

# SHORT & YUMMY WINTER YOGA PRACTICE

JANUARY 2015  
FROM CYNDI LEE YOGA



- Sit on a blanket or cushion. Close your eyes. Place your attention on your breath and slowly begin to deepen your inhalation, drawing the breath down and extend your exhalation, moving the navel gently back and up toward the spine. Do this for as long as you want.
- Sama Vritti — breathe in and out for 6 counts. Do at least 6 full rounds.
- Cow, Cat, Cow, Downward Dog, Plank, Downward Dog, Cow, Child's pose — 4 times
- Two Sun Salutations on each side. Not too fast. Feel your breath as if your whole body was breathing. This does not mean to breathe harder or louder or different. Stay attentive to how the breathe naturally evolves when you are moving through space. Let it be full and refined.
- Utkatasana --- You can do a couple of twists to the right and left, opposite elbow on the knee.
- Step into High Lunge and open into Virabhadrasana 2. Stay here for a few breaths and be interested. Straighten and bend the front leg a few times. Down creates up. What does that mean in regards to your breathing pattern? You can play with this question.
- Ardha Chandrasana for a few, Rotate into Virabhadrasana 3, with hands on the floor, tuck your top knee behind your bottom foot and have a seat in Ardha Matsyendrasana.
- Untwist and step back into Downward Dog. Vinyasa, if you like, or walk to the front of your mat, round up and do the other side.
- Second time, go into Plank from Downward Dog. Lower down to your tummy in 5 counts.
- Flip over, bend your legs and slip a block under your sacrum. A supported backbend/psoas opener. Use your legs here, by energetically dragging your heels toward your shoulders to fire up your hamstrings and lengthen your tailbone toward the space between your knees. Shoulders are tucked under. If this is easy, straighten one leg, then the other, then both. Or not.
- Take out the block and come down. Windshield Wipers.
- Headstand. (optional, of course.)
- Janu Sirsasana set up. First do a twist toward your bent knee. Then untwist and fold forward. Other side.
- Shoulder stand or Legs up the Wall. (if you are having your period, you can still do a shoulder stand, if you feel like it. If you did a headstand, you need to also do a shoulder stand.)
- Supta Baddhakonasana
- Savasana

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Alternate nostril breathing, in L for 6 counts, out R for 6 counts, 3 x, then reverse it.

Then repeat sama vritti.

Sitting meditation for 5 minutes. Place your mind on your breath. When it strays, come back to the breath and don't worry about it. It's about learning how to make a Fresh Start again and again.



Note: Some of the poses are in Sanskrit and some are not. I don't want to make you crazy but I do want to encourage you to look things up in Light on Yoga and learn the Sanskrit names. Good luck!