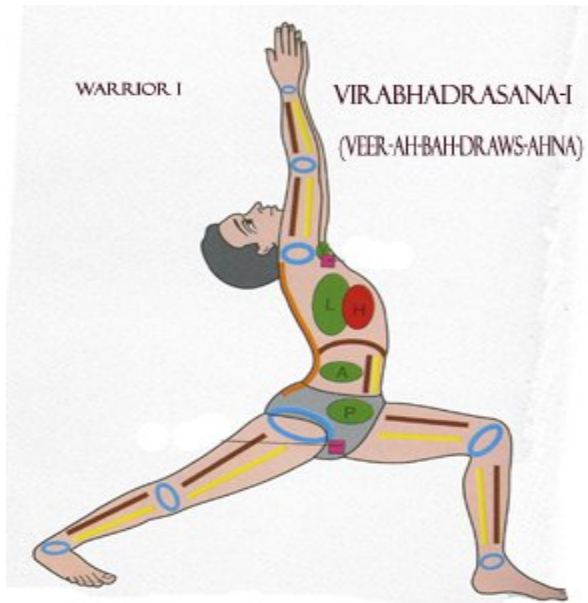


# Integrated Yoga for Health and Wellness

## Practice Posture for Saturday 10:30 a.m. Class

### Yoga Hive Studio & Wellness Center



### Benefits

Stretches the chest and lungs, shoulders and neck, belly, groins. (psoas)  
Strengthens the shoulders and arms, and the muscles of the back .  
Strengthens and stretches the thighs, calves, and ankles.  
Tones the spine, larynx, chest abdominal and pelvis organs.  
Reduces fat around waist.  
Stimulates thyroid gland.

### Contraindications:

Students with shoulder problems should keep their raised arms parallel (or slightly wider than parallel) to each other.

Students with neck problems should keep their head in a neutral position and not look up at the hands.

### Step by Step

From Downward Facing Dog, bring the right foot forward next to the right hand.

Pivot on the ball of the left foot and drop the left heel on to the floor with the toes turned out about 45 degrees from the heel.

Bend the right knee directly over the right ankle, so that a right angle is formed by the calf and thigh.

Draw the right hip back and the left hip forward, so that the hips are squared to the front.

Bring the arms out to the side and up.

Make your palms touch, and gaze up toward the thumbs, making a slight backbend.

Slide the shoulder blades down the back.

Repeat on the left side.

**Beginners:** Step the left foot out toward the left side of the mat a bit to allow more room for the hips to square. Place your hands on your hip bones, so you can feel whether they are squared forward. Draw the right hip back and the left hip forward. When you bring your arms up, keep them shoulder's distance apart -- that is more comfortable.