

FIT FOR FIFTY

Basic Yoga Techniques PM

How to perform them.

Rishi's Posture

Perform twice on each side, alternating from left to right



With feet slightly apart, raise arms as illustrated. Palms face down.



Slowly bend forward at the waist and move right hand down along inside back of right leg. Knees straight.

Simultaneously raise left arm (elbow straight) behind you. Turn head and twist trunk so that eyes see the back of the left hand.



Continue to bend forward until right hand reaches furthest most part of right leg that it can hold without strain as eyes focus on back of left hand. Knees remain straight. Hold without motion for a count of 10. Slowly straighten up, bringing arms into original outstretched position.

Repeat identical movements on opposite side. Following final repetition, slowly lower arms to side and relax.

Balance Posture

Perform 3 times on each side, alternating sides.



With heels together, slowly raise right arm to overhead position, fingers together.



Shift your weight onto the right leg. Bring left leg up so that left hand can hold left foot as illustrated.



Pull up on left foot. Simultaneously look up and move upraised arm backward a few centimeters.
Hold as steady as possible for a count of 5.
Slowly return arm to side and foot to floor.



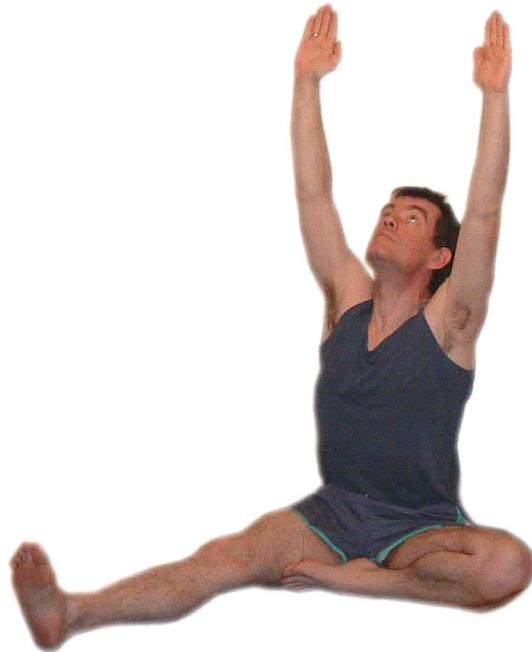
Perform identical movements on opposite side.

Alternate Leg Stretch

Perform twice with right leg, then twice with left.



Legs are extended. Take left leg with hands and place it so that heel is as far in as possible and sole rests against inside of right thigh.



Slowly raise arms to overhead position. Bend trunk and head backward and look up. Left knee must remain as close to the floor as possible.



Execute a slow-motion dive and with both hands firmly hold the furthest most part of right leg that can be reached **without strain**. Slowly and gently lower forehead as far toward the right knee as possible.



Right knee straight, neck relaxed, elbows bent, left knee remains as close to the floor as possible. Hold without motion for a count of 20.

Release leg, slowly straighten trunk to upright position, simultaneously raising arms to return to the position as Fig. 2 and repeat.

Execute identical movements with left leg. Following final repetition, extend both legs and rest hands on knees and relax.

Shoulder Stand

Perform Once. Hold for 3 - 5 minutes



Lie on back, arms at sides, palms on floor.



Stiffen legs and abdominal muscles. Push against floor with hands and slowly raise legs, keeping knees straight.



Swing legs back over head. Place hands firmly against lower back or hips. Slowly straighten legs and trunk. Stop at the point where straightening begins to become uncomfortable.



Hold extreme position without motion for 30-60 seconds during learning period.



Bend knees and slowly lower them towards head.



Continue to lower knees as far as possible.



Place hands on floor and slowly roll forward. (See Fig. 1)



When lower back touches floor, extend legs straight out and very slowly lower them to floor. Allow body to relax completely for about 1 minute. (See Fig. 1)

Cobra

Perform 3 times.



Rest forehead on floor. Place hands under shoulders, fingers are together and point toward opposite hand. (Correct hand and finger position is very important.)



Slowly raise head
Tilt head backward and begin to very slowly raise trunk by pushing hands against floor.



Very slowly continue to raise trunk as high as is comfortable. In extreme position, elbows are straight, head back, lower abdomen touching floor and legs relaxed.

Hold the extreme position without motion for a count of 15.

Reverse the movements and very slowly lower trunk to floor. Return arms to sides, rest cheek on floor and relax completely for approximately 30 seconds.

Neck Movements

Perform the 2nd movement to the left then right. Perform each of the movements twice.

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Lying on abdomen, place elbow on floor, approximately 20 centimeters apart. Arms are parallel.

Place hands on back of head, just above neck, and gently push head down as far as possible.

Hold without motion for a count of 10.



Slowly raise head and rest chin in left palm with fingers together on left cheek. place right hand firmly on back of head. Use hands to slowly turn head as possible to left. (Elbows remain on floor) Hold without motion for a count of 10. Repeat this movement to the right.

Bow

Perform twice.



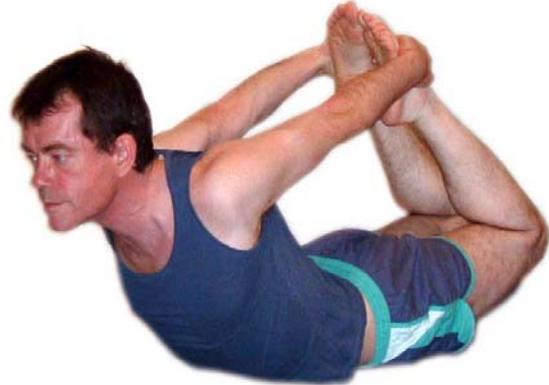
Rest chin on floor, arms at sides.
Bend knees and bring feet towards head.



Reach back and hold feet firmly.



Pull against feet and cautiously, slowly and gently raise trunk.
Continue to pull against feet and raise knees and thighs.



Trunk and legs are now raised as high as possible **without strain**.

Knees are close together.

Hold without motion for a count of 10.

To come out of position, lower knees to floor **first**; then lower chin to floor but maintain hold on feet.

Rest for several moments then repeat.

Following final repetition, return knees **first** and then chin to floor, release feet and lower them slowly to floor. Rest cheek on floor and relax completely.

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