

Camp Utopia Yoga

24 Hours to Better Verbal Cueing

Starter Scripts 2



Uttanasana / Forward Fold

- Lengthen your spine, suck in your stomach, bend your knees, and squat down. Press your belly into your thighs and lift your hips.
- Peddle your knees, work on lifting your hips a little higher, allowing the back of the legs to open gently.
- Let your head hang.

- To plank: Bend the knees, drop your hands to the floor and step one foot back.
- To standing: Bend the knees, spread your wings and push up.

Ardha Uttanasana / Half Forward Fold

- Place your hands on your shins or quads and lift your chest up.
- Pull your shoulders onto your back and lengthen the spine;
- Straighten the back of the legs, and slowly press your heart toward the floor.
- Don't force it; the back of the knees should not scream

Plank Pose

- Place your hands on the floor under your shoulders, step the feet to the back of the mat.
- Micro-bend your elbows and press your heels away from you.
- Squeeze your legs, and lift the belly and spine. Keep your hips in line – creating a straight line from shoulders to heels.

- To release: Chataranga vinyasa /// straight back into downward facing dog

Chaturanga Dandasana / 4 Limbed Staff Pose

- From a strong plank pose, tuck your elbows in close to the sides of your body and bend them to 90 degrees.

- To release: Suck in your stomach and press up /// float all the way to the floor

Urdha Mukha Svanasana / Up Dog Pose

- From Plank, flip your feet over. Press into your hands and pull your upper body up and forward. Squeeze your legs and push your hips down; belly is tight.
- Pull your shoulders away from your ears; lift and open your chest.

- To release: Back it off and drop to your knees. Then suck in your stomach and push back and up into Plank /// Down Dog.

Adho Mukha Svanasana / Downward Facing Dog Pose

- Press the top of the palms into your mat and spread your fingers wide.
- Suck in your stomach and push your tailbone back and up.
- Keep your knees bent and heels high; pull your shoulders away from the ears.
- Flatten your upper back and press your chest toward your knees.
- Push your tailbone away from your hands, and then, begin to straighten the legs and press your heels toward the floor.
- To release: Suck in the stomach and slowly lower your hips to plank pose.
- *ALT: Lift the right leg high in the air and lunge it forward to the front of the mat.*
- *ALT 2: Bend the knees, and jump or step to the front of the mat.*
- *ALT 3: Drop to your knees.*

Eka Pada Adho Mukha Svanasana / One Legged Dog (10 -15 seconds)

- From Downward Facing Dog, press firmly into your hands and left foot.
- Lift your right foot off the ground and kick it up and back behind you. Try to keep your hips level.
- Press away from the floor with your hands and push the right toes up and back.

Kumara Svanasa / Downward Dog – Hip Opening (peeing dog)

- From Downward Facing Dog, press firmly into your hands and left foot.
- Lift your right foot and kick it up and back, twisting your right hip up to drop the leg behind you, twisting your torso in a gentle way.
- Press away from the floor with your hands; squeeze your bum.

High Lunge Pose

- (From Plank) Place your hands on the floor under your shoulders, step the right foot to the back of your mat.
- Lengthen your spine; squeeze your right leg and press out through the heel.

Alt: From down dog, bring the left foot forward between your hands.

Anjaneyasana / Low Crescent Lunge Pose (up to 60 seconds per side)

- Step your right foot back and drop your knee to the ground.
- Inhale and lift your arms up overhead, lengthen your spine and look up.

Virabhadrasana / Warrior 1 Pose (25 – 45 seconds per side)

- Step your right foot back 3 to 4 feet and plant the heel down at a 45 degree angle.
- Bend your front knee
- Turn toward it, squeeze your buttocks, lift your chest and arms and look up.

Virabhadrasana 2 / Warrior 2 Pose

- Step your right foot back 3 to 4 feet and plant the heel down at a 45 degree angle.
- Bend your left leg until the thigh is parallel and press evenly into both feet.
- Turn your hips and torso to the right, spread your arms wide at shoulder height.
- Pull your shoulders away from the ears, extend out through the tips of the fingers, soften your eye gaze on the fingertips of your front hand.

Reverse Virabhadrasana 2 / Reverse Warrior 2 / Exalted Warrior

- From Warrior 2, turn your left palm up and lift it up toward the sky. Let your right hand find the back thigh.
- Lengthen your spine, lift the chest, open the throat, look up.

Bhujangasana / Cobra Pose

- Lie on your stomach with your hands tucked under your shoulders, palms down, elbows and shoulders pulling away from the ears.
- The tops of your feet stay flat on the floor; squeeze the legs, squeeze the buttocks. Lift your chest up off the floor.

Anahatasana / Praying Heart

Ardha Adho Mukha Svanasana / Half Downward Facing Dog

- From table top position, keep your hips over your knees.
- Walk your hands forward and lower your chest toward the ground. Try to touch the forehead, chin, or chest all the way to the floor.
- If your shoulders and neck feel tension, lift up, set the arms wider, and try again. Pull your stomach up into the spine and gently lengthen your back.