

YOQUA tm MaryBeth Dziubinski

- **CENTERING**
- **Anjali mudra Mountain Pose: Ground, surrender, engage root**
- **Barrel Breath: up and down**
- **Ferris Wheel Breath: out and around**
- **Bee breath: improves concentration, reduces BP, can relieve migraines, stress**
- **Hands to shoulders: inhale touch elbows, exhale elbows wide**
- **Trunk rolls standing: Connect with the energy**
- **Four points- North, South, East & West**
- **Standing Cat-Cow: Spine - forward & back**

2. AQUA-SALUATION x 4

3. POSES

1st Asana- Warrior I- Warrior III- Dancer II

2nd Asana- Dancer I- Eye of the Needle- Standing Spinal Twist

3rd Asana- Warrior 11- Side Angle- Reverse Warrior- Twisted Stork Pose

4th Asana- Thread the Needle, Sunbird, Rag Doll

5th Asana- Straight Leg Stretch- Standing- Extended Hand to Big Toe- Extend to Side

6th Asana- Chair Pose, Standing Side Stretch, Half Moon

4. AQUA-Salutations x 4

5. Salutations to shoulders

- **Shoulder rolls**
- **Rag Doll**
- **Prayer to Wings**

6. Salutations to hands

- **Clasp hands-massage webs**
- **Clasp hands- pull elbows away**
- **Wrist rotations**
- **Angel Claps**
- **Shake hands & arms**

7. Make the Sun

8. Lotus mudra