

Yoga for Coping & More

Phase 2. Standing Warm Ups

Start in mountain pose. Three times and then reverse.

A: Neck rotation in circles.

B: Neck left right, up and down.

C: Shoulder Shrugs up, forward, etc.

D: Pelvis small circles then hip big circles.

E: Thumbs up eyes back and forth.

F: Eyes rapid then slow blinking.

G: Eyes up, middle, down stopping.

H: Eyes positions on imaginary compass.

I: Side bend holding wrist overhead.

J: Twirl left & right ankles toes up & down.

K: Right hand on left wrist then bend right.

L: Right elbow overhead push down.

M: Class suggested standing warm ups.

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