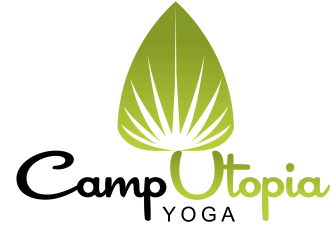


Camp Utopia Yoga: Method 1

Weekend 1 Starter Scripts



Tadasana / Mountain Pose

- Stand at the top of your mat with your feet together, toes in front of heels.
- Lift your toes, squeeze your legs and bottom, and soften your knees.
- Lengthen your spine, flatten the torso, and drop your shoulders down and back.
- Now lift and open your chest, and flatten and lengthen the back of the neck.
- Breathe evenly in and out.

~ Opening breathing: (3 - 5 breaths)

- On your next exhale, drop your chin forward, stretching the back of the neck.
- Now inhale your arms up overhead, look up, and exhale the arms float down.
- Inhale again, through the back of the nose, like a snore, not a sniff.
- Exhale slowly, let your arms and the chin float down.
- Inhale...
- Exhale ...

Utthitta Tadasana / Extended Mountain Pose

- Stand at the top of your mat with your feet together, toes and ankles touching.
- Lift your arms up overhead; turn the palms to face in. Drop your shoulders away from the ears.

Ardha Chandrasana / Standing Side Bend – Half Moon

- Lift your arms up overhead and interlace your fingers with a steeple grip.
- Pull your shoulders down and back.
- Suck in your stomach and bump your hip to the left, lengthen and stretch your arms up and over to the right.

Utkatasana / Chair Pose (Awkward/Fierce/Bikram Version)

- Lift your arms up overhead with your palms facing. Drop your shoulders away from the ears.
- Suck in your stomach and squat down, pressing the weight to your heels.
- Push your tailbone toward the back wall and down; lift your chest up.
- Chin is at neutral, look slightly up; pull your thumbs toward the back wall.

5 Pointed Star

- Step your feet wide apart, spread your arms and turn your palms up.
- Line up your toes and heels and squeeze your legs, press the outside edges of your feet down; connect in the big toe mound.
- Suck in your stomach and flatten the lower back, pull your shoulders away from your ears. Breathe.

Goddess (Stand with your feet wide apart)

- Turn your toes away from the heels.
- Inhale and reach your arms up.
- On the exhale bend your knees and elbows and squat down.

Prasarita Padottanasana / Separate Leg Forward Fold

- Inhale, reach your arms up to lengthen your spine.
- Exhale, spread your wings, and hinge forward at the hips.
- Bend the knees if you need to, keep your back flat.
- When your hands can touch the floor, soften and relax your upper body.

~ in your sequence practice, choose a simple, appropriate transition to the floor from here (walk the legs together, drop to the knees)

Balasana / Child's Pose

- On your hands and knees, push your hips to your heels and round over.
- Put your forehead on the floor and your hands beside your feet, palms up.
- Let your whole body relax.

~ in your sequenced practice, transition to the seat (round up, cross the feet behind you, roll back to your seat)

Dandasana / Staff Pose

- Sit with your legs straight out in front of you, heels grounded. Bent knees are ok.
- Pull the flesh out from under your sit bones.
- Squeeze your legs and pull your toes toward the face; lengthen your spine.

Navasana / Boat Pose

- Bend your knees and place the feet flat on the floor.
- Pull your heels magnetically toward your body.
- Lengthen your spine and slowly lean back, balancing on the fleshy space between sit bones and tailbone.
- Listen to your back for cues, and keep your hands on your legs if you need to. If you feel strong and pain free, lift your feet off the floor.

~ In your sequenced practice, release and transition to the back

Setu – Bandha Sarvangasana / Bridge Pose

- Plant your feet on the floor just below the buttocks, hip width distance apart.
- Lift your chest up and tuck your shoulders under one at a time.
- Squeeze the buttocks, flatten the belly, press into your feet, and lift your hips up off the floor.
- Interlace your fingers and tuck your shoulders in deeper, one at a time.
- Press your hips up as high as you can from the strength of the legs and feet; keep the low back flat and long

Apanasana / Wind Relieving Pose

- Bring your knees up into your chest.
- Wrap your arms around the tops of the knees and give yourself a big hug.
- Try to grasp each elbow, but the wrist or hands are ok too.
- Pull your knees into your chest; try to flatten your whole back.

Jathara Parivartanasana / Reclining Twist

- Spread your arms out wide.
- Gently roll over on to your right hip, keep your legs a few inches off the ground.
- Keep both shoulders on the ground and turn your head toward the left hand.
- On the inhale breath, create space in the spine, on the exhale breath, relax a little deeper in the stretch.

Savasana / Corpse Pose

- Lie down on your back and relax.
- Let your toes flare out to the sides.
- Set your arms down beside the hips with your palms facing up.
- Close your eyes. Breathe deeply in and out through the nose. Rest.

~ In your sequenced practice, rest in savasana as long as you like. Stretch and move slowly and mindfully when you decide to release the pose. Remain in a calm, meditative state as you move into an easy seated pose.

Sukhasana / Easy Pose

- Come to a comfortable seated position, with your legs crossed in front of you.
- Pull the flesh out from underneath you and find your “sits” bones.
- Lengthen your spine, relax your shoulders. Breathe.