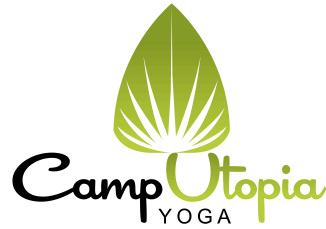


Camp Utopia Yoga

24 Hours to Better Verbal Cueing

Starter Scripts 3



Utkatasana Twist / Chair Twist

- Squat down low. Lengthen your spine as you twist and place your left elbow on the outside of the right knee.
- Line your knees up, suck in your stomach and push your elbow into the knee.
- Twist deeper through the ribs and shoulders, and then the head.
- Sit lower, weight in the heels.

Malasana / Garland (20 - 45 seconds)

- Place your feet at the edges of your mat, toes wider than your heels, and squat down as low as you can. Adjust your feet if you need to find a more comfortable spot.
- Place your hands in prayer position and gently press the knees apart with your elbows.
- Lift your chest to lengthen and flatten your back.

Bakasana / Crane or Crow

- Squat down and plant your hands on the mat with your fingers wide. Get a good grip.
- Leaning forward; place your knees on the outside edges of your arms, or, see if they fit higher, up in your armpits.
- Balancing your weight evenly in both hands, lift your feet off the floor and bend your elbows; make your arms a table. Use your legs to squeeze the elbows, and pull your pelvic floor and belly in tight.

Trikonasana / Triangle (up to 60 seconds per side, or 2 sets 25 – 40 seconds)

- Step your feet wide apart. Turn your left foot out, and leave the right at a 90 degree angle, or, push the heel away, if your hips or knees demand it.
- Lengthen through the arms, and pull your left arm forward over the toes as far as you can. Allow your hips to move toward your back foot so your whole upper body leans over the front leg.
- Drop your left arm toward the knee. Lengthen your spine, tighten everything up, and reach the other arm to the sky.

Utthita Parsvakonasana / Extended Side Angle Pose

- From Warrior 2, place your left elbow on the bent left leg and lift your right hand, and your eyes, to the sky.
- If you can, lower your left hand to the floor on the inside edge of the foot, stretch your right arm up alongside the face, and look at the sky again.

Parivritta Parsvakonasana / Revolved Side Angle Pose (From any warrior)

- From here, windmill your arms to the ground and lift the back heel. (High Lunge)
- Twist toward the front leg and lift the opposite hand to the sky.

Parsvottanasana / intense Hamstring Stretch (Pyramid pose)

- Step the right foot back about 2 and a half feet. Angle the back foot in as much as you need to set both heels on the ground, and keep the hips facing forward.
- Bring your hands around behind you and interlace the fingers in a big double fist.
- Open your chest, lengthen and flatten the back.
- Leading with the chest and keeping your spine long, slowly press your straight spine forward over the straight front leg. When the back of the knees screams, or your shoulders round forward, you are too far. Breathe gently in and out of those edges.

To release, press into the feet, squeeze the legs and suck in the stomach to slowly pull yourself back up to standing.

**** Alt version: Standing Forehead to knee.**

- Step the right foot back about 2 and a half feet. Angle the back foot in as much as you need to set both heels on the ground, and keep the hips facing forward.
- Lift your chest to lengthen the front body, then suck in the stomach and round over the front leg, pushing your knee forward to meet the forehead. Put your hands on the floor near the foot.
- Adjust the hips, pulling your right hip forward and the left back; ground the back heel, and round your spine as much as you can.

To release, put the hands in prayer, and slowly round up the way you came in, pulling the front leg straight as you rise.

Virabhadrasana 3 / Warrior 3 / Airplane (10 – 15 seconds per side)

- Soften your knees and press into the left big toe mound; lift your right foot off the floor. Pivot the hips and kick the foot straight out behind you; bring your arms wide apart.
- Strengthen. Work on straightening your standing leg without lifting the right hip.
- If it feels ok on your low back, reach your arms forward, alongside your ears.

Ardha Chandrasana / Half Moon (20 – 30 seconds)

- Soften your knees and press into the left big toe mound; lift your right foot off the floor. Pivot and turn the hips as you reach your left hand to the floor. Your right hand pulls the right hip up as you turn your whole torso to the right.
- Squeeze your butt and kick out through the heel.
- Reach your right arm to the sky.

Vrksasana / Tree (15 – 20 seconds per side)

- Press down into your left foot and lift your right foot off the floor. Place it on the inside edge of your calf or thigh and press the bent knee gently back.
- Squeeze the buttocks and push down into the standing big toes, lengthen your spine.

Eka Pade Uttanasana / Standing Splits (30 – 45 seconds)

- From a forward fold, lift your left foot off the ground as high as you comfortably can.
- Let your head and neck relax as you look at your leg, not the floor. Gently pull the crown of the head toward the foot.
- As you feel ready, wrap the right hand around the back of the calf, and eventually, the left hand also. Breathe.

Vasisthasana / Side Plank (up to 40 seconds)

- From Plank, place your weight into your right hand and roll over to the outside edge of your right foot. Bring your left foot forward to support your balance if you need to.
- Push away from your whole hand, and tighten every muscle. Lift your hips a bit higher so you can transfer some weight to the legs. Reach your left arm to the sky.

Cat / Cow

- Come to your hands and knees, knees under hips, hands under shoulders.
- On the inhale press your belly down and pull your chest and chin up.
- On the exhale, round the spine up like an angry cat.

Bhagerasana / Tiger Pose

- From tabletop, lift the right knee up toward your face and pull your belly in, gently round and lengthen your lower back.
- On the next inhale, slowly kick the right leg back and up, point the toes. With a long, gentle curve in the back, lift your chin and look up.

Sleeping Pigeon

- From tabletop position (or plank), pull your right knee forward to the right wrist.
- Slide your left leg straight back, settling your hips above the right thigh and ankle.
- Gently, bring your elbows to the floor; keep a long spine until you can roll your body down over the front leg, then place your forehead on the floor.

Pigeon / Eka Pada Rajakapotasana

- To release from Sleeping Pigeon, bring your hands under your shoulders and pull your legs magnetically together as you lift your torso and lengthen your spine.
- Keep the legs strongly squeezing for support and when you are settled and grounded, begin to lift your heart, creating a gentle back bend, if it feels good.

Marichyasana 3 / Marichi's Pose 3 / Seated Twist

- Begin in Staff pose, sitting up tall with your legs stretched out in front of you, toes pointing toward the sky.
- Bend the right knee and slide the foot in toward the groin.
- Bring your right hand behind you and press it into the floor just at your tailbone.
- Lift the left arm and lengthen, then place your left elbow on the outside of the right knee. If you can't do that, wrap your hand or elbow around the front of the knee instead.
- Lengthen on the inhale breath and squeeze your lower body as you twist. Resist using your elbow as a wedge – use your core to lift and turn, the elbow simply holds.
- Turn your eye gaze over the shoulder behind you.

Ardha Matsyendrasana / Half Lord of the Fishes (Twist)

- From a seated position, bring your right foot toward the left hip, with your knee down, and plant your left foot in front of the right knee.
- Place your left hand on the floor behind you, and push down to lengthen your spine.
- Lift your right arm and lengthen, place the elbow on the outside of your left knee.
- Lengthen again on the inhale, and squeeze your lower body as you twist.