

YOGA DEEP

PRESENTED BY: MARTI BOUTIN

Experience the ultimate Yoga experience in deep water. Utilizing floatation belts allows your extremities to move unrestricted while the buoyancy supports the joints and the water massages the muscles. Additionally your core will work dynamically to support your body through the vinyasa flows. Experience familiar asanas in a new environment.

MOUNTAIN POSE: Hang in vertical position, arms by side

KUNDALINI'S DESCENT: Keep anchor leg contracted, flex hip of opposite leg, extend at knee, hold, lower into lunge position, bringing arms to water level.

WARRIOR I: Front leg flexed at hip and knee, back leg externally rotated and straight. Level I: Arms at water level. Level II: Arms overhead

WARRIOR II: Hips level, spine straight. Front leg, toe forward, back leg straight with toe to side. Arms contracted at water level.

REVERSE WARRIOR: Begin as Warrior II, slide back hand down leg. Level II, lift front arm out of water.

WARRIOR III: Engage core and front leg, keep leg and back flat as you tilt body forward, lifting back leg and reaching back with toe. Level I: arms abducted, Level II: Arms by ears

TREE: Anchor leg straight down. Externally rotate other leg and place foot on shin or inner thigh. Level I: Arms abducted to water level. Level II: Arms out of water

HIP OPENER: Anchor leg straight down. Externally rotate other leg, place foot on upper thigh of anchor leg.

LORD OF THE DANCE: From hip opener, lower rotated leg, knee under hip. Opposite arm flexes and shoulder and reaches forward, back remains straight as body tilts. Level I: Hold. Level II: Capture back foot, pressing foot into hand.

CHAIR: Squat, hold.

CHAIR WITH ROTATION: Same as chair but rotating placing hand on outside of opposite knee and rotation spine.

BACK EXTENSION: Hang as in Mountain Pose, place hands on lower back, lift through chest, open heart.

CHILDS: Tuck knees to chest, scull water to maintain balance.

HAPPY BABY: Float on back, pull knees towards chest, thread hands between legs or hold outer foot.

KNEE CIRCLES: Float on back, hold knees and circle right then left.

TWIST: Float on back, arms abducted to shoulder level. Twist hips in one direction as you gaze in opposite direction

SAVASANNA: Float on back, relax, enjoy.

GUIDED MEDITATION