



Thanksgiving Yoga Workout



Welcome, yoga students! This is your worksheet for my newly created Thanksgiving Yoga Workout, designed to be your sanctuary during the week of Thanksgiving. **To access the audio – yes, that’s me, talking you through the yoga just the way I would in class, go to the following link on my website:**

http://www.theflexibilitycoach.com/membership_samples/TFC_ThanksgivingYogaWorkout2010.aspx

For the sake of simplicity and yet to still give you some flexibility with time duration, I have created a single workout that’s divided into two sections. If you do the entire workout, its total duration is about 40 minutes. If you’re time-pressed, I have designed the workout so that you can stop after Supine Diamond, which falls at about the 20-minute mark. So no matter what, you can give yourself some much-needed stretches and mindful relaxation during this kickoff to the holiday season. I hope you enjoy it!

-Evamarie

<p>Warm-up: Deep Breaths, Shoulder Shrugs, Neck Stretches</p>	<p>Side Stretches: Repetition and HOLD</p>	<p>Back Leg Lifts</p>	<p>Warrior 2 to Side Angle</p>			
<p>A Triangle with Twist (use chair seat if need be)</p>	<p>Cat: Stretch and Opposite Arm/Leg Reach</p>	<p>Basic Kneeling Crescent</p>	<p>Kneeling or Full Lunge Twist</p>			
<p>Bridge</p>	<p>Supine Hip/Glute Stretch</p>	<p>Supine 2-Knee to Chest with Ankle Circles</p>	<p>Supine Diamond</p>	<p>Elbow Cobra</p>		
<p>Simple Hands-free Cobra</p>	<p>Pose of the Child</p>	<p>Sun Bird</p>	<p>Pose of the Child or Upright Kneeling</p>	<p>Downward Facing Dog, with Calf Stretch</p>		
<p>Cat Pose: Hovers</p>	<p>Yoga Mudra</p>	<p>Half Moons</p>	<p>Modified Boat</p>	<p>Full Body Stretch</p>	<p>Supine Twist</p>	<p>Savasana: Final Relaxation</p>