short yoga practice for Peter Student

Do this practice before a gym workout to counteract the "lifting ladder" pattern at work.

<p>1</p> 	<p>VAJRASANA. To gently strengthen and stretch the lower back. Repeat 4x.</p>	<p>Begin standing on your knees. IN: Sweep your arms up. EX: Gradually contract your abdomen as you bring your chest down to your thighs and butt toward the heels, placing your hands on the lower back. IN: Lead with the chest as you go up to stand on your knees, sweeping the arms up.</p>
<p>2</p> 	<p>EKAPADA USTRASANA. To stretch the quads and hip flexors, to strengthen abductors. Repeat 3x, then stay for 4-6 breaths. Do #3 and #4, then switch sides.</p>	<p>Begin on your knees with your right foot on the floor in front of you. IN: Bend the right knee while raising your left arm up (make sure that the knee doesn't go past the toes). EX: Return back to the starting position. Repeat a few times and then stay in the pose for several breaths. Place your right hand on the outside of your right knee. EX: <b>Press your knee and your hand into each other</b> while hugging the waist in. Maintain this engagement as you inhale.</p>
<p>3</p> 	<p>KNEELING PARSVOTTANASANA. To stretch the hamstrings. Repeat 3x, then stay for 4-6 breaths. <b>Be sure not to hike the hip up.</b></p>	<p>Begin on your knees with your right leg extended in front of you, heel on the floor. EX: Bend forward toward the extended leg. IN: Lift back up. Repeat a few times, then bend down and stay there for several breaths.</p>
<p>4</p> 	<p>KNEELING TWIST. To rotate the spine and stretch abductors. Turn and hold the pose for 4-6 breaths.</p>	<p>Begin on your knees with your right foot on the floor in front of you. EX: Turn to your right, look back and fold your right hand behind your back. Breathe here, keep your knee aligned over your ankle.</p>
<p>5</p> 	<p>Rest.</p>	
<p>6</p> 	<p>VIMANASANA. To strengthen the lower back and abductors. Repeat 4x.</p>	<p>Begin on your stomach with feet together and forearms on the floor. IN: Lift the chest and both legs, bringing the legs wide apart. EX: Keep the chest raised and bring your feet together. IN: Move the legs apart. EX: Bring your chest and legs down, feet together.</p>
<p>7</p> 	<p>APANASANA. To loosen up the lower back and hips. 4 breaths.</p>	<p>Begin on your back with hands over your knees. EX: Gradually contract the abdomen and bring the knees toward the chest. IN: Move the knees away from the chest. You can do this movement in circles, too.</p>

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OPTIONAL: DVIPADA PITHAM. To strengthen the glutes, hamstrings and hips. Repeat 4x, then switch sides.

Begin on your back, knees bent, left foot on the floor, right knee bent and turned out. Place your right ankle in front of your left knee. IN: Slowly roll the hips up keeping the pelvis leveled. Keep pulling your right knee out. EX: Slowly roll the hips down.

9



OPTIONAL: GOMUKASANA. To stretch the rotators. Hold for 6 breaths on each side.

Begin on your back. Place one knee on top of the other and pull them in toward the chest. Pull the ankle of the top leg toward yourself as well. Stay here for several breaths, then switch sides.

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OPTIONAL: APANSANA. To loosen up the lower back and hips. 4 breaths.

Begin on your back with hands over your knees. EX: Gradually contract the abdomen and bring the knees toward the chest. IN: Move the knees away from the chest. Try to keep the movement consistent.