

Camp Utopia Yoga

24 Hours to Better Verbal Cueing

Starter Scripts 4



Dolphin

- From tabletop position: bring your elbows to the ground below your shoulders and interlace your fingers into a big double fist.
- Tuck your toes under and lift your knees. Pull your lower belly in and lift your tailbone toward the sky, making an upside down V shape.
- Press your chest and shoulders toward the knees; flatten the back.

Dolphin Plank Pose (Low Plank) (up to 30 seconds)

- From tabletop position: bring your elbows to the ground below your shoulders and interlace your fingers into a big double fist.
- Tuck your toes under and lift your knees off the floor, step your feet back.
- Focus on keeping the whole core engaged; pressing down into the forearms to keep the shoulders up, squeezing the legs and pushing firmly back into the heels.

Sphinx Pose

- From the belly down position: tuck your elbows under your shoulders, with your palms on the floor and fingers spread wide.
- Lift and lengthen each leg and set them down side by side, tops of the feet down; creating space in the low back.
- Pull the front of the chest up and forward, press forward through your upper back, lift the chin slightly, and pull back energetically through the arms to help you lift, lengthen, and press forward even more.

Uddiyanasa / Flying Bird (Superman pose)

- On your belly, with your chin at neutral, forehead down, reach your arms up over your head and lengthen your spine. Lift one leg and lengthen it back, then the other.
- Squeeze your legs together, squeeze your buttocks. Suck your stomach in and reach out through the tips of your fingers, lengthen the back of your neck.
- With a big inhale breath, upper body, lower body, LIFT! Reach through the crown of your head, fingers and toes.

* This can also be done 1 leg / 1 arm at a time – opposite leg and arm.

Ardha Shalabhasana / Half Locust

- Lying on your belly, lift one hip and slide your hand under you, with the palm facing down. Lift the other hip and pull the other hand under. Try to bring your arms to the inside of your hip points, pinky fingers touching.
- With your chin or forehead on the ground, squeeze your right leg and point the toes.
- Lengthen and lift the right leg and stretch it up and back.

*** Do one leg at a time and then both together – with the face down on the mat.

Salabhasana / Locust (15 – 20 seconds)

- On your belly, reach your arms out to the sides like airplane wings.
- Lengthen everywhere, and look forward. Squeeze your legs together and your buttocks. Pull your shoulders onto your back. Engage all the muscles in your body.
- On the next inhale, upper body and lower body, LIFT! Arms up, chest up, legs up; balance only on your hipbones and last rib. Smile.

Ardha Dhanurasana / Half Bow

- Lying belly down on the mat, place your right elbow under the right shoulder.
- Bend the left knee and reach back with your left hand, grab the foot.
- Lengthening the upper body on the inhale, begin to gently kick the leg back and pull it up with your left hand at the same time.

Dhanurasana / Bow

- Lying belly down on the mat, bend both knees and reach back, grab one foot in each hand.
- All 5 fingers are together, pinky fingers are just below the toes. Bring the knees closer together and get a good grip.
- Press into the pelvis and lowest ribs, suck in the stomach, squeeze the buttocks, and begin to kick your feet up and back.
- Feel your shoulders being pulled back by the power of the kick; kick higher.

Natarajasana / Dancer (Standing Bow pose)

- Shift your weight to your left foot, and bend your right arm up, with the palm facing up and the elbow tucked in beside your waist.
- Bend your right knee, and grab the inside edge of your foot, with all 5 fingers together. Bring your knees together and reach your left hand to the sky, strengthening through the whole body.
- Begin to kick your right foot back and up. Feel your shoulder being pulled back by the power of the kick. As your body opens, you will naturally start to tilt forward. Kick back and stretch forward – balance comes from equal kicking and stretching. Hold on.

Baby Cradle / Rock the Baby (60 - 90 seconds)

- From a seated position, pick up your right leg, with your right hand on the knee and left hand on the foot, pull the leg up toward your chest.
- If you can, place your elbows around the knee and foot and clasp hands.
- Gently “rock the baby.”

Paschimottanasana / Seated Forward Fold

- Bring your feet together in front of you, legs straight. Reach your arms up and lengthen your spine; tilt forward on the pelvis to find your sit bones.
- Pulling the feet toward you as you reach forward, wrap the first two fingers between the first two toes.
- Squeezing your legs and looking at the toes, push your heels slowly away, keeping your belly and thighs together. Pull your upper body forward with your arms.

Upavistha Konasana / Wide Angle Seated Forward Fold

- Spread your legs wide apart. Pull the flesh out from under the sit bones and tilt the pelvis forward.
- Reach out with your first 2 fingers and grab your big toes.
- Bending the knees if you need to, gently press your chest toward the floor.

Janusirasana / Separate leg forward fold / head to knee

- Bring your right leg out to 1 or 2 o'clock, put your left foot on the right inner thigh.
- Reach your arms up overhead to lengthen the spine and turn toward the right leg.
- Reach forward and wrap all 10 fingers around the foot, bending the knee if you need to.
- Squeeze the quads and feel the back of the knee press toward the floor.
- Suck in the stomach, round over and press your forehead toward the knee.

Parivritta Janu Sirasana / Revolved Head to Knee Pose

- Bring your right leg out to 1 or 2 o'clock, put your left foot on the right inner thigh.
- Reach for the right foot with your right hand; tuck the elbow in beside the knee.
- Rotate your torso to the left, lift your left hand up and overhead toward the right foot.

Eka Pada Setu Bandhasana / 1 Legged Bridge (15 - 20 seconds)

- Set up for Bridge, with your feet on the floor just below the buttocks, hip width distant. Lift your chest slightly and tuck the shoulders under a little deeper. Squeeze the buttocks, flatten the belly, press into your feet, and lift your hips up off the floor.
- Keep your shoulders wide and your hands pressing into the floor.
- Push into the left foot, strengthen the leg and buttocks, and bend your right knee, lift the foot off the floor and take it up toward the ceiling.
- Push your hips up as high as you can from the strength of the legs and feet; keep the low back flat and long.

To release, flex the right foot and float it straight down. When the knees are together, bend the knee, plant the foot and take the left leg up to the sky.

Matsyasana / Fish Pose

- Lie on your back, slide your elbows in tight beside the ribs. Press into them and lift your chest, drop the head back, place the top of your head on the floor.
- Adjust your head and neck for comfort and lengthen through the back of the neck, the whole spine, and legs.
- If you feel safe, relax the arms and allow your head and the bridge of your spine to carry your weight. Lengthen the legs and point the toes away from you.