

Camp Utopia Yoga

24 Hours to Better Verbal Cueing

Starter Scripts 5



Threading the Needle

- Come to tabletop position, with knees under hips and hands under shoulders.
- Press into your right hand and lift your left arm to the sky to lengthen your spine.
- Then bring the left arm down and under your torso, between your right arm and legs. Reach as far as you can, feel your armpit muscles engage. Then, place your left arm, shoulder and the side of your face on the ground. Soften.

Gate

- From tabletop, extend your right leg straight out to the side, point your toes away from you and come up off your hands with your hips facing forward.
- Slide your right hand down the right leg as you reach the left arm up and over, stretching away from the hip to open the left side body.

Ustrasana / Camel Pose (30 – 45 seconds)

- Bring your knees 8 – 12 inches apart with the tops of the feet on the floor behind you.
- Place your hands on your low back; squeeze your bottom and lengthen your spine.
- Press your hips forward, lift your chest as high as you can, and slowly drop your head back, opening the throat.

Shasangasana / Rabbit

- Sit up with your buttocks on your heels, knees together. Grab one foot in each hand.
- Suck in your stomach, lengthen your spine, and tuck your chin into the chest; round over your thighs until your head comes to the floor, with your forehead on the knees.
- Pull hard on your heels with your hands, suck in your stomach, and lift your hips.
- Don't let the weight go into your head, pull harder with your arms and round the back of the neck.

Parivrtta Trikonanasa / Revolved Triangle (up to 1 minute)

- Step the right foot back 2 - 3 feet and place your foot at a 25 degree angle, with the toes forward. Pivot the hips forward and see that your back heel can stay down.
- Left hand on your waist and inhale; reach the right hand up, lengthening your spine. Press into your back heel, suck in your stomach and slowly exhale and bow forward at the hips, keeping the back flat and long.
- Let the right arm drift toward the shin, then the foot, or floor. Inhale and lengthen through the crown of your head; level your hips. Lift your left arm and eyes to the sky.

Garudasana / Eagle (15-20 seconds)

- Stretch your arms wide and cross the right elbow under the left. Wrap the elbows and wrists, bring the palms together with your thumbs toward the nose.
- Bend your knees and squat down. Lift your right leg high up and over the left; wrap the foot around the back of the left calf with no space between the legs, and squeeze.
- Pull your stomach in and straighten the spine.
- Level your hips, squat deeper, and feel the chest lifting as you pull your elbows toward your thighs.

Gomukhasana / Happy Cow Face (60 - 90 seconds)

- From tabletop, bring your right leg in front of your left, press your left knee in behind your right knee. Gently sit down between your heels.
- Sit up straight. Stretch your right arm up and drop it down your back, palm facing in.
- Bring your left arm behind you reaching up, palm facing out. Reach for your right hand.
- Lift your chest and bring your weight slightly forward with a flat back; chin at neutral.

Virasana / Hero (up to 60 seconds)

- Bring your knees together on the mat. With the tops of your feet on the mat, gently sit down on your heels.
- Tilt your pelvis slightly forward to lengthen and straighten the spine. Set your hands on your thighs and lift your chest, soften your face and focus on your breath.
- **Advanced:** take your knees hip width distance apart. Place the tops of your feet on the floor straight back from the hips.
- Reach back and pull the flesh of your calves out to the sides and sit into the cradle you create between your heels.
- Tilt your pelvis slightly forward to lengthen and straighten the spine. Set your hands on your thighs and lift your chest, soften your face and focus on your breath.

Supta Virasana / Reclining Hero (60 seconds total)

- Come forward on your knees, take them hip width distance apart. Place the tops of your feet on the floor and slightly wider apart.
- Reach back and pull the flesh of your calves out to the sides and sit onto the floor between your heels. Be careful with the knees – don't force them. Take them wider apart to take the pressure off.
- If you're ok there, place your hands on your feet and gently bring your elbows to the ground one at a time. Drop your head back and work your elbows forward until your head comes to the floor.
- If you can release your arms, bring them up overhead, grab the elbows. Over time, work the knees back together.

Baddha Konasana / Bound Angle / Cobbler Pose (60 - 90 seconds)

- From a seated position, place the bottoms of your feet together.
- Sit up straight and gently pull your feet in closer.
- With your hands on the ankles or feet, lengthen your spine and the back of your neck; close your eyes, and breathe deeply.

Supta Baddha Konasana / Reclined Bound Angle Pose

- Pull your knees up, bring the bottoms of the feet together, and with the help of your hands, let the knees fall open toward the floor.
- If the back does not lie flat, push your feet away from you a little more, or wedge your arms in alongside the hips, flatten the tailbone, and let the legs rest on your wrists or forearms.
- Gently press the bottoms of the feet together.

Ananda Balasana / Happy Baby Pose

- Pull your knees to your chest, and grab the bottom of each foot from the inside of the arch.
- Pull your knees toward your shoulders in a gentle way and lift the feet toward the sky
- Move in any way that feels good for you to open and soften the hips.
- To flatten the back and strengthen the pelvis, push your feet into your hands a bit, and with the hands, resist.

Sucirandhrasana / Eye of the Needle Pose

- Plant your feet on the floor below the buttocks, hip width distant.
- Place your right ankle on your left knee and lift your legs off the floor, press them in toward the chest.
- You can wrap your hands around the back of the left knee and pull the legs in a little deeper to gently open the hips.

Viparita Karani / Legs up the Wall

- Place your right hip close to the wall, and gently roll onto your back, bring your legs up onto the wall.
- Set your spine, head and neck flat on the floor in a straight line. Gently bend your knees – don't lock them out.
- This pose is all about finding comfort, so feel free to push your hips slightly away from the wall, bend your knees and place the feet flat on the floor, or set a folded blanket or pillow under your hips and neck. Try to relax here for 5 – 10 minutes.

Padmasana / Lotus (60 - 90 seconds)

- From a seated position, place one foot on the opposite quad.
- If you can, gently place the other foot over the calf and onto the other quad.
- Pull the flesh out from underneath you and find your "sits" bones.
- Lengthen your spine, relax your shoulders.