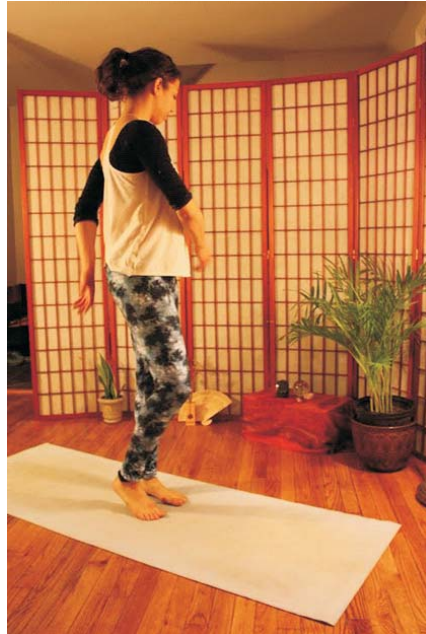


Sustainable Yoga series ~ 20 minutes

Start SO ~ HUM meditation as soon as possible

Begin by associating the internal sound of “SO” with the Inhales Then change over to the internal sound of “HUM” on the exhales. Then combine the two.

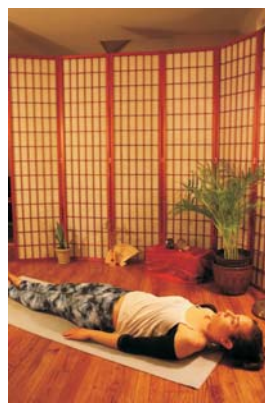
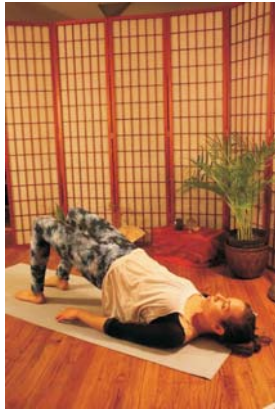
Work this aspect in during the posture series.



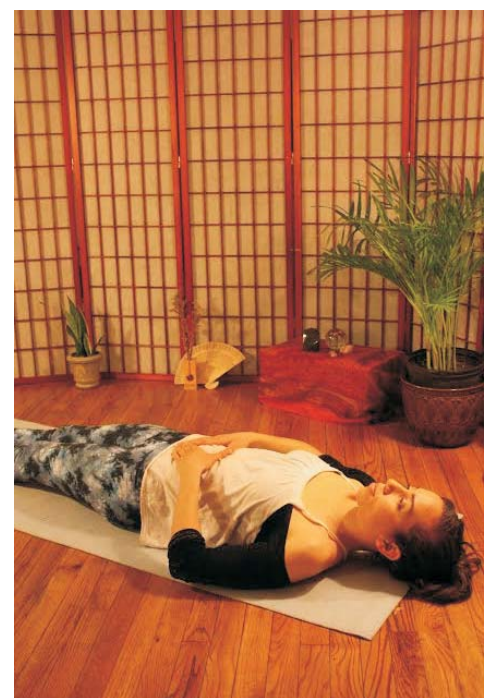
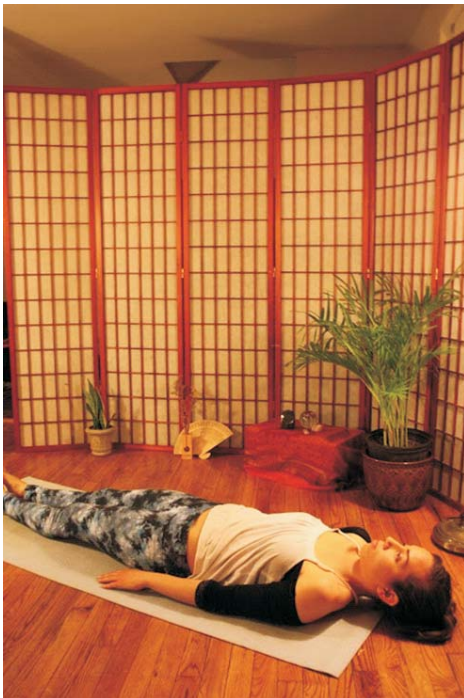
Do 10 of these side twists To awaken the spine. Keep your eyes focused on your hands. Allow your arms to be as limp as possible. Bend your knees and lift your heels as you turn. Focus your attention on the sound and feeling of your breath.



Take 3 Big Inhales spreading the hands from prayer position upwards and outwards during the process. Restrict the throat as you practice this deep pranayama.



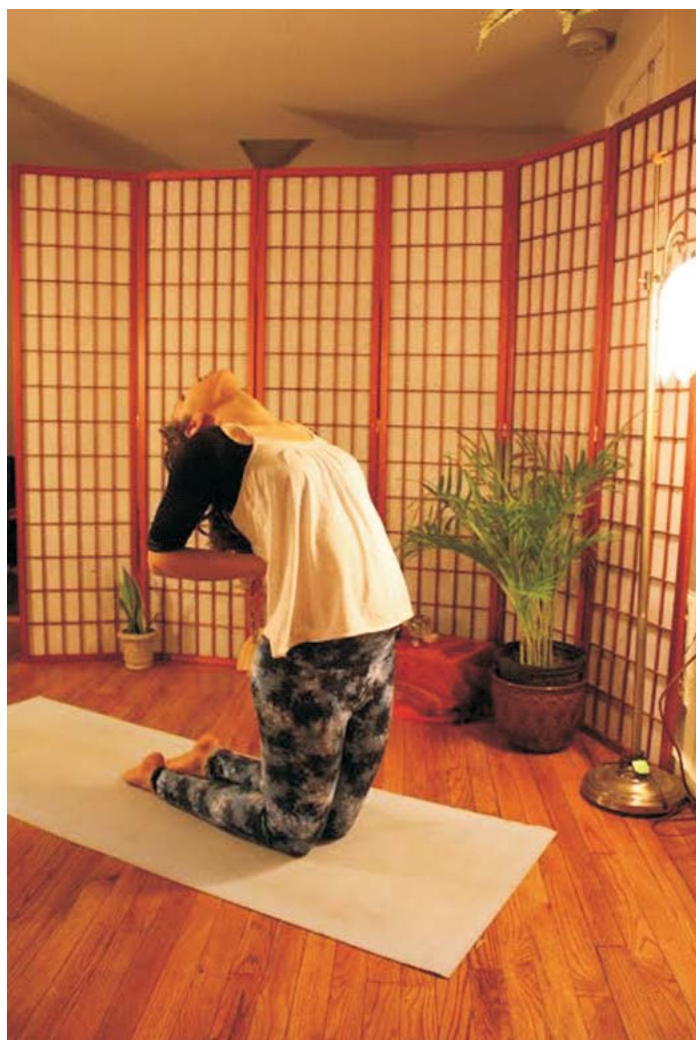
DO 9 HIP LIFTS INHALING AS YOU LIFT THE HIPS AND EXHALE AS YOU SLOWLY LOWER THEM BACK TO THE FLOOR. REMEMBER TO THINK OF “SO” AS YOU INHALE AND “HUM” AS YOU EXHALE. WHEN DONE, JUST LAY ON THE FLOOR WITH THE BOTTOM OF YOUR FEET TOUCHING EACH OTHER. PLACE THE HANDS OVER THE NAVEL WITH JUST THE TIPS OF THE THUMBS AND THE TIPS OF THE INDEX FINGERS TOUCHING ONE ANOTHER. TAKE THREE BREATHS THAT YOU ARE AWARE OF.



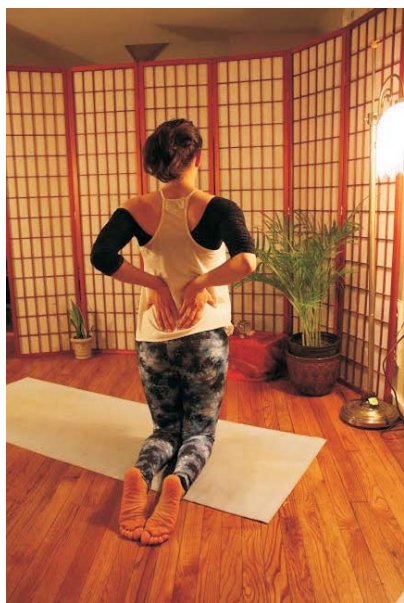
DO 9 LEG LIFTS.

START BY LAYING COMFORTABLY ON YOUR BACK WITH YOUR HANDS TO THE SIDES, THUMBS SLIGHTLY TUCKED UNDER THE GLUTEALS. TAKE A DEEP DIAPHRAGMATIC INHALE AND THEN LIFT THE LEGS ON THE EXHALE. REPEAT. PLACE THE HANDS OVER THE NAVEL WITH JUST THE TIPS OF THE THUMBS AND THE TIPS OF THE INDEX FINGERS TOUCHING ONE ANOTHER. TAKE THREE BREATHS THAT YOU ARE AWARE OF.

Backbends are a great way to keep the spinal column in excellent condition as a pathway from the brain to the rest of the body. Do 9 backbends keeping the hands as support for the lower back. Choose your inhale or exhale as you wish. Remember your SO-HUM meditation!

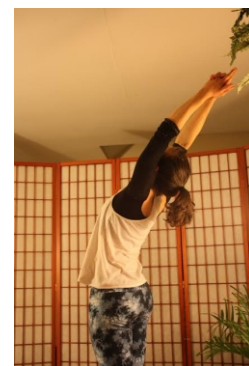


When finished; lock all that great energy in by placing the hands, palms up into the hips and fold over the legs to bring the forehead toward the floor.

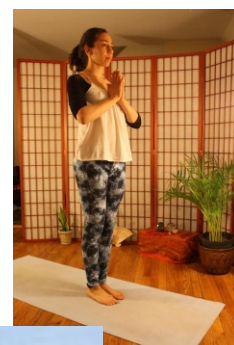


Yoga model: Bo Price
Photographer :
Miya Matsui

Come to a standing positions and then do sun salutations for three minutes like that pictured here. Pause slightly slowing down the heart rate by slowing down the breathing!



A simple posture called mountain pose is next. Stand upright with the arms to the sides close your eyes ~ focus on the sound and feeling of the breath remembering the internal sounds of "SO" and HUM" as you inhale and exhale. Do this for anywhere from 30 seconds to a minute



In a standing position bring the arms over your head and interlace the fingers. step forward with your right foot about two feet and come onto the toes of your left foot creating a straight line from your left heel to your wrists. bring your torso down and your leg up an equal amount and then stretch for 10 seconds. repeat on the other side. do 2 sets of this. Your heart rate will definitely increase!!!



Repeat Mountain Pose

Stand upright with the arms to the sides close your eyes

~ focus on the sound and feeling of the breath remembering the internal sounds of "SO" and HUM" as you inhale and exhale. Do this for anywhere from 30 seconds to a minute



Do 2 triangle poses. The first one with your legs straight and the second one with your knee bent.

Do both sides (left and right) for each.

Hold the pose for about 10 seconds on each side.





Gretchenasana

After resting a little bit in Mountain Pose; its time to get on the floor one more time for what we call Gretchenasana; named after one of the Teachers at the studio. Notice the leg out and the knee bent to allow a combination back bend and spinal twist. Once you get as deep into the posture as you would like to go, try imitating a yawning sensation. Erich Schiffmann says that all postures should feel like a yawn when they are fully expressed. Make sure to do both sides before you get into the easy sitting pose.



Easy Sitting pose

Find a position to sit in that you feel you could stay for a few minutes. Begin your breath focus once again; associating the internal sound of "SO" during the inhale and "HUM" during the exhale. Repeat this mantra process until it takes over your full awareness and quiets the mind a little bit. Ultimately, you will let go of the "SO_HUM" mantra and experience a timeless state oftentimes referred to as meditation. Try not to startle at the different feelings of awareness. These states of consciousness represent the dormant mental faculties that you are waking up as a result of a sustained practice such as this!