

YOGA POSES FOR YOGA WITH SUE CD
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When doing yoga:

- Listen to your body, do what feels right for you
- Practice on an empty stomach
- Modify any exercises according to your needs
- Relax and stay present; enjoy the peace!

Track One

Hug knees, leg stretch, leg over thigh, rolling bridge, meditation pose, relax forward, arms forward, arms up, twist, arms behind, bound angle, tabletop, dog tilt, cat stretch, arm/leg balance, puppy stretch or child pose.



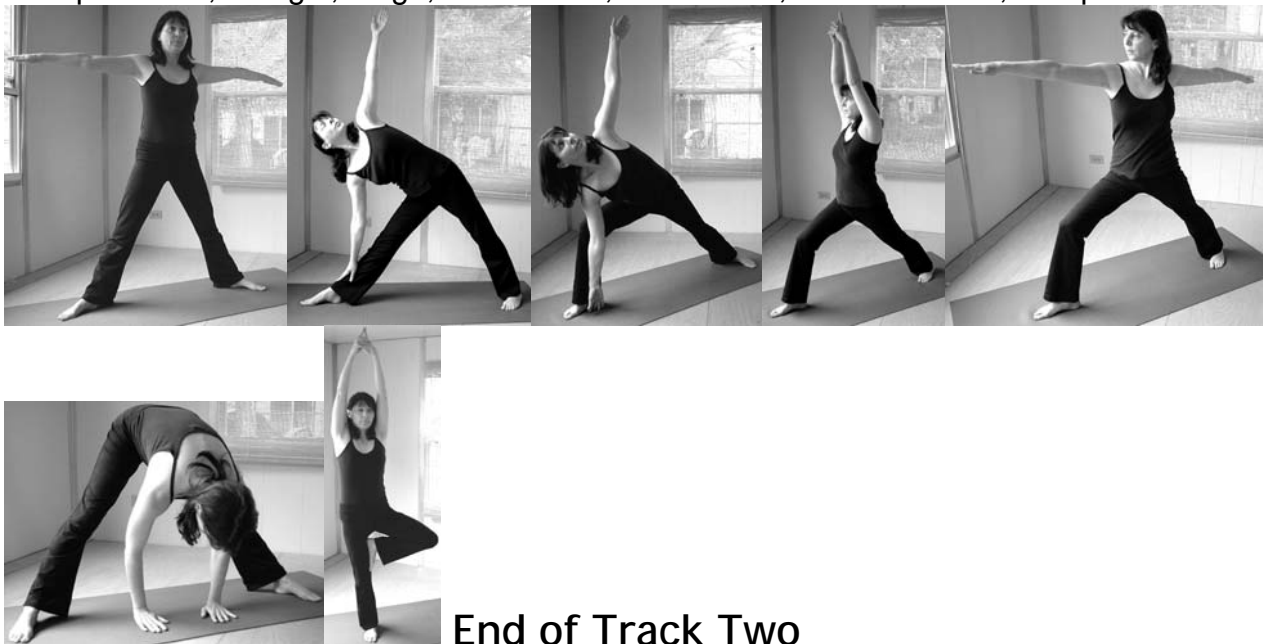
End of Track One

Track Two - Sun Salutation Sequence

Start in mountain pose. Inhale arms up. Exhale forward fold. Inhale flat back. Exhale to plank. Lower the knees. Lower the chest. Inhale to cobra. Push to the knees and exhale to downward dog. Take a few breaths here. Inhale walking feet to hands to a flat back position. Exhale to forward fold. Inhale reaching arms up. Exhale hands to prayer position (namaste).



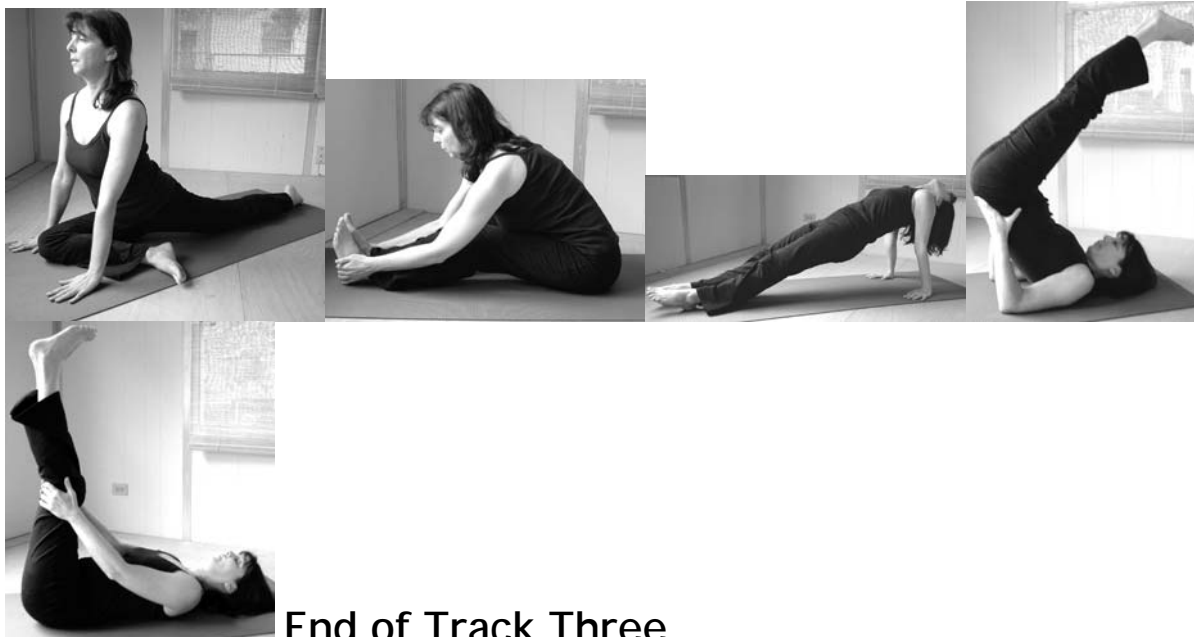
Five-point star, triangle, lunge, warrior one, warrior two, release center, tree pose



End of Track Two

Track Three

Pigeon, posterior stretch, inverted plan, half-shoulderstand, modified half-shoulderstand



End of Track Three

Track Four

Bridge, knees one side, knees open, savasana (relaxation)



NOTE: consult a physician before you begin this CD or any other exercise program. The author disclaims any liability or loss, personal or otherwise, resulting from the procedures in this CD.