

Julie Lusk's Atma Yoga Practice Sheet ©

Basic Alignment and Selected Warm Ups to Open Joints and Warm Muscles

Updated June 2006

Yoga is meant to be practiced with comfort, steadiness and ease. Do not force, stress, or otherwise strain during yoga, instead, stretch to your edge, breathe, and let gravity and nature do the rest. The quickest way to make progress in yoga is to go *slow*. If any pain is felt, it should be temporary. Persistent pain is a sign of incorrect alignment or a physical problem. Yoga has been proven to help numerous health conditions, however, it is not intended to replace medical care. As with all exercise, please consult with your health care provider about your own needs and concerns. Atma Yoga and its affiliates and teachers disclaim liability or loss in connection with the exercises or advice herein.

Body Awareness and Core Alignment Cues	Ankles and Feet	Legs and Knees	Hips / Pelvis	Back	Chest, Arms and Shoulders	Face / Neck	Other
	<ul style="list-style-type: none"> • Feet hip width • Weight evenly distributed on both feet. 	<ul style="list-style-type: none"> • Neutral knees • Knee faces foot and over ankle • Active adductors 	<ul style="list-style-type: none"> • Pelvis level • Buttocks toned but relaxed • Naval in and up on exhale 	<ul style="list-style-type: none"> • Maintain natural curves • Rotate/bend from hip hinge • Naval in and up 	<ul style="list-style-type: none"> • Shoulders back and down • Mobilize and set scapula • Sternum and heart lifted 	<ul style="list-style-type: none"> • Maintain natural neck curve • Long neck with chin level • Lift crown of head upward 	<ul style="list-style-type: none"> • Breathe fully and have lots of FUN
Physical actions to open joints and warm muscles	<ul style="list-style-type: none"> • Roll toes under • Stretch toes up to lift arch • Stretch toes out • Rotate ankles • Point and flex • Heel drops 	<ul style="list-style-type: none"> • Deep then soft bend for knees • Lunges • Lie on belly, bend knees and sway lower legs side to side, etc. 	<ul style="list-style-type: none"> • Supine child • Sacral sways • Snow angels • Leg cradles • Lunges and variations • Abdominal strengtheners on back & with knees bent 	<ul style="list-style-type: none"> • Be on sitz bone. Front/back, side to side, circles • Cat / dog variations • Move spine forward, back, side & rotate: stand, sit, supine • Supine knee hugs and drops 	<ul style="list-style-type: none"> • Circle forward then back w/arms at side • Stretch, shake, squeeze elbows, arms, wrists, fingers • Supine shoulder sways • Eagle arms • Prana pull 	<ul style="list-style-type: none"> • Head side to side • Lower chin • Forward Circle • Infinity • Eye movements • Lion • Jaw openers 	<ul style="list-style-type: none"> • Thymus Thump • Breath of Joy • Create your own • Sounding sigh • Smile <p style="text-align: center;">Right side first!</p>

Remember to use *Dirgha* and *Ujjayi* pranayama and *Core Lift* throughout your practice.

Julie Lusk, M.Ed. RYT, is CEO of [Wholesome Resources](#), author of [Yoga Meditations](#), [Desktop Yoga](#), [30 Scripts for Relaxation](#), and the [Mind-Body eBook Collection](#). Her CD's include [Real Relaxation](#), [Wholesome Energizers](#), [Power of Presence](#) and [others](#). She blogs at [MindBodyHelp](#) and is available as a [speaker, trainer and friend](#). Call 513-576-6662 or [email](#).

Julie Lusk's AtmaYoga Lesson Plan & Homework *Surprises and variations are highly likely* Earth Series ©

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Centering Intention/Prayer						
Warm-ups	Joint and other warm-ups See previous	Joint and other warm-ups	Joint and other warm-ups	Joint and other warm-ups	Warm-ups Lateral Table Thread the Needle	Joint and other warm-ups
Breathing (Pranayama)	Dirgha (Complete) Fountain breath-sitting	Ujjayi (Ocean) Sitting Fountain	Dirgha / Ujjayi	Dirgha / Ujjayi Alternate Nostril	Dirgha / Ujjayi Alternate Nostril	Dirgha / Ujjayi Alternate Nostril
Sitting	Leg cradles Spinal Waves Bound Angle	Leg cradles Spinal Waves Bound Angle Staff *	Hip openers/cradle Bound Angle/Staff Half Head to Knee	Hip openers/cradle Bound Angle/Staff Half Head to Knee	Hip openers Spinal waves Bun Walk Spinal Twist	Hip openers/cradle Spinal wave Bun Walk Spinal Twist
Kneeling	Child Table * Cat Stretches	Child/Table/Child Cat stretches Lunges	Child/Table Cat variations Downward Dog	Child/Table Cat variations Downward Dog	Lunges Cross Crawl Pigeon	Lunges Cross Crawl Pigeon
Surya Namaskar (Sun Salute)	Standing Forward Fold	Standing Forward Fold	Table, lunge, Plank	Sun Salute C series	Sun Salute C series	Sun Salute C series
Standing and Balancing	Mountain * Chair / Squat	Mountain Chair / Squat Mtn. Goddess	Mountain / Chair Tree (ankle) Mountain Goddess	Mountain Tree (calf / thigh) Warrior II	Mountain/Goddess Warrior II Lateral Angle	Mountain/Goddess Balance Review Warrior II Lateral Angle
Belly Down	Leg swirls Pubic bone press $\frac{1}{2}$ boat $\frac{1}{2}$ locust Boat*	Leg swirls Pubic bone press $\frac{1}{2}$ boat $\frac{1}{2}$ locust Boat *	Leg swirls Pubic Bone press Boat Scapula Rolls Sphinx	Leg swirls Lift w/passive elongation Scapula Rolls Sphinx	Leg Swirls Pelvic Press Boat Locust	Leg Swirls Sphinx Locust Boat
Supine (on back)	Neck/spine stretch Knee hugs Knee drops $\frac{1}{2}$ Supine Child Full Supine Child	Knee hugs Supine Child Pelvic tilts Pelvic lifts Bridge *	Supine Child / Core Spinal rolls Bridge	Pelvic and spine warm-ups Supine Spinal Rolls Supine Tree	Pelvic and spine warm-ups Bridge Supine Tree	Pelvic and spine warm-ups Supine Review
Inverted			Supported Fish	Supported Fish	Fish	Inverted review
Relaxation and Pranayama						

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Centering Intention/Prayer						
Warm-ups	Joint and other warm-ups See previous	Joint and other warm-ups	Joint and other warm-ups	Joint and other warm-ups	Warm-ups Lateral Table Thread the Needle	Joint and other warm-ups
Breathing (Pranayama)	Dirgha (Complete) Fountain breath-sitting	Ujjayi (Ocean) Sitting Fountain	Dirgha / Ujjayi	Abdominal Lift Kapalabhati	Abdominal Lift Kapalabhati	Kapalabhati Abdominal Lift Agni Sari
Sitting	Leg cradles Spinal Waves Bound Angle	Leg cradles Spinal Waves Bound Angle Staff *	Hip openers/cradle Bound Angle/Staff Half Head to Knee	Hip openers/cradle Bound Angle/Staff Half Head to Knee	Spinal waves Half Head to Knee Full Head to Knee	Hip openers/cradle Half Head to Knee Full Head to Knee Upward Boat
Kneeling	Child Table * Cat Stretches	Child/Table/Child Cat stretches Lunges	Child/Table Cat variations Downward Dog	Child/Table Cat variations Downward Dog	Lunges Cross Crawl Pigeon	Lunges Cross Crawl Pigeon
Surya Namaskar (Sun Salute)	Standing Forward Fold	Standing Forward Fold Sun/Moon Breath	Table, lunge, plank Sun / Moon Breath	Sun Salute A Series	Sun Salute A Series	Sun Salute A Series
Standing and Balancing	Mountain * Chair / Squat	Mountain Half Moon Chair / Squat	Mountain Dancer (knee up) Warrior I	Mountain Dancer (foot back) Warrior I	Mountain Extended Dancer Warrior I Triangle	Mountain Warrior Review Triangle
Belly Down	Leg swirls Pubic bone press ½ boat ½ locust ½ locust Boat	Pubic bone press ½ boat ½ locust Boat * Leg swirls	Leg swirls Boat Scapula Rolls Cobra	Leg swirls Lift w/passive elongation Scapula Rolls Cobra	Leg Swirls Pelvic Press Boat Locust	Leg Swirls Cobra Locust Boat
Supine (on back)	Neck/spine stretch Knee hugs Knee drops ½ Supine Child Full Supine Child	Knee hugs Supine Child Pelvic tilts Pelvic lifts Bridge *	Supine Child / Core Spinal rolls Bridge	Pelvic and spine warm-ups Supine Spinal Rolls Supine Mountain	Pelvic and spine warm-ups Supine Spinal Rotations Bridge	Pelvic and spine warm-ups Supine Review
Inverted			½ Shoulderstand	½ Shoulderstand	Full Shoulderstand	Inverted review
Relaxation and Pranayama						