

AAA Webinar: Intro to Mind/Body Medicine

November 18, 2020

Script for Yoga/Anatomy Sequence

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Warm Up

Find comfortable seated cross-legged position (*sukasana*).

Sit up on a block or book if your hips feel tight today.

Rock from side to side to find balance between your ischial tuberosities.

Extend through your vertebral column and roll your shoulders up, back, and down.

Place your hands wherever comfortable, perhaps in your lap or on your knees.

Lengthen through the back of your neck and bring your mandible parallel to the floor.

Close your eyes or keep your gaze soft.

Inhale deeply and visualize your diaphragm contracting to expand your thoracic volume.

Exhale your diaphragm relaxes, decreasing that thoracic volume.

Take one more round of breath on your own.

Slow steady inhalation.

Full complete exhalation.

Gently open your eyes if not already.

Inhale, abduct your arms out and overhead using supraspinatus and deltoid.

Exhale, your right hand down and your left hand up and over side bend to the right.

Inhale, root your left hip down and feel a stretch across each intercostal space on the left.

Inhale, use your left hand to bring yourself back up.

Exhale, left hand down, Right hand up and over to the left.

Inhale, as you lengthen through the right and left sides of your abdomen and thorax.

Inhale, lift up, both hands float down, and switch the cross of your legs.

Bring your palms together, anterior to your sternum, and interlace your fingers.

Inhale and turn your palms out and lift them up over head. Use trapezius to depress your scapulae creating space between your ears and the tops of shoulders.

On your next exhalation, use your abdominals to twist to the right, release the interlace of your fingers.

Plant your right palm behind you and your left palm on your right knee.

Inhale, lengthen through your entire vertebral column.

Exhale, gently twist to the right.

Release the twist and face forward.

Interlace your fingers the opposite, or non-habitual, way this time.

Inhale, turn your palms out and bring them up overhead.

Exhale, twist to the left.

Float the right palm down to rest on the left knee; left fingertips behind you.

Inhale lengthen the spine.

Exhale, use your abdominal obliques to twist toward the left side.

Release the twist and face forward.

Remove any props if you were using them and roll forward.

Plant the palms in front of you and shift your knees back into table top pose.

Align your shoulders above your wrists and hips above your knees.

Use your dorsal interossei to abduct your fingers wide, creating a strong base.

Inhale, Cow pose: lift the head and coccyx, extend the entire back, abdominals draw in.

Exhale, push into the ground, flex the back protracting the scapulae: Cat pose.

Inhale, cow, head and tail lift up, deep back muscles extend your spine.

Exhale, round as serratus anterior protracts your scapulae, draw your abdominals in for Cat pose.

Inhale, find a neutral table top position with your spine.

Exhale, flex your hips back to your calcanei, your heel bones, for child's pose.

Flex your back, stretch your arms out and reach forward through the phalanges of your fingers.

Inhale, curl your toes under, lift your hips upward, to move into downward facing dog (create an upside down letter V with your body).

Pedal your feet by flexing one knee and extending the other, then switch, feel a stretch along your hamstrings and the posterior compartment of your legs.

Flow 1

From downward facing dog, inhale your right leg high for three legged down dog. Continue to press evenly through both palms and use your right quadriceps femoris to extend your right knee. Dial your right toes down toward the mat.

Exhale use your abdominals to bring your knee toward your nose and step your right foot through to a low lunge, placing your right foot between your hands.

From low lunge, inhale rise up tall to crescent lunge. Continue to flex your right knee, stacking right knee over right ankle. Focus here on your back leg: draw your left heel over your left toes and feel the stretch of your left hip flexors. Stay here for inhale. Sink a little bit deeper into lunge on your exhale. One more inhale here.

Exhale both hands back down to your mat into a low lunge. Step your right foot back to meet your left for plank pose. Drop knees to mat and lower your body halfway to *chaturanga dandasana* (modified vinyasa). Keep your elbows in and feel your triceps brachii engaged. Exhale lower all the way down to your belly, untuck your toes.

Inhale *bujangasana*—baby cobra. Press the tops of your feet into the earth and lift through your chest, extending your vertebral column and engaging the muscles of your deep back. Option to keep palms lightly pressed into the mat. Exhale, rotate your neck to look over your right shoulder, utilizing your left sternocleidomastoid and right splenius muscles. Inhale to center and exhale lower to the belly. Inhale baby cobra, exhale look over left shoulder. Inhale back through center, exhale lower all the way down to the ground.

Press up to through table top position, lift your hips and let's come back to downward facing dog. We'll repeat that sequence on the other side.

From here, inhale your left leg high, extending through your left knee, find your three-legged downward dog. Square your hips to the earth by dialing your left toes down.

Exhale step your left foot through to low lunge. Continue to flex through your left knee, inhale rise up to crescent lunge. Use your deltoids to abduct arms overhead and actively work on drawing shoulders away from your ears. Engage the core to stack your shoulders over hips. Stay for an inhale. Sink deeper into the lunge on your exhale. Final inhale here.

Exhale bring hands back down to mat to a low lunge. Step your left foot back to meet your right. Find your high plank pose. Drop down to your knees, keep your elbows close to your ribcage and lower down halfway for modified *chaturanga* and then lower all the way down to your belly.

Untuck your toes. Inhale baby cobra, exhale look over right shoulder. Inhale through center, exhale lower back down. One more side here. Inhale baby cobra, exhale look over left shoulder. Inhale through center, exhale back down to your belly.

Press up to table top, flex both knees, lift hips and come back to downward facing dog. Feel free to find some movement here: shift your hips, peddle out your legs, draw heels closer to the earth.

Inhale, flex both knees and look forward to the top of your mat. Exhale forward fold (*utanasana*). Step or jump both feet to the top of your mat. Stay in this forward fold for a round of breath, rocking weight anteriorly into your toes finding a stretch in the backs of your thighs and hamstrings. Inhale halfway lift, hands to knees or shins, iron out through the spine. Exhale down back to forward fold.

On an inhale, slowly rise up to standing, stacking one vertebra on top of the other. Let your shoulders, neck, and head be the last to rise. Come to *tadasana*, mountain pose. Option to keep your hands at your sides, palms facing forward. Or bring your hands at heart center, in front of your sternum.

Flow 2

From *tadasana*, inhale, abduct your arms wide and overhead, *urdhva hastasana*.

Exhale, flex your hips, draw your abdominals in, forward fold.

Inhale, extend your back half-way lift, palms to your tibias, look forward.

Exhale plant your palms on either side of your feet and step back into plank pose. Lift your hips up and back into downward facing dog.

Inhale, lift your right leg high, feel gluteus maximus and your hamstrings extend your right hip.

Exhale, flex your knee to your nose, shoulders above wrists, plant your foot between your hands.

Spin your left foot down, align your right calcaneus with the middle of the arch of the left foot.

Inhale lift your torso up to Warrior II, extend your arms out parallel to the ground, gaze beyond your right fingertips.

Focus on your lower body for this first side.

Inhale, contract your right hamstrings to deeply flex your front leg while your left quadriceps femoris extends your back leg.

Exhale, sink deeper into your warrior II.

Inhale and supinate your right forearm and sweep your right hand up and over. Laterally flex your torso to the left for reverse warrior.

Exhale, re-engage your right hamstrings to flex your right leg deeper.
Inhale reach back and feel a stretch across your right intercostals.
Exhale, spin your hands back down to the mat, plant your palms framing the right foot, and step back to plank.

Vinyasa to a backbend.

Option 1 as before: knees down, lower all the way down, and lift into baby cobra.

Or Option 2. Keep your knees lifted off of the ground, shift slightly forward, lower halfway down or less, *chaturanga dandasana* elbows in, scapulae retracted.

Flip your feet and inhale lift to upward facing dog.

Knees and hips off the floor, sternum lifts upward.

Exhale, everyone lift your hips back into downward facing dog.

Inhale lift your left leg up and back, extend through your left hip and knee.

Exhale draw your left patella to your nose and plant the foot between your palms.

Spin your right foot down to the mat, align your heel with the middle of the arch of the right foot.

Inhale, laterally flex your torso to lift up to warrior II, extend your arms out parallel to the ground.

Recall the actions of your lower body while we focus on the upper body for this side.

Inhale retract your shoulders using your rhomboids and trapezius.

Exhale feel your right sternocleidomastoid contracting to look beyond your left fingertips.

Inhale supinate your left forearm using supinator and biceps brachii.

Inhale to sweep your hand up and over head, laterally flex your torso to the right.

Exhale, feel a stretch along each intercostal space on the left.

Inhale your palms to frame the right foot and step back into plank. Push into the ground, feel serratus anterior protract your scapulae. Vinyasa your way.

Option 1: lower knees down, modified *chaturanga dandasana* to the floor, then lift to cobra.

Option 2: *chaturanga* with hips and knees lifted, then flip your toes, and inhale lift into upward facing dog, thighs off the ground, core engaged.

Everyone, lift your hips back into downward facing dog,

Inhale, lift the hips, flex the knees, look forward.

Exhale step forward.

Inhale palms to shins half lift extend your back look forward *ardha Uttanasa*.

Exhale back down to forward fold. Inhale arms abduct out and up, lookup.

Exhale arms down to the sides for *tadasana*.

Balancing

Moving on now to practice a little bit of balance.

From mountain pose, inhale your right knee high, flexing your knee at about hip's height. Press weight into your left foot, using the intrinsic muscles of your foot to grip the mat. Feel free to bring one hand to a wall for support. Continue to balance on your left leg, utilizing soleus and gastrocnemius.

Exhale *vrksasana*, tree pose. Engaging sartorius, abduct and externally rotate your right hip and bring your right foot to rest on your left leg. You have 3 options here: 1) Option to kickstand, bringing your right toes to the earth, 2) Option to bring your right foot to your left calf, or 3) maybe you bring your right foot to inner left thigh. Be sure to avoid the knee joint here.

Continue to press hands at heart center and focus on stabilizing your core and finding your balance here. It's ok to wobble and shake. Stay here for one more round of breath. When you're ready, inhale knee back through center and exhale step it down. Shake it off before we move onto the other side.

Start in mountain pose. Ground down through your right foot and inhale lift your left knee high. Continue to dorsiflex your left toes toward your face. Exhale tree pose, abduct and externally rotate your left hip. Bring your left foot to rest on your right leg, however this does not have to be the same variation you did on the first side. We hold a lot of asymmetry in our body, so this side might feel a little different than the right and that's ok.

For this side, we'll focus on the movements of the upper body. Find stability by engaging your abdominals. Option here to keep hands at your sternum or use deltoid to abduct arms overhead and grow the branches of your tree. Option to play around with your balance by swaying from side to side, notice how that affects the engagement in your grounded right foot. Stay for one more round of breath. Bring your hands back down to your sternum if lifted. Inhale your left knee through center, and exhale step it down. Shake it out, let it go. It's normal for judgements and concerns to creep into the mind during balancing poses, so if you're noticing that or you're judging yourself, just use your breath to acknowledge those thoughts and then let them pass. It's just yoga.

Cool Down

When you're ready, inhale *urdhva hastasana* hands overhead, exhale forward fold, bend at your hips and lower your hands back to the mat. Inhale halfway lift to neutralize, and exhale to table top pose. Cross at your ankles and come to a seated position.

Extend your right leg long and at an angle in front of you. Flex your left knee and bring your left foot to your inner right thigh. Inhale your arms overhead, pivot your chest to face your right thigh, and exhale *janu sirsasana*—seated forward fold. Option to keep a little microbend in your right knee. Don't worry about your hands touching your toes, let your hands rest wherever is comfortable here. Continue to lengthen your spine on your inhales and relax deeper into the fold on your exhales. Notice the sensation in your right hamstrings and feel the stretch of your left quadratus lumborum. One more round of breath here.

Inhale lift your chest and reach hands over head and we'll switch sides. Extend your left leg long, flex your right knee, and bring your right foot this time to the inside of your left thigh. Inhale to lengthen, pivot chest to the left, and exhale forward fold. Option to keep a little microbend in the left knee. Work on drawing your right shoulder toward the inside of your left leg to square your shoulders to the earth. Release all tension on your exhales. One more round of breath. Inhale lift your chest, come back to a seated position.

Ground down through both of your ischial tuberosities, flex your hips and bend your knees. Extend both arms out in front of you. Begin to slowly lower all the way to your back, one vertebra at a time. Once you're laying down on your mat, we'll set up for a nice hip stretch, our Figure 4 pose.

Flex your left knee and plant your left foot on the mat. Cross your right ankle over your left thigh coming into a figure 4 stretch, this is also known as supine pigeon. Use your right hand to gently press your right knee forward or option to interlace your fingers around your left thigh and draw your left thigh into your chest for a more intense variation. If your chest is lifted here, bring shoulders back down to the mat. Notice the stretch in your right thigh and hip: your hip flexors and hip rotators, including your gluteal muscles, tensor fascia latae, and piriformis. One more round of breath here. When you're ready, exhale uncross your right ankle and bring right foot to the mat.

Now switching to the other side. Flex your right knee, right foot planted into the mat, cross your left ankle over your right thigh. Gently use your left palm to press the left knee forward or option, if it's comfortable, to interlace your hands around your right thigh and hug your thigh into your chest. Notice that this side might feel completely different from the first. Yoga is about body awareness and getting to know your body and its sensations, which oftentimes change from day to day. Many of us have been sitting at desks or at kitchen tables, or maybe the couch writing lectures, so you may feel a lot of hip tightness here. That's ok. Stay for one more round of breath. Exhale uncross your left ankle and bring both feet to the mat.

Keep both knees flexed, about hips-width distance apart. Walk your heels in closer to your glutes. Let your arms rest along your sides. Inhale press into your feet and lift your hips into bridge pose. Ground down through both shoulders and slightly tuck your chin. Work on relaxing your gluteal muscles here and close your eyes. This gentle inversion is a great way to calm the nervous system, especially before bedtime. One more inhale, exhale lower your hips back down to the mat.

Let's counter that pose with a low back massage. Hug both knees to your chest and rock from side to side, maybe gently drawing circles on the ceiling with your knees. Exhale supine twist to the left, drop both knees to the left side of your mat, stacking your right hip on top of left. Press your right shoulder into the mat, and option to look out over right fingertips, if comfortable in your neck. This twist is beneficial to the vertebral column and it also compresses the abdominal organs. On this side, we're compressing the ascending colon of the large intestine. You might also free a gentle release in your right iliotibial band.

When you're ready, inhale hug your knees back to center. Exhale supine twist to the right, drop both knees to the right, stacking left hip on top. Press your left shoulder into the mat, and if comfortable in your neck, option to look to the left. Close your eyes and allow your body to relax with every exhale—using gravity to our advantage here to get deeper into this twist. On this side, we're compressing the descending colon of the large intestine.

When you're ready, inhale draw knees back through center, give yourself a hug. Thank yourself for taking some time out of your day to focus on your mental and physical health. Exhale final *savasana*, corpse pose. Let your arms and legs extend long, your feet can drop of either side. Palms can be face up or face down. Focus on your upper body, allow your shoulders to soften. Relax your eyelids, soften the muscles of your face, cheeks, and lips. Allow everything to be heavy here and give yourself permission to rest and let go.