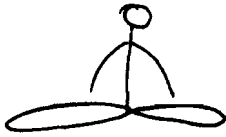


# Krama (segmented) Movement and Exhale

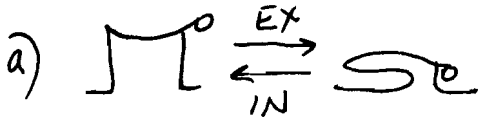
Kathy Ornish, 2009

1.

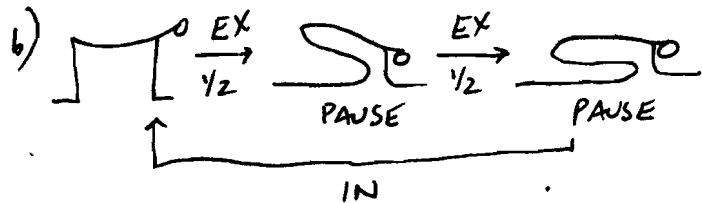


- Scan the body
- Scan the vital energy
- Begin to deepen and lengthen your breath

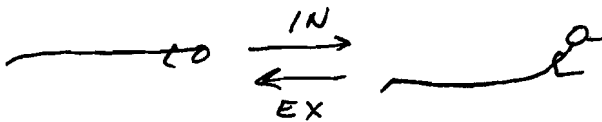
2. Chakravakasana – repeat a) 4X



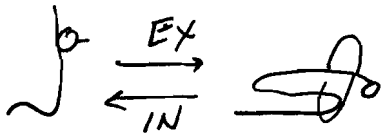
b) 4X with krama exhale



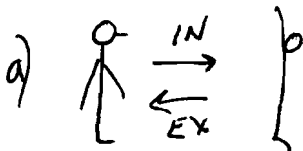
3. Bhujangasana - repeat a) 6-8X



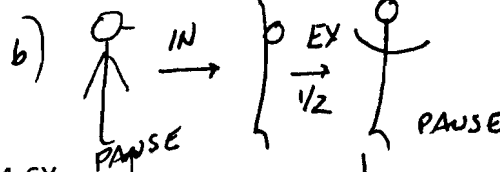
4. Vajrasana - repeat 6-8X



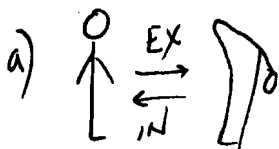
5. Tadasana – repeat a) 2X



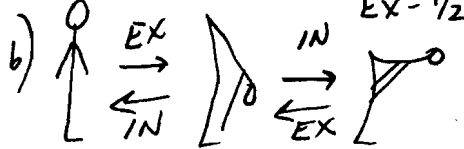
b) 6X with krama exhale



6. Uttanasana – repeat a) 2x



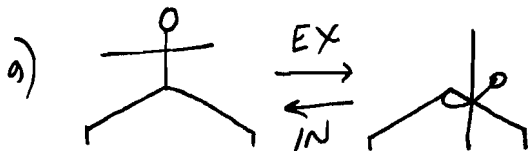
b) 4-6X



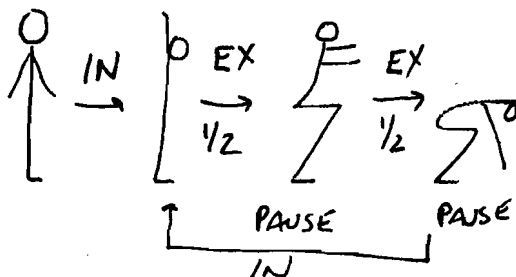
7. Parivrtti Trikonasana – repeat, alternating sides

a) 2X

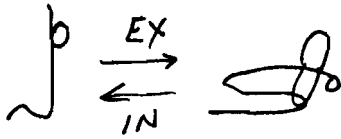
b) stay 2 breaths, then 4 breaths with krama exhale



8. Utkatasana – repeat 6X with krama exhale (optional pose)



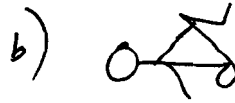
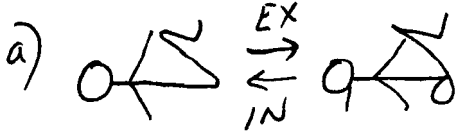
9. Vajrasana - repeat 4-6X



10. Jathara Parivrtti - repeat, alternating sides

a) 2X

b) stay 2 breaths, then 4 breaths with krama exhale

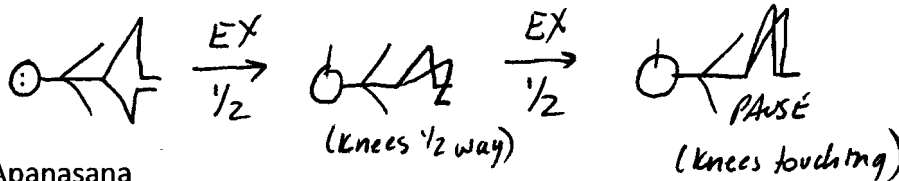


KRAMA EXHALE

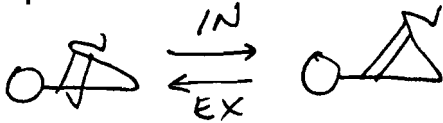
11. Urdhva Prasarita Padasana - Repeat 4X then stay 2 breaths



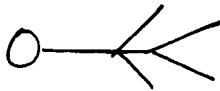
12. Supta Baddha Konasana - Repeat 4-6X with krama exhale -



13. Apanasana



14. Savasana



15. Pranayama - Viloma krama using ujjayi - two part krama exhale with a ratio of approximately 1:2 (e.g. inhale 6 seconds and exhale a total 12 seconds (two, 6 second exhales))

Repeat 8-12 breaths



-Inhale chest to belly

-Exhale half your breath engaging from pelvic floor to naval

-Pause 2 seconds

-Exhale the last half of the breath engaging from the naval to the solar plexus

-Pause 2 seconds

-Repeat