

4-level Self-Calibrated

Poses and Breathing

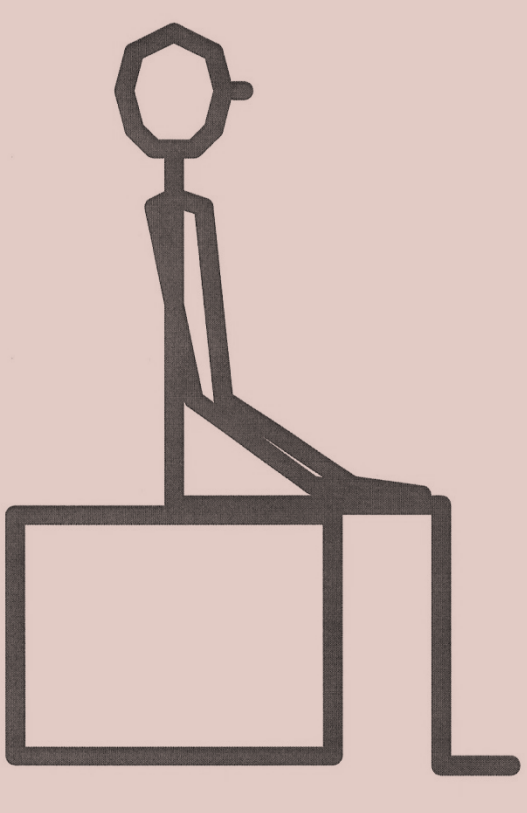
Meditation and Mindfulness

Relaxation

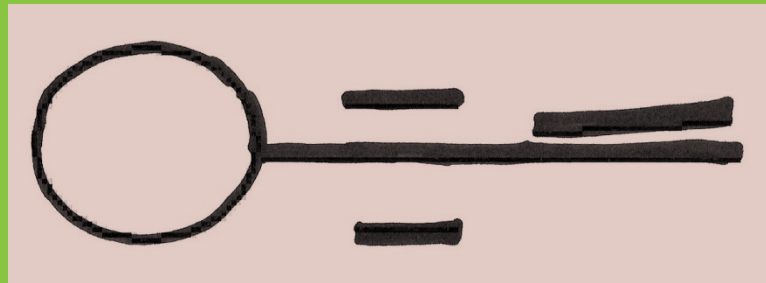
*Under teacher supervision

Beginning Restorative Yoga (Levels 1-4)

- Pursed-Lip Breathing (PLB) 3-4 breaths
- Quick Relaxation and Relaxed Breathing (Q.R. & R.B.) 6-10 breaths

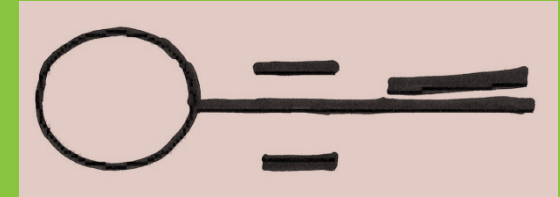
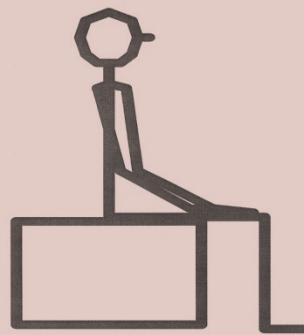


OR



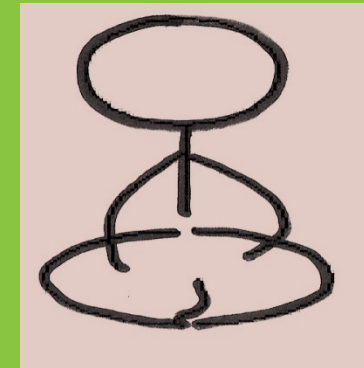
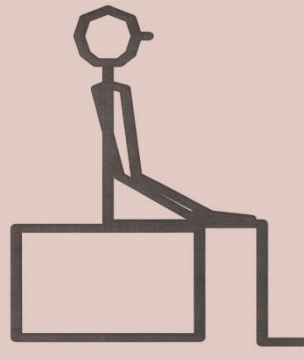
Ending Restorative Yoga (Levels 1-4)

- Heart and Lungs “Tune-Up”
Part I (1-2 minutes)

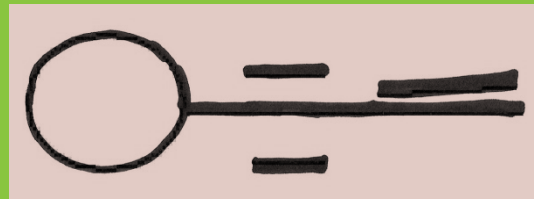


- Heart and Lungs “Tune-Up”
Part II (5-6 minutes)

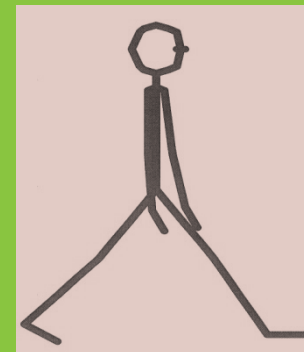
- Pranayama: Counted Breathing; Humming Breath; Vowel Singing



- Relaxation Pose
(Shavasana) 3-4 minutes



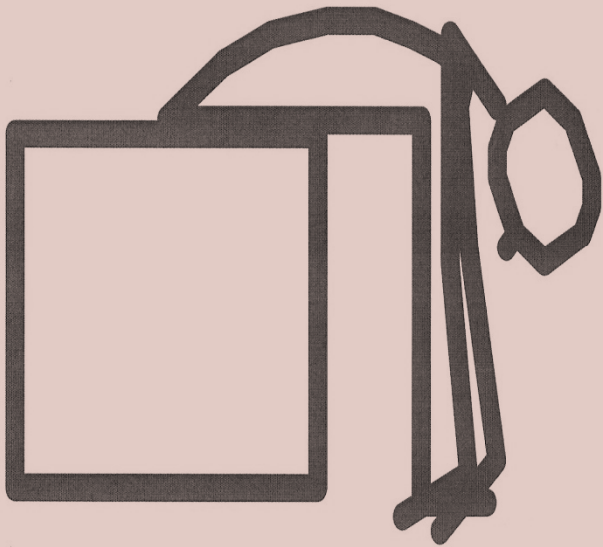
- Breath-Mediated Mindful Walking 3-5 minutes (or more-now or later)



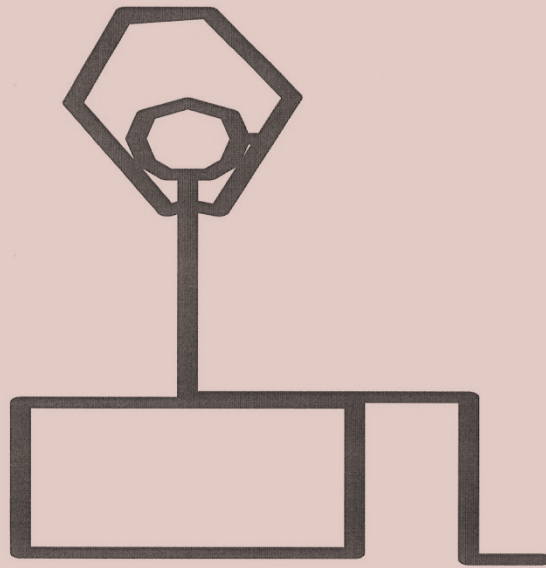
- Breath-Mediated Body Scan (4-5 minutes or more, now or later)

Yoga Poses-Level 1

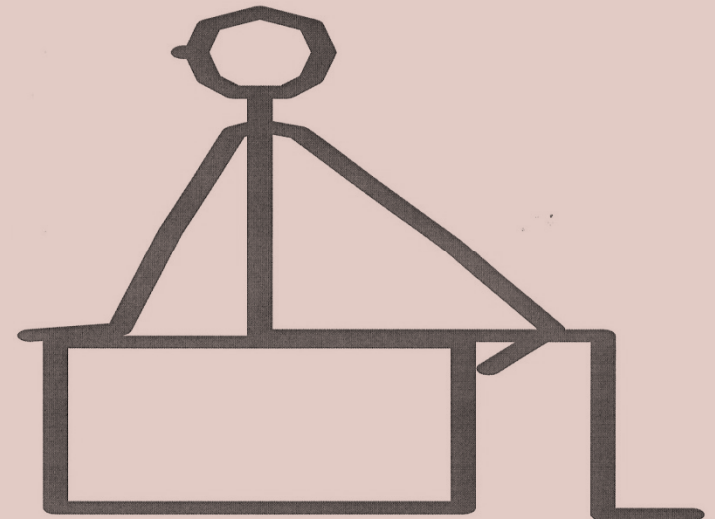
☼ Middle items (spinal conditioning)



EXHALE



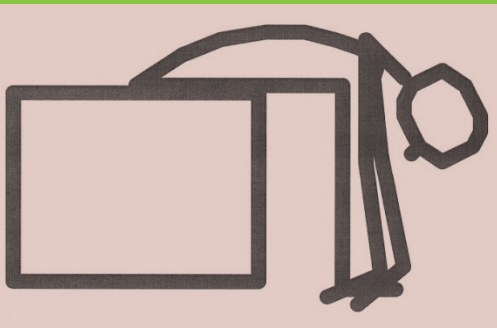
**INHAL
E**



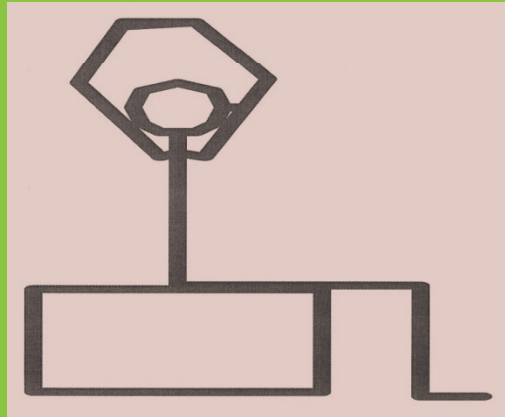
EXHALE

Yoga Poses-Level 2

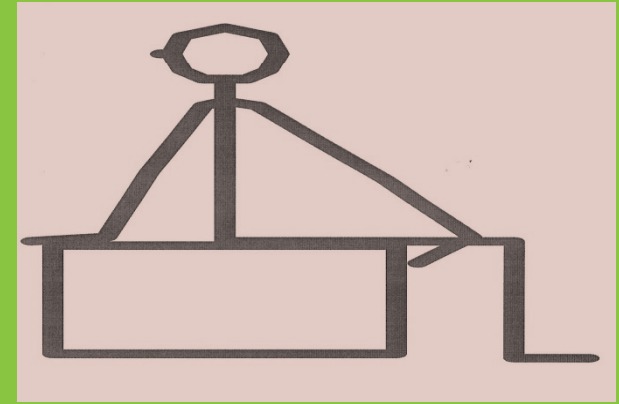
Middle Items



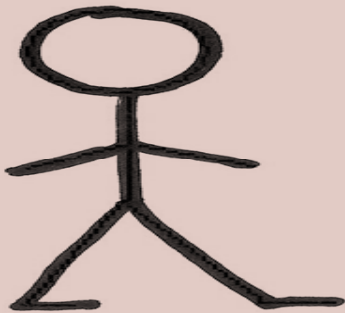
EXHALE



INHALE



EXHALE



EXHALE



45



90

INHALE



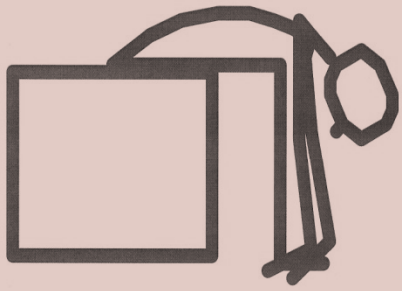
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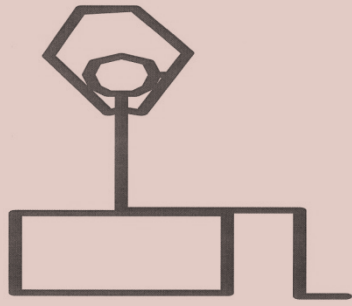
EXHALE

YOGA POSES-LEVEL 3

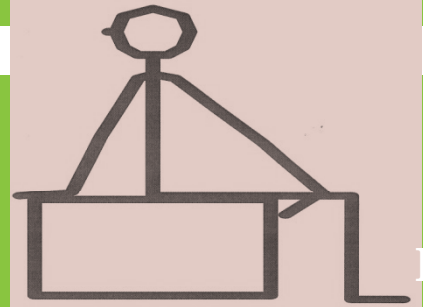
EX-



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EX-



EX-



45



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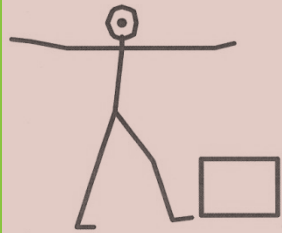
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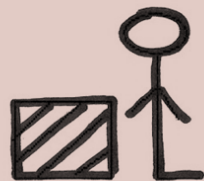
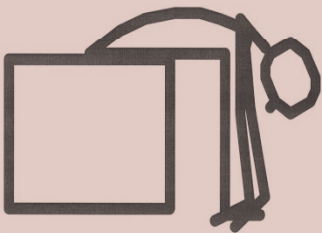
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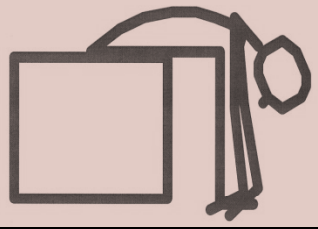
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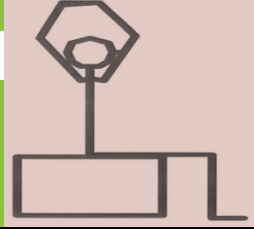
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Yoga Poses-Level 4

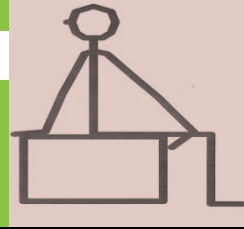
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EX-



EX-



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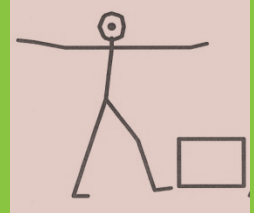
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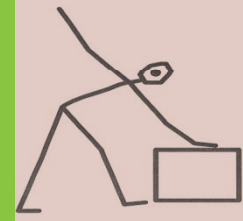
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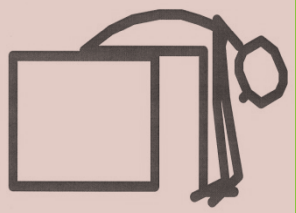
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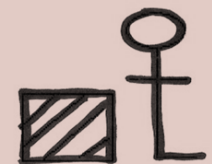
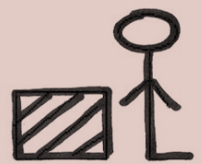
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IN-



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