

Yoga for musicians

Jennifer Seubel

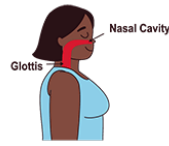
• 60 mins • Beginner



1. Easy Pose
Variation Arms
Knees • Sukhasana
Variation Arms Knees

Ujjayi

2. Ujjayi Section



3. Ujjayi Breath
Close Up Variation •
Ujjayi Pranayama
Close Up Variation

Keep your mouth closed, breath through the nose
Constrict your throat to the point that your breathing makes a rushing noise, almost like snoring.
Control your breath with your diaphragm.
Keep your inhalations and exhalations equal in duration.
This can be calming and balancing.



4. Easy Pose
Variation Arms
Knees • Sukhasana
Variation Arms Knees



5. Easy Pose Neck
Rotation •
Sukhasana Neck
Rotation



6. Seated Neck
Rolls



7. Easy Pose Neck
Side Stretch •
Sukhasana Neck Side
Stretch



8. Easy Pose Neck
Side Stretch •
Sukhasana Neck Side
Stretch



9. Seated Shoulder Rolls



10. Wide Child Pose
• Prasarita Balasana



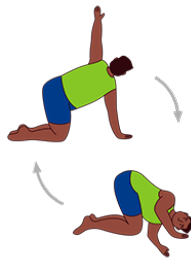
11. Child Pose Variation Both Arms To Side • Balasana Variation Both Arms To Side

Left Side

12. Section Left Side



13. Table Top Pose
• Bharmanasana



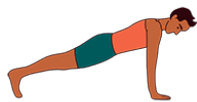
14. Thread The Needle Pose Flow •
Urdhva Mukha Pasasana Flow

Left Side

15. Section Left Side



16. Left Bracket



17. Plank Pose •
Phalakasana



18. Plank Pose One Knee Bent •
Phalakasana One Knee Bent



19. Kneeled Side Stretch Pose Backwards



20. Right Bracket



21. Repeat Poses Arrow

Left Side

22. Section Left Side



23. Downward Facing Dog Pose •
Adho Mukha Svanasana



24. Sun Salutation A Variation • Surya Namaskar A Variation



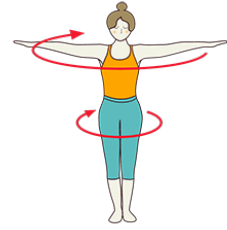
25. Sun Salutation
B • Surya Namaskar
B



26. Left Bracket



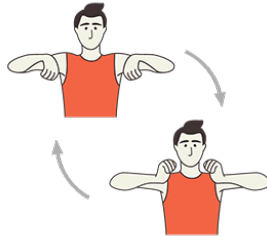
27. Mountain Pose
Crossed Arms Up •
Tadasana Vyatyasta
Hasta Utthita



28. Standing
Circling Pose •
Tadasana Mandala



29. Arms Side
Twists Wrist Up
Alternate Shoulder
Movements



30. Wrist Joint
Flexing Variation •
Manibandha Shakti
Vikasaka Flexing
Variation



31. Mountain Pose
Crossed Arms Up •
Tadasana Vyatyasta
Hasta Utthita



32. Right Bracket



33. Repeat Poses
Arrow



34. Repeat 2



35. Mountain Pose
• Tadasana



36. Mountain Pose
Raised Hands Head
Straight • Tadasana
Urdhva Hastasana
Head Straight



37. Standing Forward Fold Pose • Uttanasana



38. Upward Forward Fold Hands On Shins • Ardha Uttanasana Hands On Shins



39. Plank Pose • Phalakasana



40. Eight Limbed Pose • Ashtangasana



41. Cobra Pose • Bhujangasana



42. Left Bracket



43. Dancing Warrior II



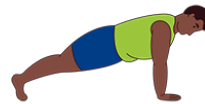
44. Right Bracket



45. Repeat Poses Arrow

Left Side

46. Section Left Side



47. Plank Pose • Phalakasana



48. Crocodile Pose • Makarasana

Pause

49. Pause Section



50. Child Pose • Balasana



51. Thunderbolt Pose • Vajrasana



52. Thunderbolt Pose Eagle Arms • Vajrasana Garudasana



53. Staff Pose •
Dandasana



54. Seated Forward
Bend Pose •
Paschimottanasana



55. Boat Pose
Variation 1 •
Navasana Variation 1



56. Revolved Easy
Boat Pose Hands
Interlock • Parivrtta
Sahaja Navasana
Baddha Hasta



57. Half Boat Pose
Arms Forward •
Ardha Navasana
Arms Forward



58. Full Body
Stretch Pose • Supta
Utthita Tadasana



59. Half Wind
Release Pose •
Ardha Pavan
Muktasana



60. Banana Pose



61. Corpse Pose •
Savasana