

Yoga Practice Diary: Week 1

Please download this to your device and edit once downloaded, do not write on this Google Doc

Pose Practiced	Standing	Bending	Twisting	Balance	Breathing	Comments
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						

Standing	Bending	Twisting	Balance	Breathing (Found Below)
Mountain Pose (Tadasana)	Forward Fold	Standing Twist	Crescent Lunge	Alternate Nostril Breathing
Overhead Reach	Wide Legged Forward Fold	Triangle	Tree Pose	Breath of Fire
The Warrior II	Relaxed Standing Backbend	Peaceful Warrior	Warrior III	Ujjayi Breath
Neck Rolls	Forward Fold with Clasp	Thread the Needle	Yogi Squat	Cooling Breath

Breathing Exercises

Alternate Nostril Breathing	This exercise is a great one to use if you feel a lack of focus or anxiety. Begin by covering your right nostril with your index finger and breathing through your left nostril for 4, we then hold for 4, swap to cover our left nostril and exhale through our right nostril. We then repeat this exercise inhaling through our right nostril for four counts. Hold again for 4, then switch and exhale through the left nostril whilst covering the right and repeat. Try to feel your belly slowly expand as you inhale and your lower back and shoulders release as you exhale.
Breath of Fire	This exercise is very quick and easy and can be added to your practice whenever your abdomen is feeling stiff or tense. It is also a brilliant way to activate your air and bring more energy to your practice. The aim is to create an active exhale as opposed to an active inhale (much like when playing a brass instrument), and to let the air fill you rather than forcing the air in by sucking. It begins with a quick sharp exhale through the nose as if you were blowing into a tissue. Following this we let our body react with a relaxed rebound inhale through the nose and we repeat this in quick succession. The key here is not to force the inhale but to let your body make room for the air. The speed of the inhale should not allow your body to add any tension to the inhale. We can place our hand on our belly to feel this movement and further bring our attention to the breath. Lets now exhale through the mouth with a panting sound and slowly direct the air as if we were playing a short staccato.
Ujjayi Breath	This exercise would be a great one to implement at the beginning of your yoga practice as it is a reminder of the energy we bring to our instruments and the constant warm air that is required to play. The Ujjayi breath is a commonly used technique in yoga that brings warmth to the body. Begin by breathing through your nose. You will notice that the air passing through your nostrils is cold. Then, without pausing or hesitation exhale whilst producing a breathy 'Haa' sound. If you place your hand in front of your mouth you feel that the air is now warm. Once you have reached the end of your exhale, let your inhale rebound naturally through your nose and repeat the process.
Cooling Breath	The cooling breath targets the nervous system and would be a great exercise to place at the end of a heavy practice session. The aim here is to cool the body down and calm the mind. Begin seated with your spine tall, chest open and shoulders resting gently. Now stick your tongue out and roll it into a 'U' or taco shape. From here you are going to inhale through the tongue for four counts and hold for four. This should bring cool air to the back of the throat. Finally exhale through the nose and repeat the process.