

The Complete Workout Guide

FOR YOUR DOSHA



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Andrea Claassen

Andrea started SaFire Training in 2012 to help more women create their fitness lifestyle. Over the years, SaFire Training has evolved into more than just fitness. Our new mission is to help the on-the-go woman feel more energy, find more peace, and tap into her power. We do this by not only helping women develop their fitness lifestyle, but also by helping them love themselves again.



My story

I've been in your shoes. I've been too busy to work out and let my health suffer as a result. In my younger days (early 20s), I may have spent one too many nights out and gained about 30 pounds. I knew this was not the life I wanted to live, so I changed my lifestyle. I started eating clean, ramped up my workouts and made time for me again. This helped me lose 40 pounds. I didn't take a magic pill or try a new workout trend – I just stuck to the basics and gave myself time. The mental part of fitness can be brutal, but I would love to get down to the nitty gritty of what is holding YOU back from your goals.

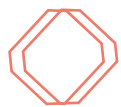
The next part of my story has come most recently by giving birth to my son. I am now working on balancing being an on-the-go mom and business owner with my fitness goals. I have yet another weight loss journey to conquer, but more importantly, I need to feel better about myself again. This time around is quite different then when I was in my younger 20s. I don't have all the time in the world and what free time I do have is precious. This further helps me guide you to not only finding the workouts that will make your heart sing, but it also helps me give you tools that help you to learn to love yourself.

what is a dosha?

Dosha comes from Ayurveda medicine. Ayurveda means the “wisdom of life” in sanskrit and is believed to have three different energies. Dosha means dysfunctional or abnormal referring to the perfect balance of all three energies, and it is said to mean you’re in good health when all doshas are balanced. All doshas have their strengths, weaknesses, and imbalances. The names of the three doshas are vata, pitta, and kapha. In general, most people have one predominant dosha and a secondary dosha. For your workout purposes, you will focus on your primary dosha. If you are a tri-dosha (very rare, though I’m a tri-dosha myself), I will have a workout suggestion for you as well.

what dosha are you?

There are many quizzes out there that will tell you exactly what dosha you are, so if you want to be specific you can Google “what is my dosha” and take a quiz. If you don’t want to do that I will give you a cliff note version about the three dosha types below. Know that you will probably have a few traits from each dosha, but your dosha is the one that resonates the most with you. Unless you have an equal split between all three doshas, then you are a tri-dosha.



Vata

- Connected to the air & space
- Dry skin
- Always cold
- Capable of fast, unpredictable movements & thoughts
- Tends to have a smaller body frame
- Scattered thoughts
- Bitter taste
- Easily fatigues
- Tends to be constipated
- Feels anxious
- Feels restless
- Worries too much
- Loves music



Pitta

- Aligned with fire
- Tends to run warm
- Competitive personality
- Determined
- Tends to have a medium body frame
- Sour taste
- Doesn’t tolerate hot weather well
- Good combination skin
- Critical or demanding
- Perfectionist
- Often frustrated or angry
- Impatient
- Premature hair graying or thinning



Kapha

- Combination of earth & water
- Moves more slowly
- Graceful
- Loyal
- Stable
- Takes motivation to make them get up to work out
- Slow to start a task, but once they're in it they are a go-getter
- Tends to have a larger body frame
- Sweet & salty taste
- Oily skin
- Slow digestion
- Tends to oversleep
- Often feels complacent or dull

Vata dosha workouts

Characteristics of a vata workout:

- Something slower paced to help relieve anxiety and scattered thoughts
- They will want something fast and upbeat, but they need to find the balance of fast and slow in their routines
- Needs routine in their workouts
- Regular meditation is key for vatas
- 4 p.m. or early morning is an ideal time for vata workouts

Types of workouts:

- Yoga: hatha, yin, restorative, slow flow classes
(In addition, choose grounding poses and limit time in back-bending postures.)
- Long walks help calm the mind
- Lifting weights: high reps, low weight
- Isometric workout routines
- In general, do moves that are pelvis stabilizing and use abdominal strength.

Pitta dosha workouts

Characteristics of a pitta workout:

- Limited competitiveness when exercising if you feel out of balance
- Medium pace workout
- Uncomplicated movements
- Creative workout
- Regular meditation
- Typically over the noon hour is a good time for pittas to workout

Types of workouts:

- Yoga: Vinyasa, yin, hatha, Jivamukti (Avoid hip-closing postures.)
- Walks
- Medium weight, 10-12 reps
- Sports to fuel the competitive side

Kapha dosha workouts

Characteristics of a Kapha workout:

- Faster-paced workouts are ideal
- Multi-body part movements
- Group environment
- Creative workout
- Use vigorous pace
- Limit savasana
- An evening workout is what kaphas tend to enjoy the best

Types of workouts:

- Yoga: Ashtanga, vinyasa, power yoga
- Brisk walks
- Heavy to medium weights, 8-12 reps
- Group fitness classes
- Dancing

How do you know when to do a different dosha's workout?

Each dosha has personality characteristics associated with them. When one is slightly off we begin to feel anxiety, anger, greed etc. If you feel one of the below feelings strongly, you might be out of balance in that area. To help balance yourself out, you will perform that dosha's workout for the day. For example, if I feel envious, my kapha constitution might be off and I will perform a kapha workout that day. If you're a tri-dosha, you will perform whichever workout is speaking to you that day based on the characteristics listed above and below. You can choose whichever workout you have time to do that day. That's why I am giving you 10 to 30-minute options to choose from.

Do a Vata Workout If You're Feeling:

- Fearful
- Anxious
- Forgetful
- Stressed

Do a Kapha Workout If You're Feeling:

- Greedy
- Envious
- Unforgiving
- Dark

Do a Pitta Workout If You're Feeling:

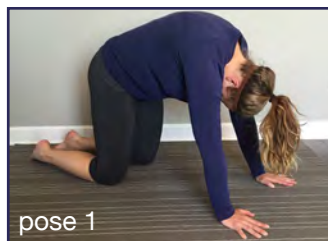
- Angry
- Controlling
- Hateful
- Quick tempered & difficult to deal with

Vata Dosha Workouts

10 MINUTE AT-HOME YOGA PRACTICE

Hold each of the following poses for 5 breaths. Do one side and repeat on the other.
For more detailed instructions on poses, visit the Yoga Glossary on page 26.

Cat-Cow



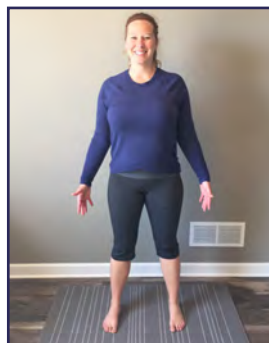
Thunderbolt



Downdog



Forward Fold to Halfway Lift to Forward Fold



Mountain Pose



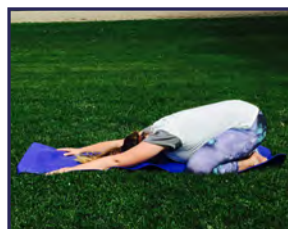
Warrior 2



Side Angle



Downdog



Child's Pose

Vata Dosha Workouts

10 MINUTE AT-HOME STRENGTH WORKOUT

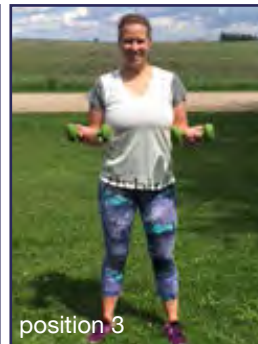
Perform each move for one minute – repeat 2 times. For more detailed instructions on exercises, visit the *Exercise Glossary* on page 34.



Squats
Slow & Controlled



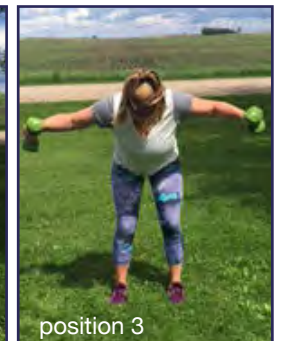
**Reverse Grip
Bent-Over Rows**



21 Curls



**Pulsing Lunges with
Overhead Triceps Extension**



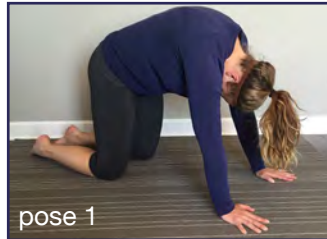
Three-Way Delt. Raises

Vata Dosha Workouts

20 MINUTE AT-HOME YOGA PRACTICE

Hold each of the following poses for 5 breaths. Do one side and repeat on the other. For more detailed instructions on poses, visit the Yoga Glossary on page 26.

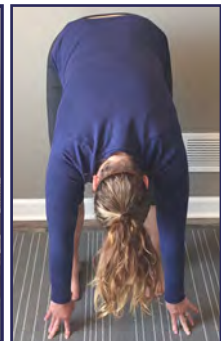
Cat-Cow



Calf Stretch



Downdog



Forward Fold to Halfway Lift to Forward Fold



Mountain Pose



Warrior 1



Warrior 2



Side Angle



Reverse Warrior



Downdog

**REPEAT ON OTHER LEG, THEN
CONTINUE ON TO THE NEXT PAGE FOR
THE REST OF THE WORKOUT.**

Vata Dosha Workouts

20 MINUTE AT-HOME YOGA PRACTICE

...Continued from previous page



Tree - Option 1



Tree – Option 2



Forward Fold



Downdog



Pigeon Pose



Cobbler Pose

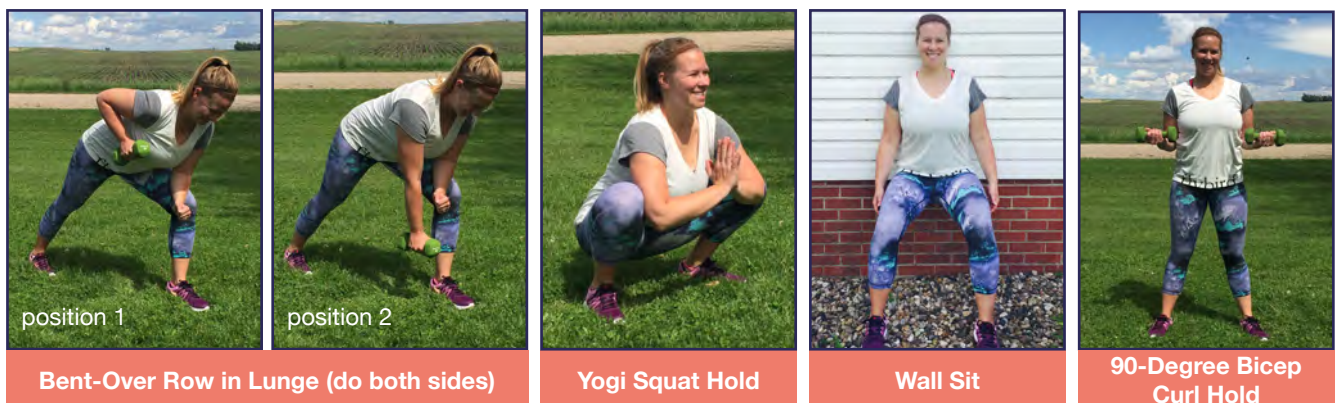
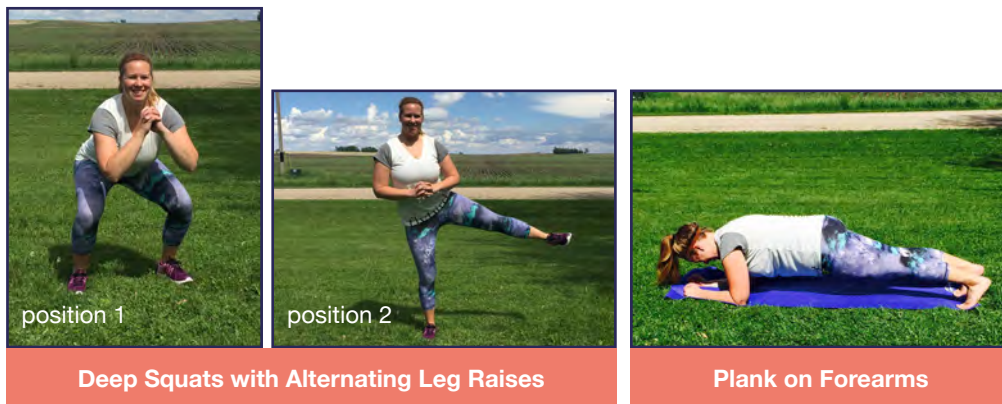
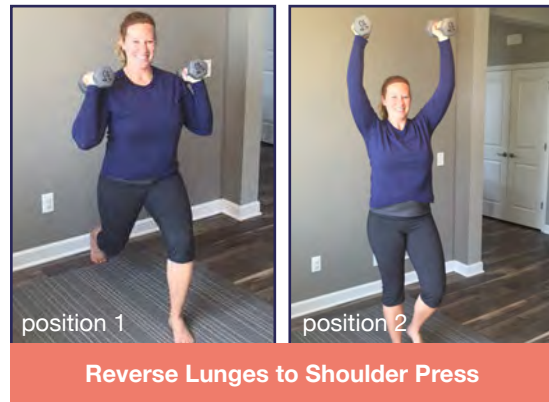
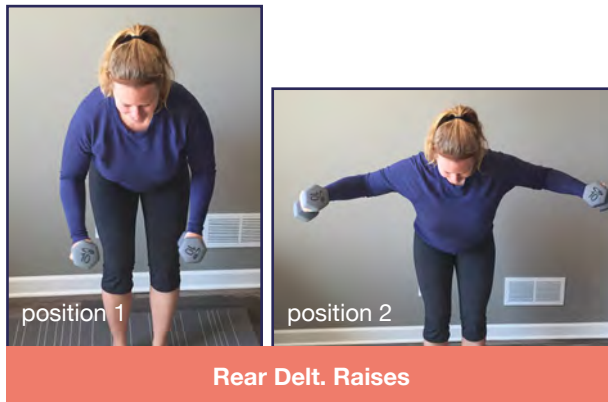


Savasana

Vata Dosha workouts

30 MINUTE AT-HOME STRENGTH WORKOUT

Perform each move for one minute – repeat 3 times. For more detailed instructions on exercises, visit the Exercise Glossary on page 34.



Pitta Dosha workouts

10 MINUTE AT-HOME YOGA PRACTICE

Hold each pose for five breaths. For more detailed instructions on poses, visit the Yoga Glossary on page 26.



pose 1



pose 2

Cat-Cow



Bird/Dog Hold



Rev. Low Lunge



Rev. Low Lunge with Twist



Forward Fold



Halfway Lift



Forward Fold



Mountain Pose



Forward Fold



Halfway Lift



Forward Fold



High Plank



Chaturanga



Cobra



Downdog

Repeat above on other side and proceed to next page for the remainder of the workout.

Pitta Dosha workouts

...continued from previous page.



Child's Pose



Spinal Twist
option 1



Spinal Twist
option 2



Savasana

Pitta Dosha workouts

10 MINUTE AT-HOME STRENGTH WORKOUT

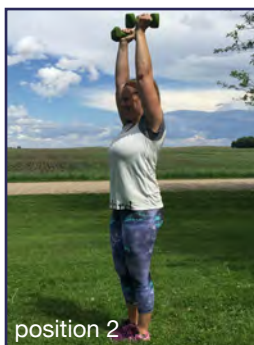
Do the following moves for the reps noted one time through.



Squats
60 reps



position 1

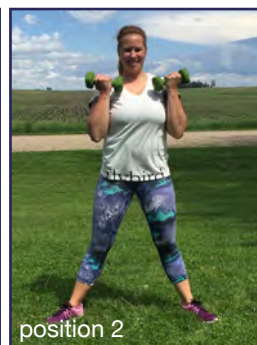


position 2

Walking Lunges with Shoulder Press
50 reps



position 1



position 2

Plié Squat with Bicep Curls
40 reps



position 1



position 2

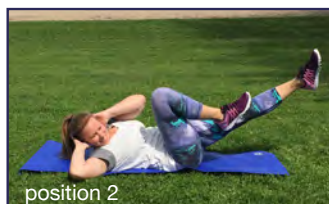
Push-Ups
30 reps



Bird/Dogs
20 reps



position 1



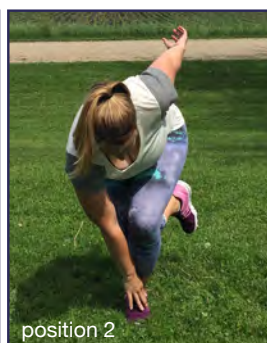
position 2

Bicycles
15 reps

For more detailed instructions on exercises, visit the Exercise Glossary on page 34.



position 1



position 2

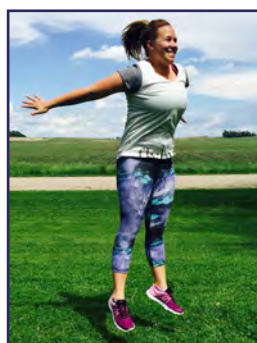


position 3

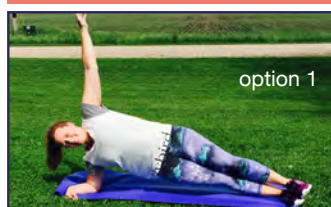
Opposite Hand to Outside Foot
10 reps (each side)



position 1



Squat Jumps
5 reps



option 1



option 2

Side Plank
15 reps (each side)

Pitta Dosha workouts

20 MINUTE AT-HOME YOGA PRACTICE

Hold each pose for five breaths. For more detailed instructions on poses, go to page 26.



pose 1



pose 2

Cat-Cow



Bird/Dogs



Calf Stretch



Sun Salutation with High Lunge Twist



Jump feet back up to hands and move into Mountain Pose. Repeat on other side.

Sun Salutation with High Lunge Twist



Chair Pose



Revolved Chair Pose



Warrior 1



Warrior 2



Triangle



Revolved Triangle



Revolved Half Moon

Repeat Warrior 1 through Half Moon on other side before moving on to Dancer's Pose.



Dancer's Pose



Mountain Pose

Pitta Dosha workouts

...continued from previous page.



Forward Fold



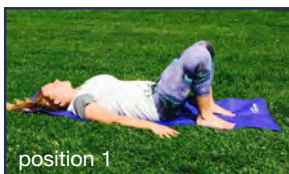
High Plank



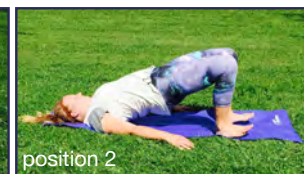
Bow



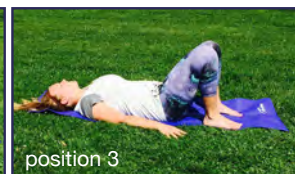
Boat



position 1



position 2



position 3

Rolling Bridge



Shoulder Stand



Plow



Spinal Twist
option 1



Spinal Twist
option 2



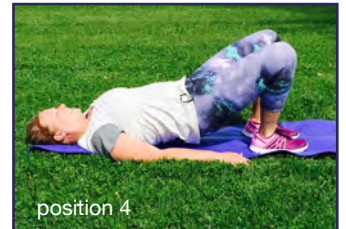
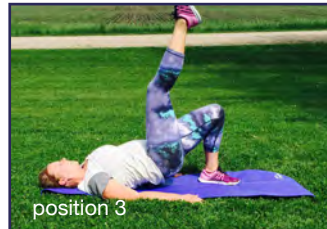
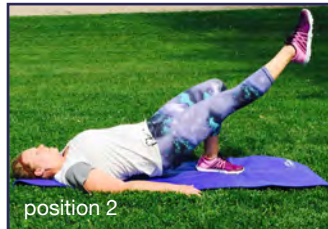
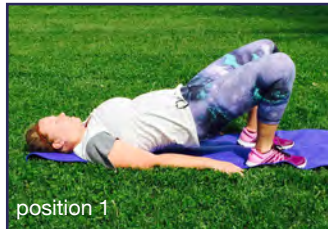
Savasana

Pitta Dosha workouts

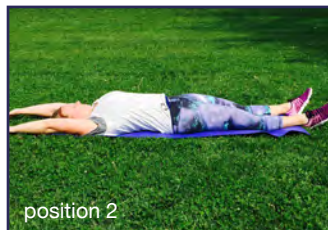
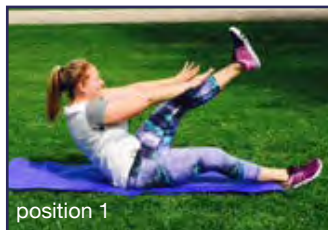
30 MINUTE AT-HOME STRENGTH WORKOUT

Do the following supersets for 2-3 sets x 12 reps. For more detailed instructions on exercises, visit the Exercise Glossary on page 34.

COUPLET 1

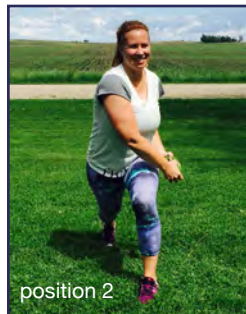
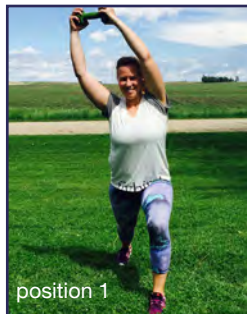


Walking Bridge

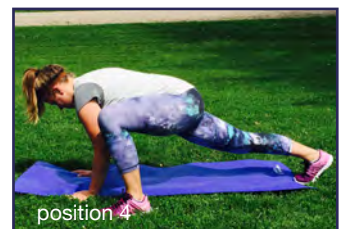
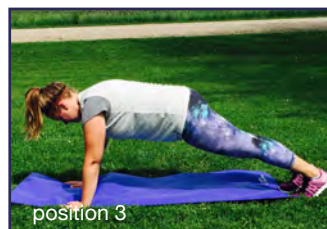
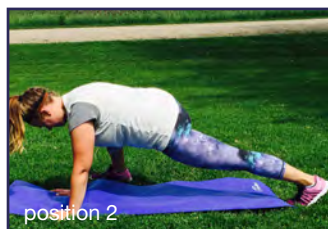


Single-Leg V-Ups

COUPLET 2



Lunge Hold with Wood Choppers (each side)



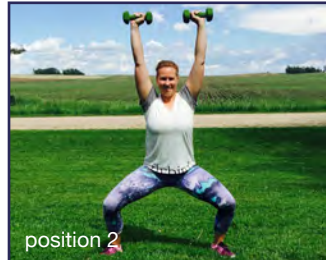
High Plank Frogger Steps (12 total)

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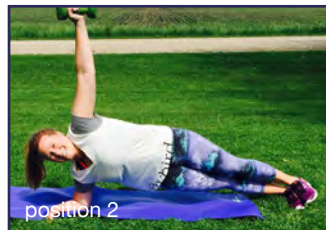
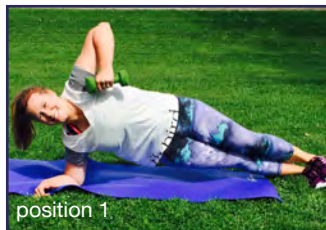
Pitta Dosha workouts

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COUPLET 3

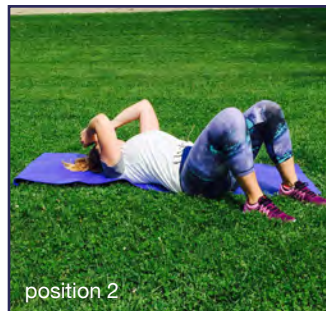
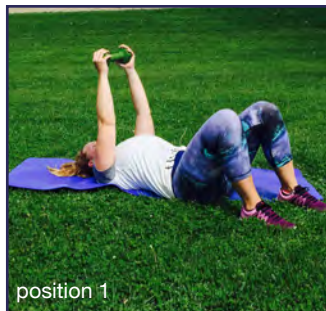


Plié Squat Hold with Shoulder Press

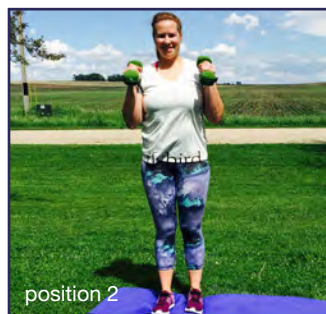
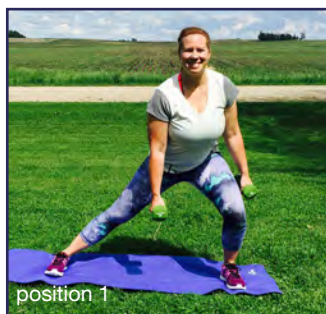


Side Plank Row to Press

COUPLET 4



Skull Crusher



Side Lunge to Hammer Curl

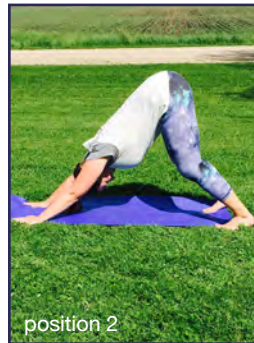
Kapha Dosha Workouts

10 MINUTE AT-HOME YOGA PRACTICE

Hold each of the following poses for 1 breath. For more detailed instructions on poses, visit the Yoga Glossary on page 26.



position 1



position 2

Tabletop to Downdog



Forward Fold



Halfway Lift



Forward Fold



Mountain Pose



Forward Fold



Low Plank



Cobra



Downdog

Repeat above poses three times before moving on to remaining poses.



Marching Chair Pose



Option 1



Option 2

Tree Pose



Headstand Practice



Child's Pose

Kapha Dosha workouts

10 MINUTE AT-HOME STRENGTH WORKOUT

Perform each move for 30 Seconds, then rest for 15 seconds. Repeat each move two times.

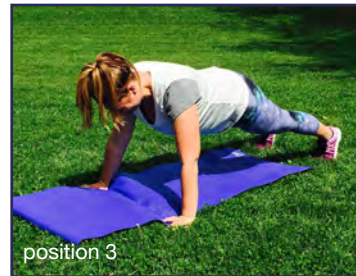
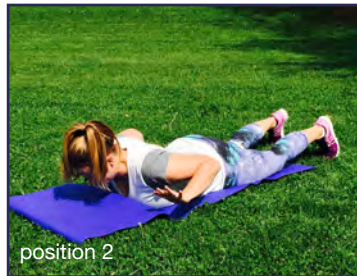
For more detailed instructions on exercises, visit the Exercise Glossary on page 34.



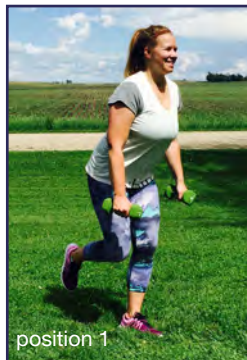
Squats As Fast
As You Can



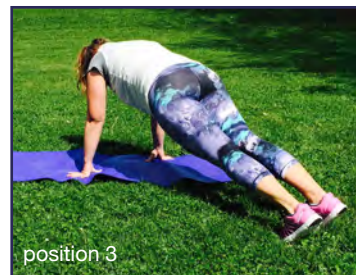
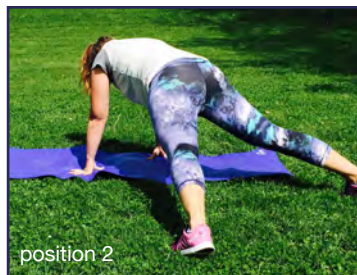
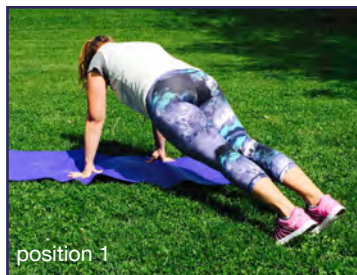
Step-Up with Shoulder Press



Push-Up with Hand Release



Reverse Lunge with Bicep Curl

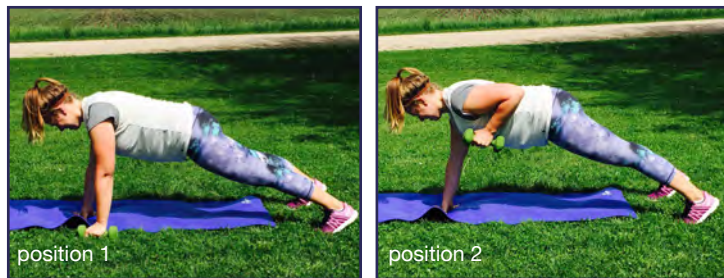


Plank Jacks

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Kapha Dosha workouts

Continued from previous page...



High Plank with Row



Overhead Triceps Extension

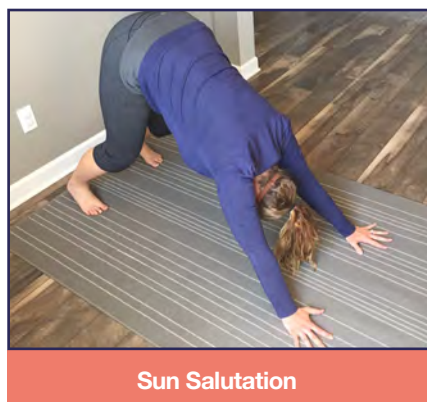
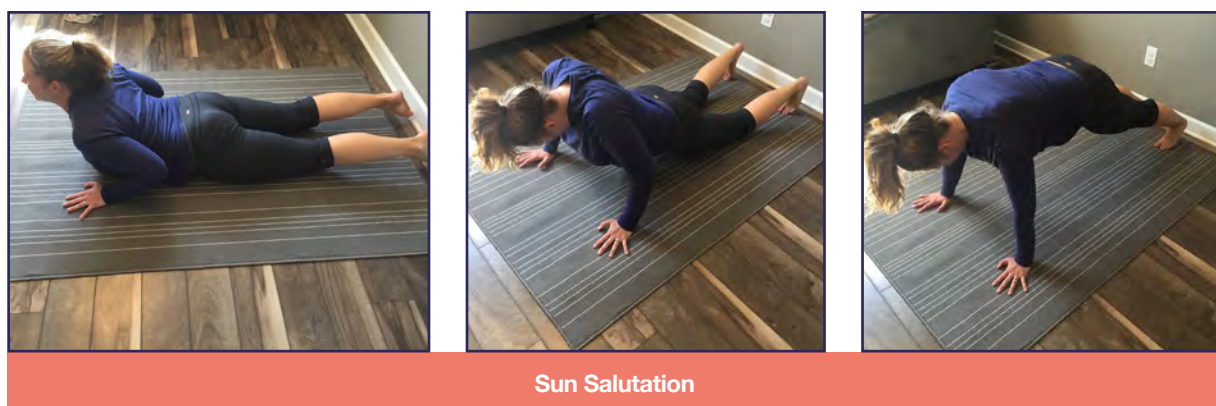


Walk Outs

Kapha Dosha Workouts

20 MINUTE AT-HOME YOGA PRACTICE

Hold each pose for five breaths. For more detailed instructions on poses, visit the Yoga Glossary on page 26.



Repeat Sun Salutation three times and proceed to the other poses on next page.

Continued on next page...

Kapha Dosha workouts

Continued from previous page...



Marching Chair Pose



Side Angle



Warrior 1



Warrior 2



Warrior 3



Triangle



Half Moon



Side Angle

Complete ONE Sun Salutation, then repeat poses starting with Warrior 1 above. Continue to the next page for the remaining poses.

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Kapha Dosha workouts

Continued from previous page...



Dancer's Pose



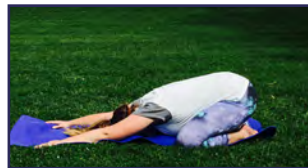
Forward Fold



Camel Pose



Headstand



Child's Pose



Spinal Twist
option 1



Spinal Twist
option 2

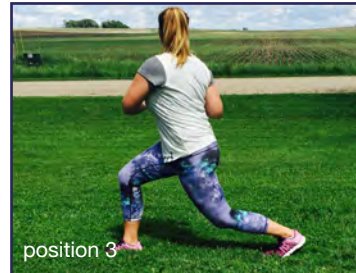
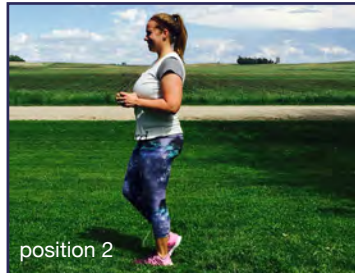


Savasana

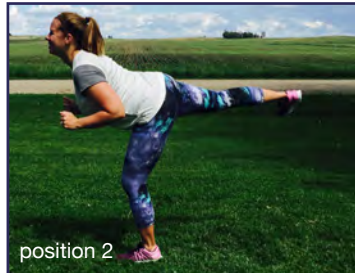
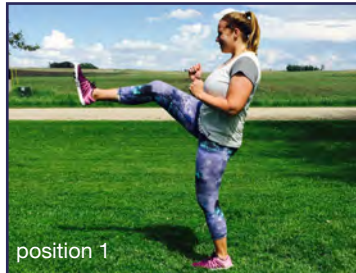
Kapha Dosha workouts

30 MINUTE AT-HOME STRENGTH WORKOUT

Using dumbbells, perform each move for 45 seconds and rest for 15 seconds.
Repeat each move two times. For more detailed instructions on exercise, visit page 34.



Walking Lunge with DB Twists



Front Kick to Glutes Lift



High Plank Switch Jumps



Sumo Squat to Calf Raise

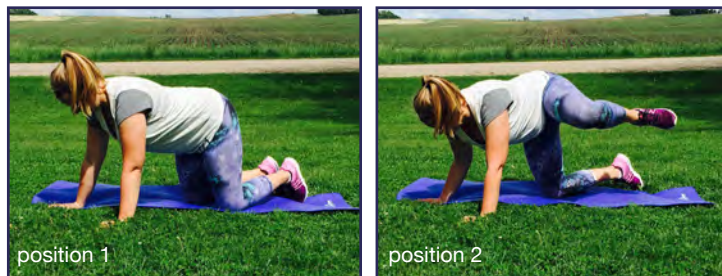
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Kapha Dosha workouts

Continued from previous page...



Forward Lunge into Single-Leg Deadlift



Fire Hydrants

Kapha Dosha Workouts

BODY WEIGHT WORKOUT

Perform each move for 45 seconds and rest for 15 seconds. Repeat each move two times. For more detailed instructions on exercises, visit the Exercise Glossary on page 34.



Prisoner Squats

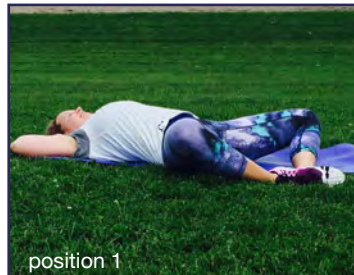


position 1



position 2

Staggered Stance Push-Ups

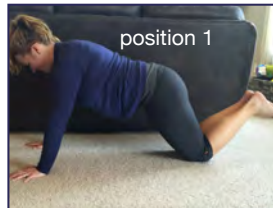


position 1



position 2

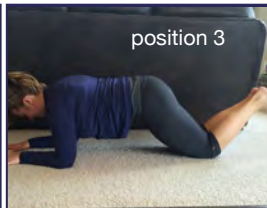
Butterfly Crunches



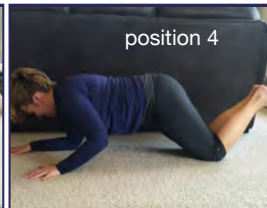
position 1



position 2



position 3

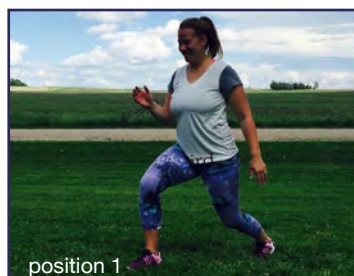


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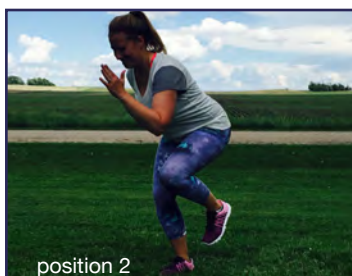


position 5

Up/Down Planks



position 1



position 2

Reverse Lunge with Knee Drive



Bridge Hold



Plank
2 x 45 seconds



Side Plank
1 x 30 seconds, last 10 seconds with top leg knee drives



Yoga Glossary

Bird/Dog Holds

1. Start out on your hands and knees.
2. Raise your right arm straight out in front of you like you're going to shake someone's hand – thumb up.
3. Then, raise your left foot straight out behind you with your heel up and toes curled toward your body.
4. Hold this position for the allotted time, then switch sides.

Bird/Dog Pulses

1. Start out on your hands and knees.
2. Raise your right arm straight out in front of you like you're going to shake someone's hand – thumb up.
3. Then, raise your left foot straight out behind you with your heel up and toes curled toward your body.
4. Hold this position and slowly pulse your arm and leg up to the sky for 5 breaths, then switch sides.

Boat

1. Sit on the floor, spine nice and tall, knees bent.
2. Slowly exhale as you lean back and bring your legs up to a tabletop position and lengthen your legs out long in front of your body.
3. You can either keep your knees bent at a tabletop position or lengthen the legs long.

Bow

1. Start lying on your stomach – arms at your sides.
2. Put a bend in both of your knees and reach back with your arms to grab your left foot with your left hand and right foot with your right hand.
3. Slowly bring your chest off the floor as you lift your hips off the ground.
4. Breathe comfortably and hold as long as you can while maintaining a normal breath.

Calf Stretch

1. Place right knee on ground and left foot on ground in front of body.
2. Place hands on ground framing the left foot.
3. With your right foot, place toes on ground and push back into toes, feeling your calf stretch.

Camel

1. Starting on your knees. Hands at your sides.
2. Slowly bend backwards reaching your hands toward your heels.
3. Rest your hands on your heels as you let your head release toward the ground.
4. Hold for a few breaths. Then slowly raise back up.

Yoga Glossary

Cat/Cow

1. Start on your hands and knees, wrists directly under your shoulders, and your knees directly under your hips. Your fingertips should face the top of the mat. Place your knees hip-width apart. Center your head in a neutral position and soften your gaze downward.
2. Start by moving into Cow Pose: Inhale by dropping your belly toward the mat. Lift your chin and chest, and gaze up toward the ceiling.
3. Broaden across your shoulder blades and draw your shoulders away from your ears.
4. Next, move into Cat Pose: As you exhale, draw your belly to your spine and round your back toward the ceiling. The pose should look like a cat stretching its back.
5. Release the crown of your head toward the floor, but don't force your chin to your chest.
6. Inhale, coming back into Cow Pose, and then exhale as you return to Cat Pose.

Chair Pose

1. Exhale and bend your knees, trying to take the thighs as nearly parallel to the floor as possible. Your torso will lean slightly forward over the thighs. Keep the inner thighs parallel to each other and press the heads of the thigh bones down toward the heels.
2. Raise your arms up overhead, your biceps hugging your ears.
3. Hold this pose for 3-5 breaths.

Chair Pose Marching

1. Exhale and bend your knees, trying to take the thighs as nearly parallel to the floor as possible. Your torso will lean slightly forward over the thighs. Keep the inner thighs parallel to each other and press the heads of the thigh bones down toward the heels.
2. Raise your arms up overhead, your biceps hugging your ears.
3. Slowly raise your right knee upwards, then your left knee, like your marching.

Chaturanga

1. Start from a high plank position on your toes or knees.
2. Keep your elbows pointed backward. Slowly lower down, keeping your elbows at your sides.
3. Lower to ground until belly touches the floor.

Child's Pose

1. Kneeling on floor place your knees apart and toes together.
2. Gently rest your forehead down to the earth as you reach your arms up overhead.
3. You should feel a nice stretch in your back and this should be a comfortable resting pose.

Cobbler Pose

1. Sit with your legs straight out in front of you, raising your pelvis on a blanket if your hips or groins are tight. Exhale, bend your knees, pull your heels toward your pelvis. Then drop your knees out to the sides and press the soles of your feet together.
2. As you breath into this pose try going a little deeper with your knees toward the earth.

Yoga Glossary

Cobra

1. Starting on stomach bring hands to sides of chest. Legs are straight behind the body.
2. Slowly lift chest off the floor keeping your legs touching the floor and no weight in your hands.
3. Hold for a breath and lower chest back down to the earth.

Dancers pose

1. Stand in Tadasana (Mountain Pose). Inhale, shift your weight onto your right foot, and lift your left heel toward your left buttock as you bend the knee.
2. Begin to lift your left foot up, away from the floor and back, away from your torso. Extend the left thigh behind you and parallel to the floor. Stretch your right arm forward, in front of your torso, parallel to the floor.
3. Hold for 3-5 breaths.

Downdog

1. Come onto the floor on your hands and knees. Spread your palms, index fingers parallel or slightly turned out, and turn your toes under.
2. Exhale and lift your knees away from the floor. Lengthen your tailbone away from the back of your pelvis and press the tailbone toward the sky.
3. Inwardly spiral your biceps and plug in through your pointer finger. Your knees can be bent and heels do not need to touch the floor.

Forward Fold to Halfway Lift to Forward Fold

1. Stand with your feet together. Bend your knees slightly and fold your torso over your legs – moving from the hips, not the lower back.
2. Place your hands next to your feet or on the ground in front of you.
3. Inhale and extend your chest to lengthen your spine. Keep your gaze directed forward.
4. Exhale and gently press both legs toward straight. Lift the kneecaps and gently spiral your upper, inner thighs back. Keep your legs straight without hyperextending.
5. On an exhalation, extend your torso down without rounding your back. Stay long throughout your neck, extending the crown of your head toward the ground. Draw your shoulders down your back.

Half Moon

1. Start from triangle pose.
2. Place right hand on floor and raise your left leg off the floor.
3. Reach your left hand up toward the sky as your right hand is on the floor.
4. Hold for 3-6 breaths.

Headstand

1. Start by placing your forearms in a triangle position on the floor. Slowly walk your feet up toward your hands.
2. Once you've walked as close to your hands as possible, raise your legs up in the air using your core.
3. You can practice by using a wall or partner. Try not to jump into the headstand.

Yoga Glossary

High Plank

Place your hands on the ground underneath your shoulders – elbows, wrists and shoulders in one straight line. Raise your knees off the ground and hold this position. If it becomes too hard, drop to your knees.

Low Lunge

1. Start with your left knee on the ground, your right knee bent and foot placed in front in a lunge position. Place hands on each side of the right foot.
2. Lift your torso up so your hips and shoulders are aligned. Lift your arms up in the air on each side of your head. Hold this position.

Low lunge with a Twist

1. Start with your left knee on the ground, your right knee bent and foot placed in front in a lunge position. Place hands on each side of the right foot.
2. Lift your torso up so your hips and shoulders are aligned. Lift your arms up in the air on each side of your head.
3. Bring the palms of your hands to touch and twist your torso to the right.
4. Place your left elbow on the outside of your right knee.

Low Plank

Place your forearms on the floor and straighten out your legs into one long plane. Squeeze glutes to activate the core. You can hold on your knees or toes.

Mountain Pose

Stand with your feet two fists width apart. Roll shoulders up, down and back to keep chest lifted. Hug your inner thighs together, knees slightly bent, and plug down through your heels and big and little toes.

Pigeon Pose

1. Begin in Downward-Facing Dog
2. Bring your right knee between your hands, placing your right ankle near your left wrist. Extend your left leg behind you so your kneecap and the top of your foot rest on the floor.
3. Press through your fingertips as you lift your torso away from your thigh. Lengthen the front of your body. Release your tailbone back toward your heels. Work on squaring your hips and the front side of your torso to the front of your mat.
4. Balance your weight evenly between your right and left hips. Flex your front foot. Press down through the tops of all five toes of the back foot.

Plow

1. Starting in shoulder stand position, slowly lower your feet toward the floor behind your head.
2. If your feet don't touch the floor, that's OK.
3. There should be no pressure in your neck. You should be balanced evenly in your shoulders with your weight.

Yoga Glossary

Reverse Warrior

1. From side angle pose (with the right knee bent), bring the left hand down to rest on the left leg. Inhale the right arm up toward the ceiling, and reach the fingers away from each other. Look straight ahead or up at the ceiling.
2. Keep the right knee bent, pressing into the feet with the legs strong. Sink the hips down toward the floor and relax the shoulders.

Revolved Chair Pose

1. Exhale and bend your knees, trying to take the thighs as nearly parallel to the floor as possible. Your torso will lean slightly forward over the thighs. Keep the inner thighs parallel to each other and press the heads of the thigh bones down toward the heels.
2. Raise your arms up overhead, your biceps hugging your ears.
3. Place your palms together and slowly bring your left elbow to the outside of your right knee and hold for 3-5 breaths.

Revolved Half Moon

1. Begin in triangle pose with your right foot facing forward and left hand facing the ceiling.
2. Lower your left hand and rest it on your hip. Slowly bend forward at the waist as you extend your right arm toward the ceiling.
3. Slowly lift your left leg off the floor and turn torso toward the right.

Revolved Triangle

1. Stand in Tadasana. Step your feet 3½ to 4 feet apart. Raise your arms parallel to the floor and reach them actively out to the sides, palms down.
2. Turn your left foot in slightly to the right and your right foot out to the right 90 degrees. Align the right heel with the left heel. Turn your right thigh outward, so that the center of the right knee cap is in line with the center of the right ankle.
3. Let the left hip come slightly forward and lengthen the tailbone toward the back heel.
4. Rest your right hand on your shin, ankle, or the floor outside your right foot, whatever is possible without distorting the sides of the torso. Stretch your left arm toward the ceiling, in line with the tops of your shoulders. Keep your head in a neutral position or turn it to the left, eyes gazing softly at the left thumb.
5. With an exhale place your left arm down by your right foot and reach your left arm up to the sky. Twisting from the torso for length. Hold for 3-5 breaths.

Rolling Bridge

1. Start out lying flat on your back knees bent, arms at your sides.
2. Exhale and lift your hips off the ground and hold on an inhale and exhale slowly . Lower your spine and hips back to the ground one vertebrae at a time.
3. Keep repeating this pattern for 5-6 breaths.

Savasana

Lie down on your back, palms face up to feel energy, palms down for grounding. You can place a rolled up blanket underneath your head, and a bolster underneath your knees. Relax every muscle in your body and feel the effects of your practice.

Yoga Glossary

Shoulder Stand

1. Lying on your back, exhale and slowly lift your hips off the ground.
2. Place hands on your lower back, resting elbows on the ground and palms on your lower back.
3. Keep legs straight up overhead to make one long line with your body.
4. Exhale and slowly lower body back down to earth.

Side Angle

1. From the warrior 2 position, put a bend in your front elbow and place your forearm on your thigh. Don't lean all of your weight onto your arm.
2. Raise your opposite arm upward to face the sky.
3. Lengthen through your opposite arm as you hold this pose.

Spinal Twist on Back

1. Lying down on your back, stretch arms out in a T-stance with legs straight.
2. Bring your right knee across your body – either bend the knee or keep the leg straight.
3. Turn your gaze to the right and keep your left shoulder on the floor.
4. With every exhale breathe deeper into the twist.
5. Switch sides.

Sun Salutation with High Lunge Twists

1. Starting from a mountain pose, slowly lower down into a forward fold.
2. Perform a halfway lift to forward fold.
3. Step into a high plank.
4. Slowly lower down into a chaturanga.
5. Then raise up to cobra pose.
6. Then push up to a high plank.
7. Step your right foot forward into a lunge position.
8. Bring your hands to prayer pose and twist your left elbow to the outside of the right leg. Hold for 2-3 breaths.
9. Untwist and place hands on ground and step back to a high plank.
10. Jump your feet up to meet your hands.
11. Slowly raise back up to a mountain pose.

Table to Downdog

Starting on all fours – in tabletop position – exhale and push your hips to the sky pressing into your hands to perform a downdog.

Yoga Glossary

Triangle

1. Stand in Tadasana. Step your feet 3½ to 4 feet apart. Raise your arms parallel to the floor and reach them actively out to the sides, palms down.
2. Turn your left foot in slightly to the right and your right foot out to the right 90 degrees. Align the right heel with the left heel. Turn your right thigh outward, so that the center of the right knee cap is in line with the center of the right ankle.
3. Let the left hip come slightly forward and lengthen the tailbone toward the back heel.
4. Rest your right hand on your shin, ankle, or the floor outside your right foot, whatever is possible without distorting the sides of the torso. Stretch your left arm toward the ceiling, in line with the tops of your shoulders. Keep your head in a neutral position or turn it to the left, eyes gazing softly at the left thumb.

Thunderbolt Pose

1. Begin kneeling on the floor with your hips and buttocks lifted off of your legs. Place a folded blanket beneath your knees, shins, and feet if you need the extra padding to feel more comfortable. Your inner knees should be together, and your thighs should be perpendicular to the floor.
2. Un-tuck your toes and press the tops of your feet firmly and evenly along the floor.
3. Rest your buttocks on the soles of your feet.
4. Lay your hands on your thighs, palms down. Let your arms relax. Gaze forward with soft eyes.

Tree Pose

1. Stand in mountain pose. Shift your weight slightly onto the left foot, keeping the inner foot firm to the floor, and bend your right knee. Reach down with your right hand and clasp your right ankle.
2. Draw your right foot up and place the sole against the inner left thigh; if possible, press the right heel into the inner left groin, toes pointing toward the floor. The center of your pelvis should be directly over the left foot.
3. Rest your hands on the top rim of your pelvis. Make sure the pelvis is in a neutral position, with the top rim parallel to the floor.
4. Lengthen your tailbone toward the floor. Firmly press the right foot sole against the inner thigh and resist with the outer left leg. Press your hands together in prayer pose. Gaze softly at a fixed point in front of you on the floor about 4 or 5 feet away.

Warrior 1

1. Starting in mountain pose, step back so your feet are about 3 feet apart.
2. Place a bend in your front knee so it's almost at 90 degrees. Make sure your knee doesn't go past your toes.
3. Align your back heel to align with your front heel.
4. Bring your hands up overhead alongside your ears.
5. Turn your hips so they are facing forward. Don't worry if they don't completely align to face the front of your mat.

Yoga Glossary

Warrior 2

1. Starting in mountain pose, step back so your feet are about 3 feet apart.
2. Turn your front foot to face the top of your mat and your back foot to face perpendicular. You should have an arch to heel alignment.
3. Turn your hips so they're facing the side of your mat and place a bend in your front knee so it's at 90 degrees.
4. Raise arms up to shoulder height, move torso over hips.
5. Gaze over the front arm.

Warrior 3

1. Standing in an upright position, slowly tip forward with biceps hugging your ears.
2. Raise your right leg behind body, balancing on the left leg with arms straight overhead.
3. Hold for 3-6 breaths.

Exercise Glossary

3-Way Delt. Raises – Standing straight up, raise dumbbells straight out in front of chest, then straight out to sides of body, then bend over at waist and perform a rear delt. raise (which looks like a bird flapping its wings).

21 Curls – Keep wrists facing ceiling. First 7 reps are broken up to just 90 degrees then lower down. Second 7 are starting at 90 degrees and going to shoulders back to 90 degrees. The third set of 7 are all the way down like a regular bicep curl and up.

90-Degree Bicep Curl Hold – Place your arms at the sides of your body and bend your elbows until your forearms are at 90 degrees. Hold this position for the allotted time.

Bicycles – Lie on your back, hands behind your head and legs in tabletop position. Bring your right knee toward your head as you bring your left elbow toward your right knee. Keep alternating opposite elbow to knee. Keep changing the pace from fast to slow tempo as you perform this exercise.

Bird/Dogs

1. Start out on your hands and knees.
2. Raise your right arm straight out in front of you like you're going to shake someone's hand – thumb up.
3. Then raise your left foot straight out behind you with your heel up and toes curled toward your body.
4. Hold this position for a few breaths, then switch sides.

Bent-Over Row in Lunge – Start in a lunge position, placing one leg in front of the other. Bend over at the waist and row dumbbell to the side of the chest and slowly lower back down.

Bridge Hold – Lying on your back, knees bent and arms at your sides, lift hips up to the sky and hold for the allotted time. Push through your heels to activate glutes.

Butterfly Crunches – Lying on your back, place the soles of your feet to touch, hands behind head. Pretend there is a string attached to your chin as you lift your upper back and head off the ground and slowly lower back down.

Fire Hydrants – On hands and knees, put a bend in your right knee and raise leg out to side (like what a dog would do to a fire hydrant) and lower back down. Repeat all on one side then switch sides.

Forward Lunge into Single-Leg Deadlift – Perform a forward lunge with right leg, then step your left foot forward into a single-leg deadlift raising right leg in the air behind body. Alternate legs.

Front Kick to Glute Lift – Kick your leg forward, then raise the same leg straight out behind body with the glute lift.

Hand Release Push-Ups – Starting in a high plank, lower your body to the ground either from your toes or knees. Keep elbows pointed backwards. Lower body all the way to the ground, pick your hands up off the floor when your chest touches the ground and then push yourself back up to the high plank position.

Exercise Glossary

High Plank Frogger Steps – Starting in a high plank, step your right foot to the outside of your right hand then step back to a high plank. Switch to the left foot and step to the outside of the left hand.

High Plank Frogger Jumps – In a high plank, jump one foot to hand then switch jumping other foot to other hand.

High Plank with Rows – Start in a high plank, knees on the ground or off. Start with a dumbbell right underneath your shoulder. Pull dumbbell up to the side of your chest.

Lunge Hold with Woodchoppers – Place your right foot out in front of your body. Put a 90-degree bend into your leg. Bring your arms overhead and slightly off to the right side of the body. Start to pulse down toward the ground and as you do that, bring the dumbbell from the upper right side of the body to the outer left hip. Repeat with every pulse.

Negative Push-Ups – Start in the up position hold 3 seconds, then lower down to halfway and hold 3 seconds, and finally lower so you're hovering over the ground and hold 3 seconds. Then push yourself back up to a high plank.

Opposite Hand to Outside of Foot – Start standing upright on your right foot. Bring left arm overhead and slowly squat down to touch the outside of your right foot, then stand back up. Repeat all on one side then switch sides.

Plank Jacks – Starting in a high plank position, jump or step feet out to sides of body. Then jump or step back to starting position.

Plank on Forearms – Resting on forearms and toes or knees. Hold yourself in this position, squeezing glutes to help activate your core.

Plié Squat Hold with Shoulder Press – Step your feet wider than hip width with your toes turned out and your heels inward. Hold dumbbells up by your shoulders. Perform a squat and as you stand, push dumbbells up overhead. Repeat pattern.

Plié Squat with Bicep Curls – Step your feet out wider than hip width with your toes turned out and your heels inward. Perform a squat with your arms in front of your body. As you stand, curl the dumbbells into a bicep curl.

Prisoner Squats – Perform a regular squat, hips going backward, place hands behind your head the entire time you do the allotted reps.

Pulsing Lunges with Overhead Tricep Extensions – In a lunge position, one leg in front of the other, hold a dumbbell behind head. Slowly lower your body toward the ground. As you stand, keep feet where they are and raise dumbbell straight up overhead to perform triceps extension.

Push-Ups – Start in the up position, then lower down keeping your elbows facing behind your body. When your chest would touch a tennis ball, slowly push yourself back up to a high plank position.

Rear Delt. Raises – Hinge over at waist and bring arms out to shoulder height like a bird is flying, then release back down.

Exercise Glossary

Reverse Grip Bent-Over Rows – Bending over at the waist, flip your wrists so the inside of the wrists are facing outward. Slowly pull the weights to the sides of the chest and release back to the ground.

Reverse Lunges with Bicep Curls – Starting from a standing position, step backward as you perform a bicep curl. Return to starting position and repeat on other leg.

Reverse Lunge with Knee Drive – Standing upright, step backward into a reverse lunge. As you stand, drive your same knee into your chest. Keep repeating on the same side, then move to the other side.

Reverse Lunges with Shoulder Press – Stand upright with your dumbbells starting at your shoulders. Step back to perform a lunge as you stand press dumbbells up overhead. Wrists stay facing each other.

Side Lunge to Hammer Curls – Stepping to your right, go into a squat using your right glute to hold. Keep your left leg straight, but don't lock the knee. As you lunge to your right, perform a hammer curl – keeping the dumbbells vertical when you curl them. Then step back to a standing position.

Side Plank – On your side, place your forearm on the ground and straighten out your legs. Lift hips up to the sky. Hold this position while keeping hips off the ground. If you need to, you can lower your knees to the ground and hold a plank from your knees.

Side Plank Row to Press – On your side, place your forearm on the ground and straighten out your legs. Lift hips up to the sky. As you're holding this position, row the dumbbell upward toward the armpit and press overhead into a shoulder press.

Side Plank with Top Leg Knee Drives – On your side, place your forearm on the ground and place the same knee bent on the ground. Straighten your top leg out long, then drive your knee into your chest.

Skull Crusher – Lying on your back, hold onto one dumbbell overhead. Keep elbows pointed forward as you slowly lower dumbbell to the top of the forehead. Exhale and raise dumbbell overhead.

Squats – Pretend like you're going to sit on a chair, making sure your knees don't go past your toes. Slowly sit back to touch chair and stand back up – pushing through heels.

Squats As Fast As You Can – Pretend like you're going to sit on a chair, making sure your knees don't go past your toes. Sit back to touch chair and stand back up while pushing through your heels. Perform the squats as fast as you can with good form.

Squat Jumps – Start by squatting down. As you stand, jump up in the air and slowly land back on the ground lowering from your toes to heels.

Squats Slow and Controlled – Pretend like you're going to sit on a chair, making sure your knees don't go past your toes. Slowly sit back to touch chair and stand back up while pushing through heels.

Exercise Glossary

Stability Ball V-Ups – Lying on your back with arms outstretched overhead, hold onto a stability ball. Slowly raise your arms with the ball in your hands upward as you touch your ball to your feet to form a V. Then slowly lower back down to the floor.

Staggered Stance Push-Ups – Place one hand slightly in front of the other hand and perform push-ups. Do half of the reps with each hand in front.

Step-Ups with Shoulder Press – Find a bench, chair or step and place your right foot on the step and hold a dumbbell with your right hand. As you step up using your right leg, press the dumbbell into a shoulder press with your right arm.

Sumo Squat to Calf Raise – Take feet wider than hip width, toes out, heels in, and squat down. As you stand, raise up onto your toes to perform a calf raise.

Overhead Tricep Extension – Standing upright with a dumbbell behind your head, raise the dumbbell overhead. Keep your elbows pinned inward.

Up/Down Planks – Start in a high plank – either on your knees or toes. Slowly lower down onto your right forearm, then your left forearm. Push back up using your right arm, then your left arm. Keep repeating this pattern.

Walking Bridge – Lying on your back with knees bent, hips lifted and arms at your sides, slowly bring your right knee into your chest and lower that leg back down then bring your left knee into your chest and lower back down.

Walking Lunges with Shoulder Press – Take a step forward, keeping your front knee bent at 90 degrees. Make sure your knee doesn't go past your toes. Hold the dumbbells at your shoulders. As you step forward, press the dumbbells overhead in a shoulder press. As you're standing, step with your next leg into the lunge.

Walking Lunge with DB Twists – Take a step forward, keeping your front knee bent at 90 degrees. Make sure your knee doesn't go past your toes. Hold the dumbbells at your shoulders. DB TWIST INSTRUCTIONS NEEDED.

Walk Outs – From an upright position, bend over at the waist and walk hands out until you're in a high plank. Then, walk hands backward to feet and slowly stand up.

Wall Sit – Place your back flat against a wall and slide your back down until your legs are near 90 degrees, and hold this position for the allotted time.

Yogi Squat Hold – Sit down with your glutes hovering above the ground. If this is hard on your knees or ankles, you can place a blanket underneath your heels or rest on your toes, not letting your heels touch the ground. If it's hard on your knees, hold a squat position as low as you can.