

Krama (segmented) Movement and Inhale

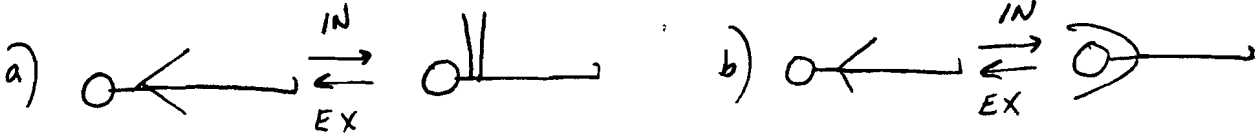
Kathy Ornish, 2009

1.

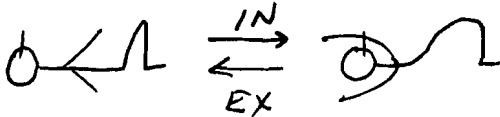


- Scan the body
- Scan the subtle energy
- Begin to deepen and lengthen the breath

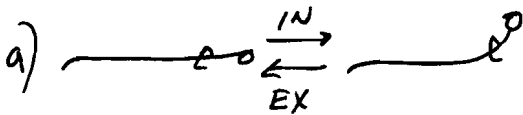
2. Lying Arm Movements – Repeat a) and b) 4X each lengthening inhale



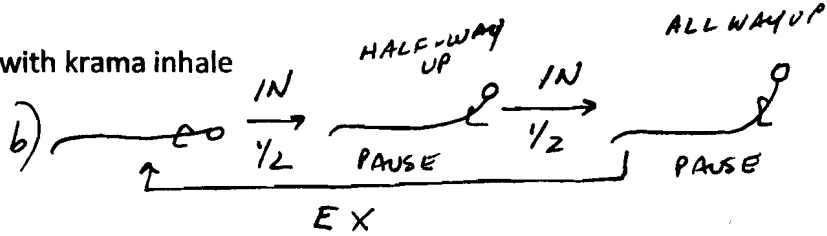
3. Dvi Pada Pitham - Repeat 6X while lengthening inhale



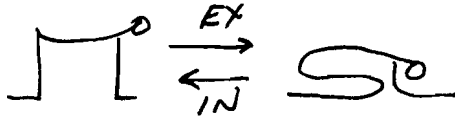
4. Bhujangasana – Repeat a) 2X



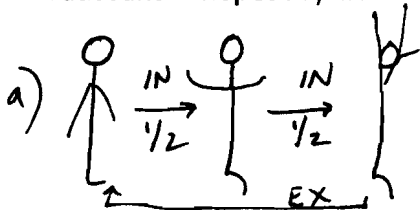
b) 4X with krama inhale



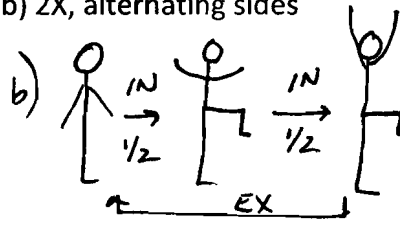
5. Chakravakasana - Repeat 6-8X



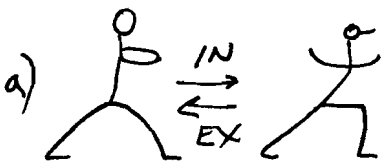
6. Tadasana - Repeat a) 4X



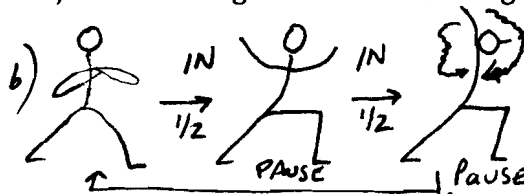
b) 2X, alternating sides



7. Virabhadrasana - Repeat a) 2X



b) 4-6X with segmented inhale and gesture

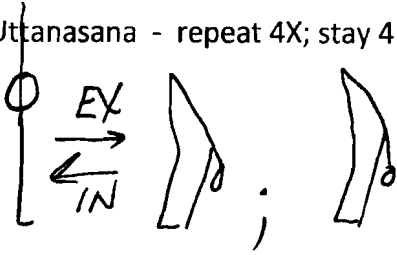


8. Natarajasana (optional) - stay 4-6 breaths with segmented inhale

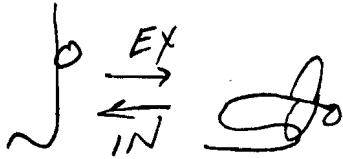


EX HAIR & GESTURE
BACK TO HEART

9. Uttanasana - repeat 4X; stay 4 breaths

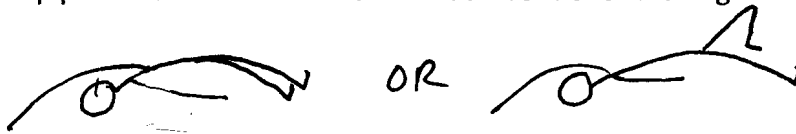


10. Vajrasana - Repeat 4-6X

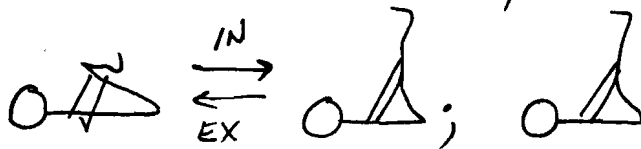


11. Jathara Parivrtti (lateral adaptation) - Stay 6 breaths using segmented inhale

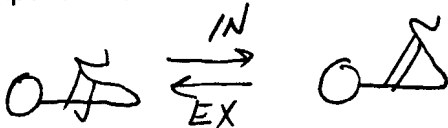
Note: Keep pelvis level on floor and low back from over arching



12. Urdhva Prasarita Padasana - Repeat 4X, then stay 2 breaths; repeat 2 breath stay



13. Apanasana



14. Savasana



15. Pranayama - 8-12 breaths

Anuloma Krama using ujjayi - two part krama inhale with a ratio of approximately 1:1.5
e.g inhale 8 seconds (two, 4 second inhales) and exhale a total 12 seconds

- Exhale fully, engaging from pelvic floor to solar plexus
- Inhale half your breath expanding chest
- Pause 2 seconds
- Inhale half your breath relaxing from solar plexus to pelvic floor
- Pause 2 seconds
- Repeat

