



Yoga with Lorilyn  
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## Beginning practice for knee health

### Tadasana

Keep your feet parallel to each other. Balance the weight evenly on your feet. Check that the weight on the front of the each foot and the back of the foot is equal. Also check that the inside of the foot and the outside of the foot are even. If the weight is evenly balanced your front thighs should move back and your quadriceps will lift. Keep the buttocks moving downwards and the pubic plate lifted upwards. Spread your collar bones and open your chest well. Roll your shoulders back. Your gaze should be straight head. Keep the eyes and the tongue soft. Normal breathing.



**Urdhva Hastasana** Raise arms over head palms facing each other then palms forward



### Vrksasana

Stand in Tadasana. Bend your right leg and bring your right foot against your left thigh. Create resistance by pressing your foot into your thigh and your thigh into your foot. Keep your pelvis level while attempting to open the groin of the bent leg.

Bring your palms together and raise your arms over your head. In the beginning you may need to go to the wall to work on your balance. If this is the case just fold your arms in front of your chest bringing the palms together in Namaste. When learning to bring your arms overhead start by having them run parallel to each other and then work to bring the palms together when everything else is in place. Alternate sides



### Utkatasana

Chair-like pose, feet together, arms up bending at knees to form a chair. *Knees do not protrude past toes.* Do with back against wall for more stability.



### Virabhadrasana II (right angle warrior pose)

Repeat this pose 3 times on each side, watching your front knee stay in line with the center of the foot. Knee does not move past the toes. Keep shin and thigh in a right angle as in the picture.



## Prasaritta Padottanasana

Stand in Tadasana arms on your hips. Exhale and jump your feet 4 to 4 1/2 feet apart. Then walk the feet out as wide as you are able without doing a side split. Keep the outer edges of your feet parallel and your front thighs and knees well lifted. Bend from the hips and place your hands on the floor arms extended creating a concave spine. Do not overarch your lower back. Look up keeping your shoulders away from your ears. Then bend your elbows and take your head down to the floor. Walk your hands back so that the upper and lower arms form a right angle. If your arms don't reach the floor place a block under each hand. If your head doesn't reach the floor you can place a support under your head. Inhale to come up and walk, don't jump your feet back together.



## Virasana (sitting between your legs)

This pose should be approached carefully. Kneel down with your knees together and your heels apart. The heels should be wider than your pelvis. Place a block underneath your buttocks and sit back on it. If this is easy move to a lower support such as a folded blanket. Gradually remove all support so that you are sitting on the floor. Your toes must point back in line with your ankles and your shins at all phases of this pose. Work to bring your shins down to the floor. You can extend your arms so that your palms are resting on your thighs or you can interlock your fingers and take your arms up over your head. If doing the latter make sure to keep your arms straight.

Alternate: its simpler variation Vajrasana (sitting on the heels)



## Adho Mukha Svanasana (downward facing dog)

Stand in Tadasana with your feet hip width apart and bend over and place your palms on the floor. Step back with your feet until you feel your weight is evenly placed between your arms and your legs. You will resemble a triangle with the buttocks being the apex. Spread your palms and extend your fingers. Spread your toes and extend the heels back.



## Adho Mukha Virasana (Downward Facing Hero Pose)

Knees apart, turn the feet in sitting on the heels, bend forward with the head down arms extended over the head in a resting manner.



## Dandasana

Sit on the floor with the legs extended knees and feet together. Keep the knees firm. Extend the spine upwards from the sitting bones through the crown of the head. Elevate the buttocks if the back rounds place your arms by the sides of your hips. Lift the sternum and roll the shoulders back and down. Keep the abdomen soft and moving back towards the spine. The Chest is well lifted and the collar bones spread.



## Paschimottasana (full forward bend, blanket under hips)

From Dandasana, On an exhale extend your arms upward and bending from your hips reach towards your feet. Lift and extend the front body forward, taking the sternum towards the toes. Keep both legs pressing into the floor. Elevate the buttocks if the back rounds and use a belt to catch the feet if you are unable to reach your feet.



## Janu Sirsasana (forward bend with one leg bent to the side) . blanket under hips.

Sit up, arms over head, reach to feet and look up making a concave spine, then bend forward.



## Resting

### Viparita Karani

Fold a mat in half placing the short side next to the wall. Place a blanket over the mat. Then place another blanket close to the wall to elevate your hips.

Sit sideways to the wall on the blanket

Swivel to face the wall, fingers behind you for support. Turn to the wall, lifting each leg up, knees bent. Push your palms down the wall, and slide back to the mat.



### Savasana : 5 minutes



### Hint:

Take care not to over-do but not to under-do either. You work with lots of sensations but pain should not be one of them. Gradually increase the time you spend in a pose as your body gains flexibility and strength. In the beginning repeat the pose 2 to 3 times staying for only a very short time-4/5 breaths. Once you become more adept at doing the pose your body will let you know how long to stay in the pose. Learn to keep your eyes and tongue relaxed as you are working in the pose.

**Always breath through your nose maintaining a relaxed rhythm.** In some poses it is possible to take longer and deeper breaths than in other poses.