

Starter Kit for Yoga & Movement^{2.} for Equestrians

The Power of Yoga

United With

The Beauty of Riding

Durga Pranayama Breath Awareness

Imagery: filling a glass of water

1st Inhale into the stomach, expanding

2nd Inhale into the lungs, expanding

3rd exhale from the lungs, deflating

4th exhale from the stomach, stomach moves toward spine

Fill your body with air from the bottom to the top ~
empty top to bottom

Chair Pose

focus- balance, strength in
gluteals, back and quadriceps



Place equal Balance
on toes & heels of
feet, do not bend
knees past toes, bend
in the hips & reach
long with the spine

Forward Bend with Yoga Mudra

focus-hamstrings, shoulders weight
release, calming-avoid if you have high
blood pressure



Bending from hips first,
Fingers interlaced,
Relaxing while holding position
Bend knees to comfort level

Turning with the Ball

focus-breath, center of gravity,
body awareness



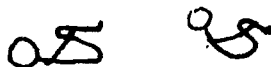
Upper
body
rotation,
Uniting
breath &
rhythm

Boat Pose with Roll

Focus-core muscles, spinal
flexibility, vitality, body-
awareness



Hold Pose while breathing slow & deep
Exhaling rolling back
Inhaling rolling up



Yoga and Movement for Equestrians

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