

# vinyasa

Yoga vinyasas provided by Byron Bay yoga teacher Jessie Chapman who runs Radiance Yoga Retreats. Phone (02) 6685 9015 or e-mail: [info@radianceretreats.com](mailto:info@radianceretreats.com)

A yoga sequence to stretch the hamstring, adductor and groin muscles, lengthen the sides of the torso and whole spine. Focus on your deep full breathing and allow the whole body to soften and release open naturally with the deep full breathing. Only do what feels right for you.

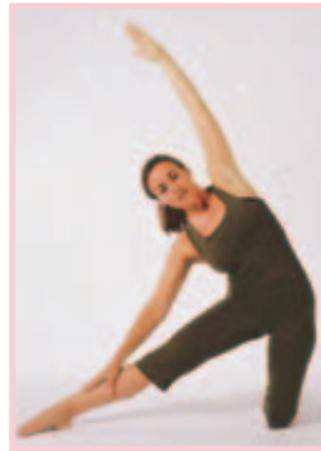
## One

Begin kneeling with the hands on your hips. Move your hips forward so your torso and thighs are in line with your knees.



## Two

Step the right leg out to the side for Parighasana (Gate pose), right foot turned in, heel inline with the left knee. Keep the left thigh in a vertical line and activate the right leg. Inhale, raise the left arm vertical, placing the right hand along the right leg and exhale, extend the left arm overhead to the right, palm facing down. Be here for five breaths, sliding the right hand further down the right leg as soften. Gaze forward.

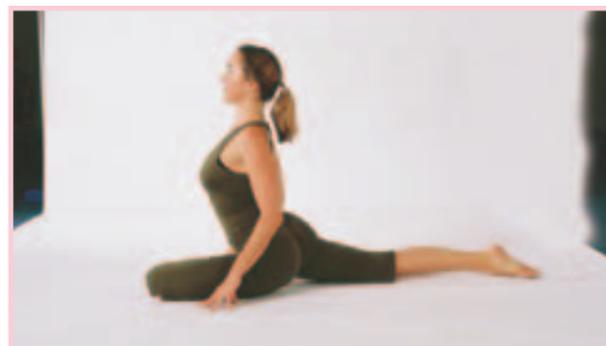


## Three



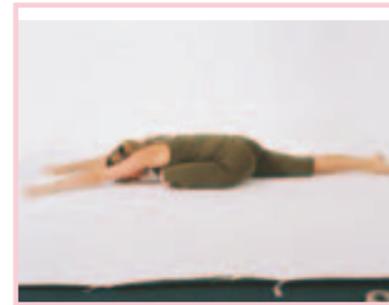
Inhale come up. Stretch the whole right side of your body now by placing your left hand on the floor underneath your left shoulder. Keep the outer edge of your right foot pressing down. Inhale and extend the right arm over you head, palm facing down. Tuck your chin in and look up stretch out here for five breaths then inhale to come up bringing both knees together again.

## Four



Next swing the right leg back behind you, come to resting on your left buttocks with the left heel close to your groin be on your fingertips and inhale roll the shoulders back, opening the chest. Use of folded blanket under the left buttock if it does not rest on the floor. Press the front of your right hip forward and down and be here for a few breaths.

## Five



Inhale and walk the fingers forward to lengthen the torso forward. Exhale to soften all the way down, releasing your head on the floor, or wherever it reaches. Stay with your deep full breathing and be here for five breaths.

## Six



Inhale to come up, walking the fingers in. Next swing the right leg to the front to coming into a variation of Gomukhasana (Cow Face pose). Cross the left thigh over the right so you're buttocks are on the floor between your heels, knees pressing together. If buttocks do not rest on the ground use a folded blanket. Sit up straight and soften here with a few deep full breaths.

## Seven



If you'd like to deepen the stretch walk the fingertips out in front and start to soften the torso forward and down over the knees with the deep full breathing.

## Eight



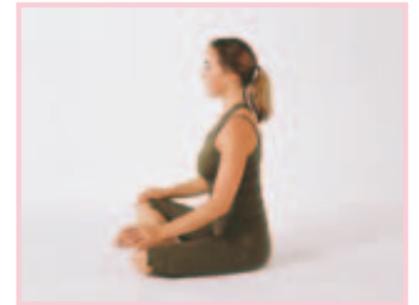
Inhale to come back up into sitting. From here bring the left arm in front of your face, bent at right angles. Swing the right arm under the left, pressing the palms together, or wherever you can reach. Lift the elbows and move the palms away from your face so you're stretching across your upper back and shoulders. Gaze beyond the fingertips for a few breaths.

## Nine



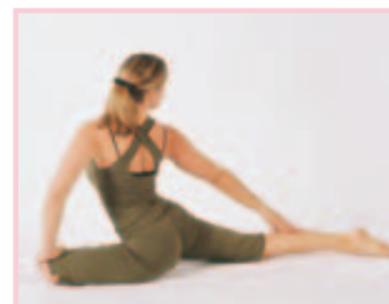
Release the arms and again bring the right leg back and behind you, fingertips on the floor, roll the shoulders back and open the chest. Bring the left buttock to the floor, or on a blanket, align the hips to the front and extend actively through the back leg. Stay here for a few breaths.

## Ten



Bring the right leg to the front again. Move the left foot away from the groin and place the right heel on top of the left knee. Press the right knee down towards the left foot. The legs form a triangle shape. Use a gentle pressure with the left hand on the left foot and the right hand on the right knee to softly release open the hips. Be here for 5 - 10 breaths.

## Eleven



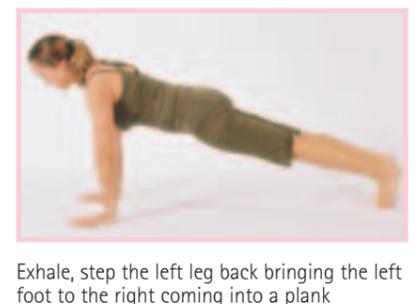
Release the right leg back behind you once more. This time we take a gentle twist with the left hand supported on the left knee. Inhale, reach back with the right arm, exhale turn to gaze over your right shoulder. Breathe into this twist, opening the chest.

## Twelve



Inhale turn to the front, bringing both palms to the floor. Tuck the back toes under and lift the knee off the floor.

## Thirteen



Exhale, step the left leg back bringing the left foot to the right coming into a plank position. Form a straight line with your whole body. Have your palms directly below your shoulders, keep your thighs lifted, legs firm. Draw your abdomen in slightly firming your lower back and abdominal muscles. Gaze to the floor for 5 - 10 breaths.

Inhale to come up onto the knees back to position one and begin the sequence again with Parighasana ( Gate pose) on the left side.