

## Warm-ups and Additional Hatha Yoga Poses

Head Movements  
up and down  
and side to side  
(not shown)  
with breathing

Cow Face Pose



Shoulder Rolls (not shown)  
with breathing

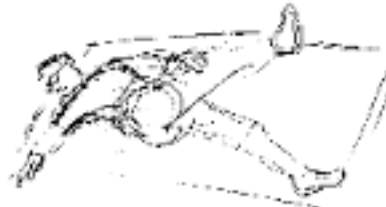
Leg Rocking



Easy Pose

Reclining Spinal Twist

Wind Eliminating Pose



Cat Pose (exhale - position #1)

Cat Pose (inhale - position #2)



**Cat Pose Variation  
(exhale - position #1)**



**Cat Pose Variation  
(inhale - position #2)**



**Reed Pose  
(position #1)**



**(position #2)**



**(position #3)**



**(position #4)**

**(position #5)**



**Chest Expansion  
(position #1)**



**Chair Pose**



**King Dancer Pose**



**(position #2)**



**Tree Pose  
(position #1)**



**Downward Facing Dog  
(exhale - position #1)**



**(position #3)**



**Tree Pose  
(position #2)**



**Upward Facing Dog  
(inhale - position #2)**



**Camel Pose**



**Rabbit (or Hara) Pose**



**Child's Pose**



**Wheel Pose (stage #1)**



**Bridge Pose**



**Plow Pose**



**Fan Pose**



**Triangle Pose**



**Crescent Pose**



**Peacock Pose (stage #1)**



**Crow Pose**



**Dolphin Pose  
(or Headstand position #1)**



**Headstand (position #2)**



**Headstand  
(position #3)**



**Headstand  
(position #4)**



**Headstand  
(position #5)**



**Simple Spinal Twist**



**Also:**

**Eye Exercises**

**Vertical Movements**

**Horizontal Movements**

**Diagonal Movements**

**Lower Half-Circles**

**Upper Half-Circles**

**Full Circular Movements Clockwise**

**Full Circular Movements Counter-Clockwise**

**Leg Lifts**

**Backward-Bending Boat Variations**

**Rocking Bow & Bow Variations**

**Hero's Pose**

**Eagle Pose**

**Half Shoulder-Stand**

**Stomach Lift**

**Lion Pose**

**Progressive Relaxation in Corpse Pose**

**Breathing Exercises**

**Deep Breathing (3-Part Breath)**

**Skull Shining Breath**

**Nerve Purification Breath**

**Meditations:**

**Breath Watching**

**Breath Counting**

**Thought Watching**

**Nan Yar**