

# Yoga for Coping & More

## Phase 1. Sitting Warm Ups.

Start in easy pose or lotus and use hands overhead for transition pose. Sequence: Do each 3x and reverse. Version two of this set.

**A:** Prāṇāyāma: alternate nostril.

**B:** Shoulders up, forward, down, back.

**C:** Straight forward & back: arms up.

**E:** Right hand on left knee and twist right.

**F:** Right side bend right arm up and over.

**G:** Round forward & back: arms down.

**H:** Neck bend with left hand on right ear.

**I:** Elbows forward & back: fingers locked.

**J:** Class requests for seated warm ups.

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