



YOGA SEQUENCE FOR CALM

Lying Warm-Up Poses:

1. Relaxation Pose – Lie supine on the back. Take the legs hip 8-10 inches apart and allow to drop open from the hips. Arms can move slightly away from the body, palms up, or hands can rest on the belly. Check in with yourself, noticing your physical sensations, emotions, breath.
2. Full Body Stretch – Stretch arms overhead. Reach arms and legs in opposite directions.
3. Pelvic Tilts – Lie on back, feet flat on floor about hip-width apart, knees towards ceiling. Breathe in, pressing the tailbone into the ground and slightly arching the back. Breathe out, tucking the tailbone as the lower back pushes gently into the floor.
4. Knees to Chest – Draw the knees towards the chest. Rest hands on the tops of the knees or hold under the thighs. Leg can be closer together or wider, whatever is most comfortable.
5. Relaxation Pose – Rest on the back.

Kneeling Poses/Standing Poses:

1. Cat/Cow – Come to hands and knees, knees under hips, hands under shoulders. Allow belly to lower to the floor, the chest to move forward, and the head to move up slightly. Draw the belly in, arching the back, and tucking the chin and the tailbone to the floor.
2. Bird-Dog – From hands and knees, lift right arm straight forward from shoulder, thumb up. Stretch left leg out behind, toes tucked under; lift the left leg off the floor. Balance. Switch sides.
3. Neck/Shoulder Series – Repeat each move several times: head side-to-side; move ear to shoulder, side-to-side; chin towards chest/look up; chin slides forward/tucks back; shoulders roll forward/roll back.
4. Lateral Stretch/Overhead Reaches – Reach both arms up overhead; alternately pull higher with one arm, then the other. Clasp right wrist with left hand, reaching up as body bends towards the left, creating a crescent shape. Switch sides.
5. Standing Balance Series – Lift knee front. Open lifted knee out to the side; bring back to front. Lift heel towards bottom. Switch sides. *OPTION: hold onto wall or chair to aid balance.*

Prone/Lying Wind-Down Poses:

1. Prone Leg Lifts – Lie face-down, resting head on forearms. Lift one leg a few inches off the floor, lifting the entire leg as one unit, toes pointed down to the floor. Switch sides.
2. Sphinx – Lie face-down, Prop body up on forearms, positioning elbows under or a little ahead of shoulders. Actively push into forearms, lifting torso and pulling forward.
3. Reclined Leg Stretch – Lie on back, both knees bent, feet flat on floor. Draw one knee towards chest, holding thigh. Begin to straighten leg any amount, moving the soul of the foot towards the ceiling. Switch sides. *OPTION: use a strap, belt, or tie around the bottom of the foot.*
4. Reclined Twist – Lying on back, bend knees as if sitting in chair. Revolve legs towards the right while keeping the shoulders/torso resting on the floor, arms out in a goalpost or T. Switch sides.
5. Final Relaxation – Rest on the back as above. Stay 5-10 minutes. *OPTION: Bend the legs and rest the calves on a chair, couch, or bed.*

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