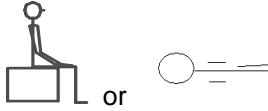

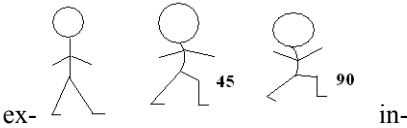
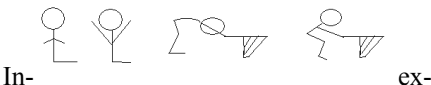

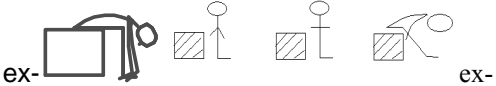
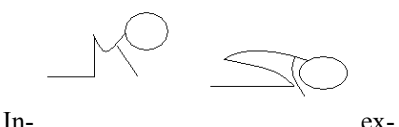
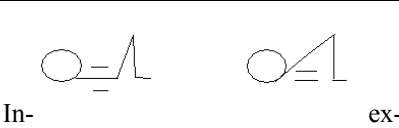
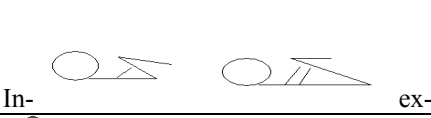


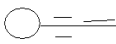



Yoga for Self-Care: Poses, Breathing, Meditation, Mindfulness and Relaxation Program

NOTE: Specific instructions are provided to coordinate the movement with exhalation or inhalation. However, if inhalation during a movement(s) challenges your breathing, you may perform the movement while exhaling. If you feel tired or out of breath, stop and take a pause and do fewer repetitions.

1	(seated, supine, supported) (1A) PLB (1 B) Quick Relaxation (Q.R.) & Relaxed Breathing (R.B).	PLB 3 x 6-10 breaths	
2.	(seated) spinal warm up	3-6 each	
3	(standing) Warrior Pose (Or by holding the chair: not shown)	3 x on each leg	
4	(standing) Forward Bend to chair (or 4 A Tree Pose not shown)	3-6 x	
5	(standing) Triangle to Chair (or standing by wall: not shown)	3 x each side	
6	(standing /chair) forward bend (with PLB if needed)	3-6 x	
7	(kneeling) Cat-Child	3-6 x	
8	(Supine) Bridge Pose	3-6 x	
9	(supine) Knee to Chest	3-6 x	
10	(supine, seated or supported) Heart & Lung "Tune Up" Part I and Part II	5-6 minutes	
11	Pranayama (Counted breathing, Humming breath or Vowel singing)	6 x	
12	Savasana (Relaxation Pose)	3-4 minutes	

13	Breath-Mediated Mindful Walking (time permitting)	3-5 minutes	
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Levels of Yoga Program

Yoga program is divided into 4 levels of ascending order of difficulty and challenge. Level 1 is the least challenging and Level 4 is the most challenging. Since I do not know what is your level of health and fitness, you be the judge to evaluate which level you should do and how many repetitions of each item are appropriate for you. You may consult a professional to decide its suitability for yourself.

Level 1 Items 1-2 and 10-13 and the Bonus Item

1 A Pursed-Lip Breathing (PLB) 3 breaths
Item 1 B Quick Relaxation and Relaxed Breathing ((Q.R. & R.B.) 6-10 breaths
Item 2 (seated on chair or floor) Spinal Warm-ups
Item 3. Warrior Pose (Virbhadrasana) 3 X on each leg
Item 4 (Standing) Forward Bend to Chair (3-6 X)
Item 5 (Standing) Triangle to Chair or standing by wall (3 X on each side)
Item 6 (Standing/chair) Forward Bend (with PLB if needed) 3-6 X

1 A Pursed-Lip Breathing (PLB) 3 breaths
Item 1 B Quick Relaxation and Relaxed Breathing ((Q.R. & R.B.) 6-10 breaths
Item 2 (seated on chair or floor) Spinal Warm-ups

Item 10 A Heart and Lungs "Tune-Up" Part I (1-2 minutes)
Item 10 B Heart and Lungs "Tune-Up" Part II (5-6 minutes)
Item 11 Pranayama: Counted Breathing; Humming Breath; Vowel Singing
Item 12 Relaxation Pose (Shavasana) 3-4 minutes
Item 13 Breath-Mediated Mindful Walking 3-5 minutes (or more)
Bonus Item Breath-Mediated Body Scan (4-5 minutes)

Level 2: items 1-4 and 10-13 and the Bonus Item

1 A Pursed-Lip Breathing (PLB) 3 breaths
Item 1 B Quick Relaxation and Relaxed Breathing ((Q.R. & R.B.) 6-10 breaths
Item 2 (seated on chair or floor) Spinal Warm-ups
Item 3. Warrior Pose (Virbhadrasana) 3 X on each leg
Item 4 (Standing) Forward Bend to Chair (3-6 X)

Item 10 A Heart and Lungs "Tune-Up" Part I (1-2 minutes)
Item 10 B Heart and Lungs "Tune-Up" Part II (5-6 minutes)
Item 11 Pranayama: Counted Breathing; Humming Breath; Vowel Singing
Item 12 Relaxation Pose (Shavasana) 3-4 minutes
Item 13 Breath-Mediated Mindful Walking 3-5 minutes (or more)
Bonus Item: Breath-Mediated Body Scan (4-5 minutes)

Level 3: Items 1-6 and the Bonus Item

1 A Pursed-Lip Breathing (PLB) 3 breaths
Item 1 B Quick Relaxation and Relaxed Breathing ((Q.R. & R.B.) 6-10 breaths
Item 2 (seated on chair or floor) Spinal Warm-ups
Item 3. Warrior Pose (Virbhadrasana) 3 X on each leg
Item 4 (Standing) Forward Bend to Chair (3-6 X)
Item 5 (Standing) Triangle to Chair or standing by wall (3 X on each side)
Item 6 (Standing/chair) Forward Bend (with PLB if needed) 3-6 X

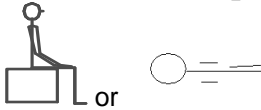
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Item 10 B Heart and Lungs "Tune-Up" Part II (5-6 minutes)
Item 11 Pranayama: Counted Breathing; Humming Breath; Vowel Singing
Item 12 Relaxation Pose (Shavasana) 3-4 minutes
Item 13 Breath-Mediated Mindful Walking 3-5 minutes (or more)
Bonus Item Breath-Mediated Body Scan (4-5 minutes)

Level 4: Items 1-6 and the Bonus Item

Item 7 (Kneeling) Cat-Child (3-6 X)
Item 8 (Supine) Bridge Pose (3-6 X)
Item 9 (supine) knee to Chest (3-6 X)
Item 10 A Heart and Lungs "Tune-Up" Part I (1-2 minutes)
Item 10 B Heart and Lungs "Tune-Up" Part II (5-6 minutes)

Item 11 Pranayama: Counted Breathing; Humming Breath; Vowel Singing
Item 12 Relaxation Pose (Shavasana) 3-4 minutes
Item 13 Breath-Mediated Mindful Walking 3-5 minutes (or more)
Bonus Item Breath-Mediated Body Scan (4-5 minutes)

1 A Pursed-Lip Breathing (PLB) 3 breaths



- “Imagine smelling a rose (Inhaling slowly) blowing at the candle like you are bending or flickering the flame but not so forcefully as to put out the candle. Imagine blowing softly, gently and slowly.” If possible, exhale while gently contracting your belly towards the back
- “Relax your shoulders and neck.”
- “Pucker your lips as if you were going to whistle or kiss a baby.”
- “Softly, VERY GENTLY, and s-l-o-o-w-w-ly breathe out through the pursed lips. If possible, breathe out through both sides of the lips.”
- “Breathe in slowly through your nose.”
- Do not force air out of your lungs.
- Blow out the breath softly.” “Make your exhalation longer than inhalation. However, increase the length of exhalation gradually. Exhaling longer than your capacity could make the next breath jerky. If your breathing gets agitated, take a break.

PLB with Abdominal Breathing

Now you know how to do PLB and you also know how to do abdominal breathing. PLB combined with very gentle contraction of abdominal muscles can be even more effective. Follow these instructions:

“Slightly, very gently, pull in the navel towards the back, purse your lips and start exhaling slowly with a gentle and consistent pressure. Do not exert or forcibly contract the abdominal muscles as that can tire you out quickly. Just a mild “suggestion” to the abdominal muscles for gently pulling in the navel towards the back is good.

PLB with inhalation-exhalation ratio (desirable for some people)

Count in your head as you inhale and exhale so you can keep track of the length of breath. Always breathe slowly and softly.

When possible, breathe in through the nose and breathe out through the pursed lips. The ratio of inhaling to a count of 4 and exhaling to a count of 6 is good for most of the time. However, if lungs are hyper inflated, you may gradually make your exhalation twice longer than inhalation. For example, if possible, inhale to a count of 5 and exhale to a count of 10.

Don’t try to inhale longer than exhale!

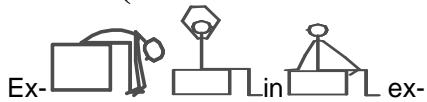
Item 1 B Quick Relaxation and Relaxed Breathing ((Q.R. & R.B.) 6-10 breaths

Introduction: You may try it for quick relaxation and to restore relaxed abdominal breathing. If you are tense breathing becomes worse. It is important to quickly relax especially the face, neck and shoulders and restore do relaxed abdominal breathing. This can also help with shortness of breath and any other breathing discomfort you may have.

Q.R. & R.B: “Face relaxed! Neck and shoulders relaxed! Body relaxed! Hand on abdomen! Abdominal breathing!

Take 6-10 breaths in this manner!

Item 2 (seated on chair or floor) Spinal Warm-ups



The intention of spinal warm-ups is to move the spine in all five directions, that is, spinal

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elongation (also called axial extension), forward bend, backward bend, lateral bend (side-bend) and twist. To maximize the benefits, these spinal movements are coordinated with breathing. Here is an illustration of spinal movements:

NOTE: For all exercises, specific instructions are provided to coordinate the movement with exhalation or inhalation. However, if inhalation during a movement(s) challenges your breathing, you may perform the movement while exhaling. If you feel tired or out of breath, stop and take a pause and do fewer repetitions

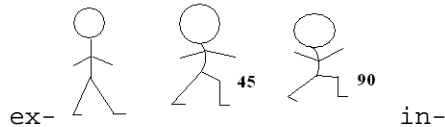
1	PLB/abdominal breathing instructions (seated) Side bend (seated)	3 x right 3 x left	6-12 breaths			
2	Spinal elongation (or spinal extension) with arm raises (seated)	3 x each				
3	Spinal twist (seated) put one hand behind the back holding the chair and the other hand in front of your thigh and while exhaling twist gently	6 x				
4	Back Bend (with Chest expansion) (seated) arms and hands shoulder level, hands in prayer fashion, bend slightly forward; on inhale move hands apart, elbows back and bend backward gently	6 x				
5	Forward bend (seated) While seated, keep the knees folded with thighs parallel to the floor or extend the legs for a more gentle forward bend	3-6 x				

Note: End the spinal warm up with spinal extension, then forward bend and finally spinal extension.



NOTE: Specific instructions are provided to coordinate the movement with exhalation or inhalation. However, if inhalation during a movement(s) challenges your breathing, you may perform the movement while exhaling. If you feel tired or out of breath, stop and take a pause and do fewer repetitions.

Item 3. Warrior Pose (Virbhadrasana) 3 X on each leg



Stand with feet parallel, as wide as hips and arms at sides. Place right foot forward.

On inhale: Bend right knee, bring chest slightly forward and hips slightly backward and raise arms to the shoulder level or just below the shoulder level.

On exhale: Return to the starting position.

Repeat 3 times on each side as permitted by your health and fitness level

Item 4 (Standing) Forward Bend to Chair (3-6 X)



Stand with feet parallel, feet as wide as hips. Arms by the side or slightly apart

On inhale: Raise arms and elongate the spine.

On exhale: Bend forward and place the hands on the chair or the table in front of you. (Optional bend the knees)

While inhaling, return to the starting position.

Repeat 3 to 6 times as permitted by your health and fitness level

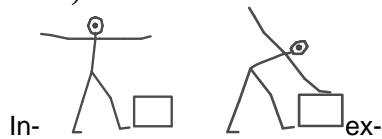
(4 A. Tree Pose not shown in the drawing)

Tree pose requires standing on one leg to increase the sense of balance. Therefore, stand near a chair and hold the chair if necessary. You may also stand near a wall with hand on the wall for support. Place feet parallel and as wide as hips. Bring your mind to the feet, feeling the toes, spreading them, widening them and firmly planting them.

On Inhale: Firm up your legs and feet and lengthen your height

On exhale: Raise the other foot off the ground while maintaining your balance Stay for a breath or two or more as permitted by your health and fitness level.

Item 5 (Standing) Triangle to Chair or standing by wall (3 X on each side)



For left side bending: Place the chair couple feet away by your left side or stand by the wall for support if you so prefer. Stand with feet spread wider than shoulders, right foot turned out at a 90 degree angle to left foot.

On inhale: Raise both arms at shoulder level (as shown in the picture) or keep the right arm by the side and raise the left arm while lengthening the spine.

On exhale: Bend sideways and place the left hand on the chair. Stay in the position for one breath if it's comfortable. Return to the starting position.

Repeat 2 times more as permitted by your health and fitness level.

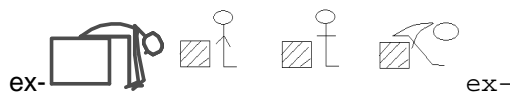
For right side bending: Place the chair couple feet away by your right side or stand by the wall for support if you so prefer. Stand with feet spread wider than shoulders, left foot turned out at a 90 degree angle to left foot.

On inhale: Raise both arms at shoulder level (as shown in the picture) or keep the left arm by the side and raise the right arm while lengthening the spine.

On exhale: Bend sideways and place the right hand on the chair. Stay in the position for one breath if it's comfortable. Return to the starting position.

Repeat 2 times more as permitted by your health and fitness level.

Item 6 (Standing/chair) Forward Bend (with PLB if needed) 3-6 X



Chair-Seated Forward Bend: While seated, keep the knees folded with thighs parallel to the floor or extend the legs for a gentle forward bend

On inhale: Raise the arms and elongate the spine.

On exhale: Lower the arms and slide them over your legs while bending forward

Repeat 3-6 times as permitted by your health and fitness level

Do PLB as and when needed

Standing Forward Bend: Stand with feet parallel and as wide as hips.

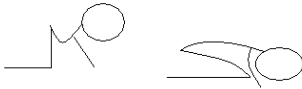
On inhale: Raise the arms and elongate the spine.

On exhale: While bending your knees generously, lower the arms and slide them over your legs while bending forward

Repeat 3-6 times as permitted by your health and fitness level

Do PLB as and when needed

Item 7 (Kneeling) Cat-Child 3-6 X



In-

ex-

Get down on hands and knees , shoulders above wrists, and hips above the knees

On Inhale: Lift chest up and away from the belly and keep the chin slightly down. Feel the chest expanding. Keep the neck long and soft if possible. Avoid compressing the low back.

On exhale: Gently contract belly like you are pulling in the navel towards the back and bring chest towards the thighs and hips towards the heels. . Avoid increasing curvature of the upper back. If possible, bring chest lower toward the thighs and then hips toward heels.

Repeat 3-6 times as permitted by your health and fitness level

Item 8 (Supine) Bridge Pose 3-6 X



In-

ex-

Lie on back with arms alongside the body, knees bent, feet slightly apart and comfortably close to buttocks.

On inhale: Pressing down on feet and keeping chin down, raise pelvis and spine from bottom up until neck is gently flattened on the floor. If you like and have the breath to do it, you may bring hands together, interlock your fingers and squeeze the shoulder blades.

On exhale: Return to the starting position.

Repeat 3-6 times or more as permitted by your health and fitness level

Item 9 (Supine) Knee to Chest 3-6 X



Lie on back with both knees bent toward chest and feet off floor. Place hands on the knees.

On exhale: Pull thighs gently but progressively toward chest. Pull gently with arms, keeping shoulders relaxed and on the floor. Press low back down into the floor and drop chin slightly toward throat.

On inhale: return to the starting position.

Repeat 3-6 times or more as permitted by your health and fitness level. Progressively lengthen exhale with each successive repetition.

Item 10 A Heart and Lungs "Tune-Up" Part I (1-2 minutes)

Introduction: Heart and Lung Tune up is a “tonic” for the lungs and the heart, and a tool for relaxation, stress management, better sleep and relief from fatigue. Heart and Lung Tune Up Part I can be done with or without the Part II

Starting Position: lying down or sitting on the chair or the floor.

If you lie down, keep a pillow under your head. If you sit in a chair, sit a little forward on the seat, keeping head, neck and trunk in a straight line. If you sit on the floor, keep a folded blanket under your sitting bones and keep head, neck and trunk straight.

Technique

1. Leave the whole body loose and relaxed.
2. As you INHALE, imagine as if the breath is entering through the crown of the head and going down into the heart center. While inhaling, say to yourself silently, “Calm”
3. As you EXHALE, relax the body even more loose and relaxed while imagining the breath is exiting from the heart center all the way down and out through the toes and the soles of the feet. While exhaling, say to yourself, silently, ‘Relaxed.’ With each exhalation, let the body become even more loose and relaxed.

Take 6-10 breaths in this manner. If you wish, you may continue doing it longer.

Note: If you wish, you may go on to do “Heart and Lungs Tune up Part II

Item 10 B Heart and Lungs "Tune-Up" Part II (5-6 minutes)

Introduction In the Heart and Lungs Part II, we select a positive emotion such as joy, love, compassion, gratitude, etc. and experience it as fully and vividly as we can.

Why do it? Heart and Lungs Part II is a mood improver. It will take you out of negative mood into a positive mood and feeling and work as a tonic to you're your spirits. It is not only a “tonic” for your feeling heart but also a tool for breath relaxation and stress management. Experience it!

When to do the Heart and Lungs Part II? After you have done Heart and Lungs “Tune-Up” for a few breaths in which you have inhaled as if through the crown of the head into the heart center and exhaled out from the heart center through the toes. With each exhalation, you have let the body become even more loose and relaxed.

Technique—Feeling the emotion of joy

“Your breathing is becoming smooth, slow and quiet. For the purpose of this exercise, feel that you are totally content and at peace. There is nothing more you want in the moment. You feel a sense of gratitude for what you have.

Start inhaling and exhaling from the heart center. Feel your heart is breathing in and out in a relaxed manner. Your heart gently “opens” up with the in-breath and relaxes with the out-breath. Let that smile from the heart flow to the eyes. Smile with your eyes and face. Notice when you smile with

your eyes, how they brighten up! Perhaps, you may recall a specific time and place when you felt immensely joyful. Were you by yourself or with someone when you felt happy and joyful? Were those moments of happy conversations, smiling faces, laughter or tears of joy? Experience it all over again with the same intensity now!

Let the feeling of joy from the heart and the eyes flow over into the rest of the body. Feel the feeling of joy in the whole body!” **(here, pause for 1 minute)**

To end the practice: “Become aware of your surroundings. In your mind’s eyes, see the room where you are lying down. Close and open your fists. Squeeze and spread your toes. Gently open your eyes. Turn on your preferred side and prepare to get up slowly.”

You may choose other positive emotions. Here are two more examples:

Feeling love: “You may choose to experience love for your partner, sibling, friend, child, or the love for everyone, the love for humanity or God. Having established relaxed heart-breathing, feel the emotion of love in your heart! Perhaps your heart softens and opens up when you vividly experience the changes in the body and the heart when you experience love. Recall a specific time, place and person when you felt the love in your heart. Re-experience that love in this moment. What were all the feelings you were feeling towards the person you intensely loved? Was there happiness, joy, sensation of thrill, an emotional high or some feelings along those lines? Let the love feeling from the heart flow over to the face and the whole body.

Feeling compassion: Imagine a person who is less fortunate than you are, or has less than you do. Perhaps, this person is very sick and needs your help. Having established the relaxed heart breathing, bring that person in your heart. See yourself helping that person with such things as cooking, giving medicine, pushing the wheelchair, bringing flowers or doing another act of compassion and help. Feel the kindness and compassion and the joy of helping that person.

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Item 11 Pranayama: Counted Breathing; Humming Breath; Vowel Singing

Note: These three ancient pranayama (yoga breathing techniques) are for expiration prolongation, that is, they can increase the length of your exhalation which can also help to slow the breathing and increase the efficiency of both inhalation and exhalation.

You do not have to do all three at one time. You may do just one or two of them. You do not have to do each one for 6-10 times. You may want to do just 3 or more of one, two or all three of the breathing techniques.

(Sitting) Counted Breathing (6-10 breaths): Each time as you exhale, count the silently in your head the serial number of exhalation.

Example: While exhaling softly and slowly, say silently “One.” Inhale slowly and smoothly. While exhaling softly and slowly next time, say silently “Two.” Inhale slowly and smoothly. While taking next exhalation softly and slowly, say silently “Three.” In this manner, go on silently counting the number of exhalation. Inhale slowly and smoothly.

(Sitting) Humming Breath (6-10 breaths): In a seated position, press the tip of your tongue against the hard palate and make a soft humming sound such as “hummm.....” As you begin to approach the end of your exhalation, exhale without the humming sound. Each time, inhale slowly and smoothly.

Optional--Instead of producing humming sound of the beetle, if you prefer, you may sing a short line of your favorite song. Again, as you approach the end of your breath, exhale without the humming sound.

(Sitting) Vowel Singing (6 breaths): In a seated position, sing the vowels (Ah, EE and OO) slowly and gently. As you begin to approach the end of your breath, exhale softly without the vowel sound.

“Ā Ā Ā Ā” 2 x

“EEEE.....” 2 x

“0000.....” 2 x

Optional: Instead of vowel singing, you may want to do “Om chanting.” While saying, softly chant “ommm..” Inhale softly and slowly.

Item 12 Relaxation Pose (Shavasana) 3-4 minutes

Intention—Whether sitting or lying down, find the most comfortable position in which you can be still and comfortable for 3-4 minutes. Lie down and be still. Observe your breathing. Let the breathing become slow and smooth without trying to change it.

Item 13 Breath-Mediated Mindful Walking 3-5 minutes (or more)

Do mindful walking at least once a day or more for additional benefits

In nutshell: “Keep the breath in the abdomen and the mind on walking”

Potential Benefit: With mindful walking, you may feel calmer and centered and be able to pace your walking with your breathing. Such pacing between walking and breathing may increase the efficiency of your breathing and improve your stamina for walking.

Mindful walking involves body awareness and breath awareness as you walk. If you experience shortness of breath you may slow your walking in order to control shortness of breath.

Before you start walking, check your breath to make sure you are doing abdominal breathing. Do Pursed Lip Breathing, if desired.

Drop any unnecessary tension other than the muscle tension required in order to walk. If you notice excessive tension in any part of the body, relax.

Remember to “blow as you go.” Exhale while slightly pulling in your abdomen towards the back as you walk. The moment you begin to notice breath shifting from abdomen to upper chest, slow the pace of walking. Regulate your breath. Do PLB if desired or rest for a while.

Don't compete with yourself or anyone else. It does not matter how FAR you walk but how LONG you walk and how WELL you breathe during your walk in spite of the breathing challenge you face.

Bonus Item Breath-Mediated Body Scan (4-5 minutes)

Introduction: You may use it for relaxation, stress management, insomnia and fatigue. When to do it? Waking up; going to bed; at night when sleep is interrupted and other times when deeper relaxation and/or slow, smooth breathing is desired.

Instructions: Simply exhale and relax the part of the body I say. As you exhale, make that part of the body real loose and relaxed!”

“Exhale and relax the forehead and the eyes
The nose and the mouth
Entire face
The neck and the throat
Exhale and relax both shoulders and shoulder blades
Entire right arm including the finger tips
Entire left arm including the finger tips
Exhale and relax the chest
Abdomen and the pelvis
Right leg from hips to toes
Left leg from hips to toes
Exhale and relax the entire right side of the body
Entire left side of body
Exhale and relax the lower body
The upper body
The front of the body
The back of the body
Exhale and relax the inside of the body
The outside of the body
Exhale and relax the entire body!
Become aware of the whole body. Whole body awareness from toes to head and head to toes!
As you breathe in and out, be aware of the whole body, toes to top and top to toes!
Hands to the head and head to the hands!”

To end the Body Scan Practice: Become aware of your surroundings. In your mind’s eyes, see the room where you are lying down. Close and open your fists. Squeeze and spread your toes. Gently open your eyes. Turn on your preferred side and prepare to get up slowly.”

Alternate instruction for Breath-Mediated Body Scan: “Inhale and become aware of the part of the body I say. Then exhale and relax that part of the body. For example, when you hear, “The forehead and the eyes,” inhale and scan the forehead and the eyes. Then exhale and relax the forehead and the eyes. Continue with the rest of the body parts in that manner.

