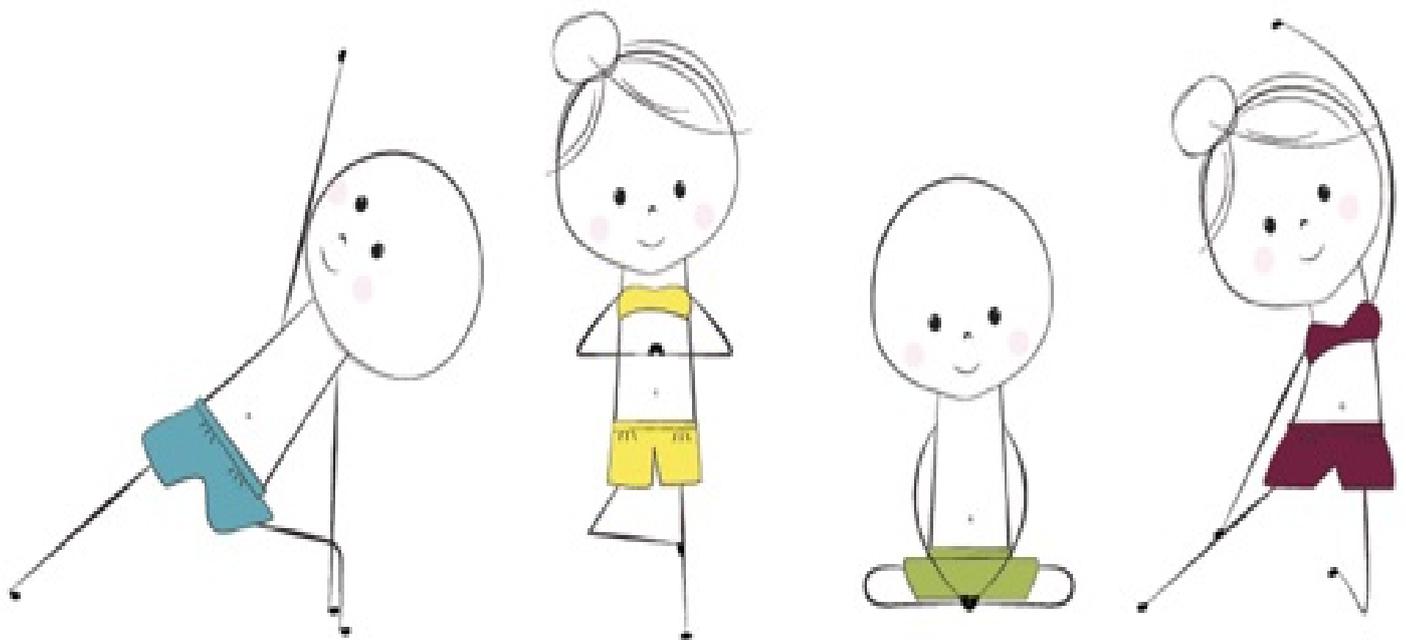


# THE JOY *of* YOGA

Fifty Sequences for Your Home and Studio Practice



Emma Silverman

Illustrated by Kerri Frail

THE JOY <sup>is</sup> OF YOGA

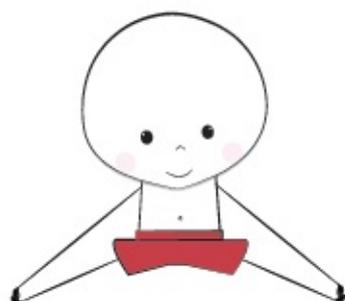
# THE JOY <sub>of</sub> YOGA

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Skyhorse Publishing

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Emma:

~~I dedicate this book to my father, my mother, Danny, Rachel, and Jake—to my family.~~

Kerri:

To my family, most importantly my sister, for their patience and encouragement throughout this project.

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This Is Your Brain on Yoga

Acknowledgments

# Introduction

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I taught myself yoga out of a book. I was seven years old, a child deprived of television, when I started poke around my parent's bookcase for entertainment. The book I came across was *THE COMPLETE ILLUSTRATED BOOK OF YOGA* by Swami Vishnudeananda. It had a pale orange cover with tattered edges and a photo of a serene Indian man meditating, his legs perfectly crossed. Immediately, I was drawn to the pictures inside of the same man rolling his eyes back into his head and sticking his tongue out of his mouth. What I kept coming back to, though, were the many pictures of the different poses or, in Sanskrit, *ASANAS* shown throughout the pages. The twelve pictures that comprised the Sun Salutations series changed my life.

That same book, stolen from my parents' shelf (sorry, Mom), is on my own bookshelf today. When I look back at it, I can't imagine how I spent so much time with the book. With the exception of the Sun Salutations images, the book was mostly text and showed incredibly advanced postures. I have some memories of opening to pages at random and trying to do the pose. It's lucky I was young; without any warm-ups, some of those poses I tried at random would probably throw my back out today.

*THE JOY OF YOGA: FIFTY SEQUENCES FOR YOUR HOME AND STUDIO PRACTICE* illustrates fifty sequences with warm-ups included, for the newest yogi (of any age) to the yoga teacher. By linking together images of postures in a sequence, an entire yoga class is created. The incredible thing about the practice of yoga is that it can soothe so many physical, mental, and emotional ailments. In these sequences, I tried to address the concerns I regularly hear from my yoga students; there is a sequence for achy hips and ankles and for heartbreak. If you look at the table of contents, I bet you'll find the sequence you need today, in the very moment.

Using this book is simple. Find the sequence that sounds just right, open up to the page, and follow the images. All of the poses have their names listed in Sanskrit and in English. The sequences are complete with warm-ups, complete yoga practices, and cool downs. If you're a little pressed for time (who isn't?) then move through the postures using one breath per pose, unless otherwise noted. If you're looking for a longer practice, you can hold poses for a little longer or combine multiple sequences. Or just take a really long *SAVANASA* (Relaxation Pose) at the end.

This is a book for the seven-year-old poking around in her (or his) parent's living room and who has never heard of yoga before. This is a book for your grandmother, who has been doing yoga with Jane Fonda since the 1970s, but is looking for something to help her joints. This is a book for the Power Yogi who throws push-ups in between each Sun Salutations. This is a book for you: wherever you are in life or yoga. Welcome to your practice.

# Sun Salutations

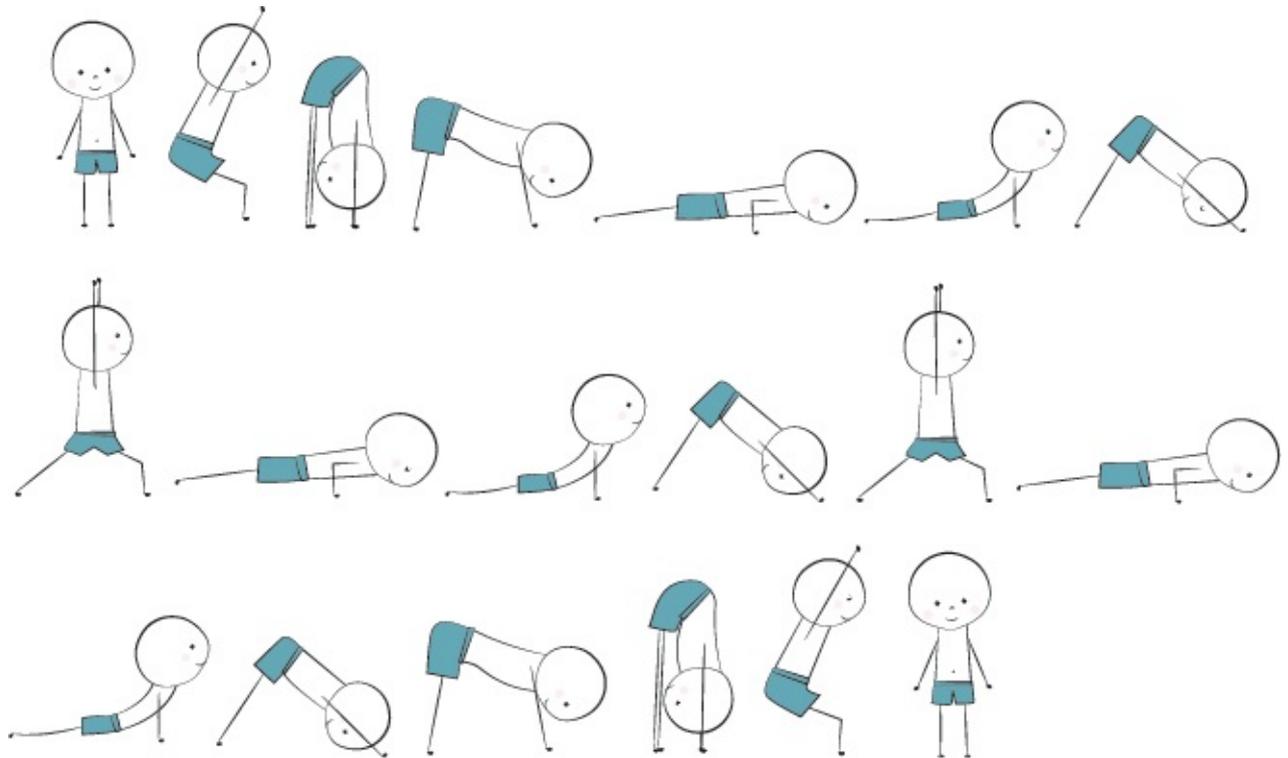
While the origins of the Sun Salutations (*SURYA NAMASKAR*) might be debatable, the ubiquity of the series in the modern-day yoga studio is definite. The sequence of poses that are shown here are practiced in a style of yoga called *ASHTANGA*. That said, numerous variations exist and have similar health and wellness benefits.

There are a couple of reasons that these two sequences are set aside from the rest. Primarily, I will sometimes refer to the Sun Salutations as a step in a larger sequence without writing out each individual pose within the Sun Salutations. That way, you can flip back to this page as a reference while you're still learning the Sun Salutations and later you can move through the flow without needing to check. In addition, this fun and vibrant sequence is usually practiced as a warm-up to other yoga poses, but can be a great stand-alone sequence if you only have a few minutes to spare and could use a yoga wake-up call.

Feel free to add in a Sun Salutations (or twelve) to any sequence in this book. You'll feel more energized, fired up, and radiant—just like the sun!



Sun Salutations A



Sun Salutations B

## Yoga for Travelers

### Airplane Yoga

#### The Road Tripper's Guide to Yoga

#### Subway and Train Station Yoga

#### Yoga You Can Do While Waiting for the Bus

#### Immunity-Boosting Yoga Sequence

### Airplane Yoga

People ask me all the time about how I became a yoga teacher. The short answer is that I flew in airplanes way too often. I worked as a consultant and had to travel at least four times a month. Pretty quickly, my body assumed the form of an airplane seat. The upside is that I developed a routine to help make flights a little easier on my body. You might look a little weird, but maybe you'll be the only one walking off the plane not aching and hunched over. Then who's the weird-looking one?

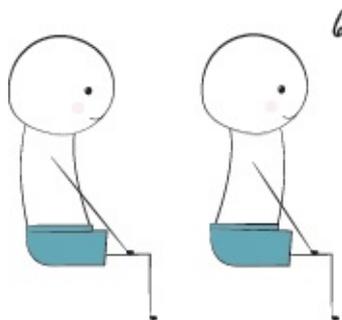
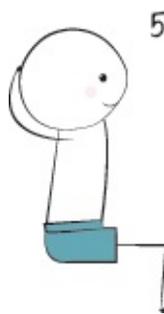
1. Breathe deeply into your belly, ribs, and collarbones. Exhale the breath away from your collarbones, rib cage, and belly (Three-Part Yogic Breath). Continue to deeply breathe in and out.
2. In meditative seat: roll the neck, shoulders, wrists, and ankles
3. Interlocking fingers, raise arms above head. Gentle side-to-side motion, side stretch
4. Taking hands to seat head in front of you, let head and neck drop, stretching upper back
5. Move slightly forward in the seat, bringing hands behind you, gentle chest opener
6. Cat/Cow spine in seated position
7. Gentle seated twist using your armrests. Twist both ways.
8. Waiting for the restrooms, *NATARAJASANA* (Dancer's Pose). Repeat other side.
9. *TADASANA* (Mountain Pose)
10. *PAVANA MUKTASANA* (Standing Wind Relieving Pose). Repeat other side.
11. *TADASANA*
12. Seated *TADASANA*
13. Repeat all steps whenever the body starts to feel achy



Seated Meditation



Hands on Headrest



Seated Cat/Cow



Seated Twist Left



Seated Twist Right



Natarajasana



Tadasana

10



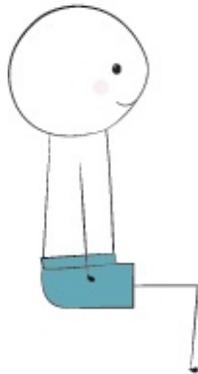
Pavana Muktasana

11



Tadasana

12



Seated Tadasana

## The Road Tripper's Guide to Yoga

Before I moved to Ithaca, New York (my current home), I spent almost a year traveling the United States, visiting cities and searching for a new place to call home. Thirty states later, New York won. In the process, however, I took yoga classes everywhere and had a great time. Whenever there wasn't a studio or classes available, or I just didn't have the time or the money, a regular "home" yoga practice was key to my sanity. Here are some poses for the sore butts, achy lower backs, and the Jack Kerouac in all of us.

1. Meditation
2. *ARDHA MATSYENDRASANA* (Half Seated Twist Pose)

3. Table Top

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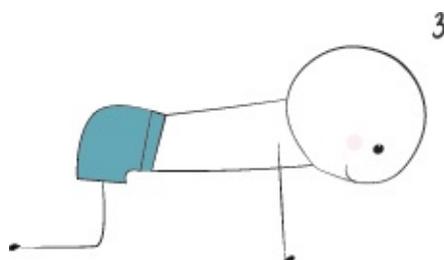
4. Cat/Cow spine in Table Top
5. *ADHO MUKHA SVANASANA* (Downward Facing Dog Pose), 5 cycles of breath to “pedal” your legs and move
6. Sun Salutations, 6–12 times to get the blood moving
7. *ARDHA SALABHASANA* (Half Locust Pose)
8. *SALABHASANA* (Locust Pose)
9. *DHANURASANA* (Bow Pose)
10. *BALASANA* (Child’s Pose)
11. *ADHO MUKHA SVANASANA* (Downward Facing Dog Pose)
12. *SUPTA KAPOTASANA* (Reclined Pigeon Pose). Repeat other side.
13. *JANU SIRSASANA* (Head to Knee Pose)
14. *PARIVRITTA JANU SIRSASANA* (Revolved Head to Knee Pose)
15. *ARDHA MATSYENDRASANA* (Half Seated Twist Pose)
16. Repeat steps 13–15 on other side
17. *SAVASANA* (Corpse Pose)



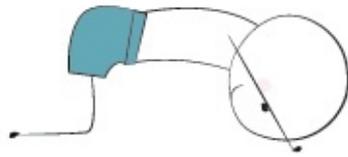
Meditation



Ardha Matsyendrasana

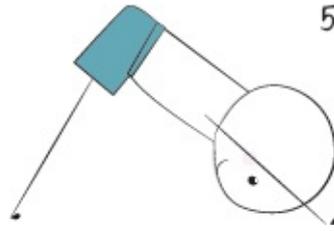


4



Cat/Cow in Table Top

5



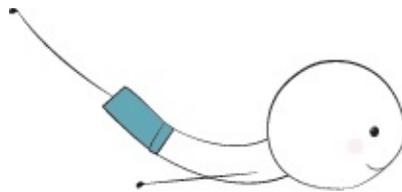
Adho Mukha Svanasana

6



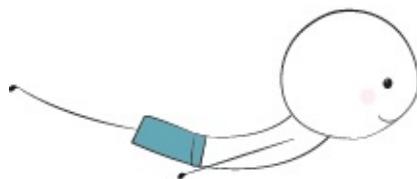
Sun Salutations—See pages 1 and 2

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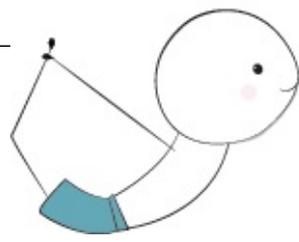


Ardha Salabhasana

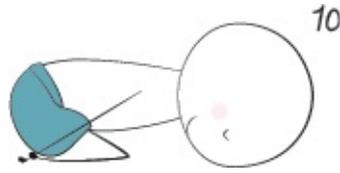
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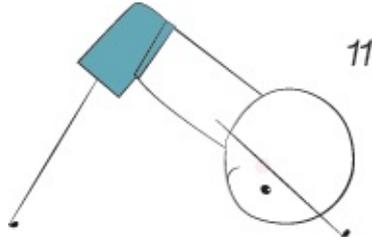
Salabhasana



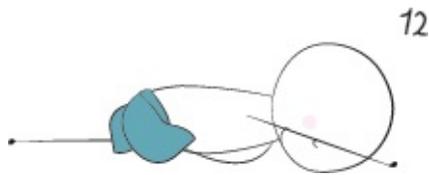
Dhanurasana



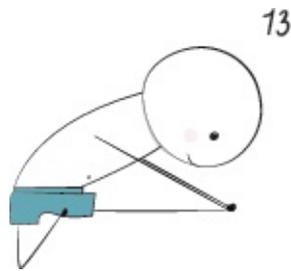
Balasana



Adho Mukha Svanasana



Supta Kapotasana



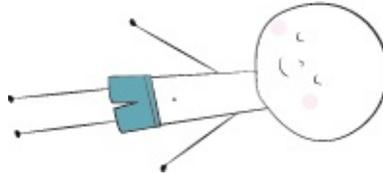
Janu Sirsasana



Parivrtta Janu Sirsasana



Ardha Matsyendrasana



Savasana

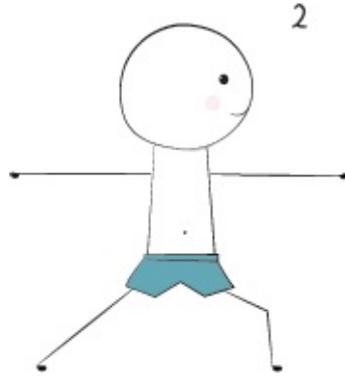
## Subway and Train Station Yoga

I used to take yoga classes when I lived in Mexico City. Even discounting the fact that my Spanish was subpar, it was a weird experience. Mexico City is one of the most polluted cities in the world (sorry L.A. you ain't got nothing on this city) and breathing deeply could leave me in a coughing fit. So what does a yoga class look like? Lots and lots of *UJJAYI*—or victorious breath—into and out of the nostrils. I would recommend the same for yoga in the subway or on the train platform. Find that deep, sonorous breath into and out of the nose and strike a few poses to let the rest of the commuters know you are not a yoga to mess with.

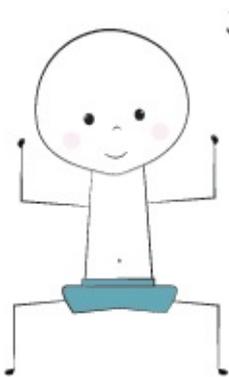
1. *DEVIASANA* (Goddess Pose or Horse Stance)
2. *VIRABHADRASANA II* (Warrior II Pose)
3. *DEVIASANA*
4. *VIRABHADRASANA II*, other side
5. Repeat steps 1–4 coming from side to side for 5–10 rounds of *UJJAYI PRANAYAMA* (Victorious Breath)
6. High lunge, bending and straightening front leg
7. *PARSVOTTANASANA* (Intense Side Stretch Pose)
8. Repeat poses 6 and 7 on other side
9. *PRASARITA PADOTTANASANA* (Wide-Legged Forward Bend)
10. *SIMHASANA* (Lion's Pose)



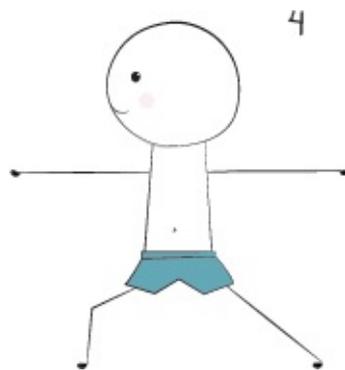
Deviasana



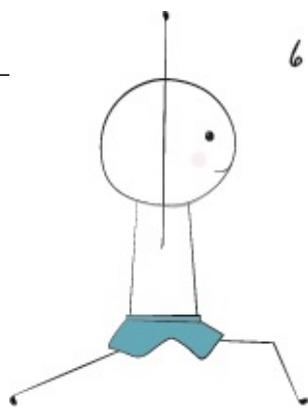
Virabhadrasana II



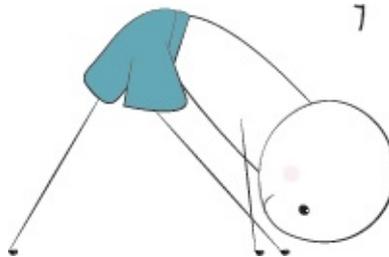
Deviasana



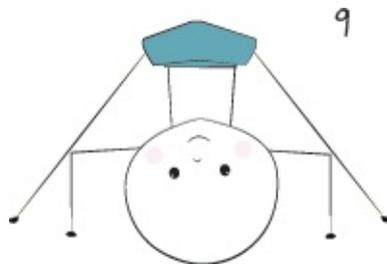
Virabhadrasana II



High Lunge



Parsvottanasana



Prasarita Padottanasana



Simhasana

## Yoga You Can Do While Waiting for the Bus

The main difference between **Subway and Train Station Yoga** and **Yoga You Can Do While Waiting for the Bus** is how freaky you are allowed to look. While I have seen a man in a Speedo walking around the New York City subway system, I have not seen that same man waiting for the bus (thank goodness). Here are a few gentle stretches that leave you more relaxed and on the right side of crazy.

1. *TADASANA* (Mountain Pose)
2. *YOGA MUDRASANA* (Standing Forward Fold with Hands Clasped)
3. *URDHVA HASTASANA* (Upward Hands Pose)

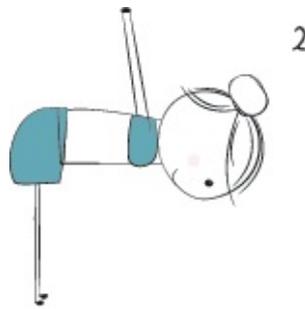
4. Breathe between poses 2 and 3, exhaling to step 2, inhaling to step 3

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5. *PAVANA MUKTASANA* (Standing Wind Relieving Pose). Repeat on other side.
6. Gentle *NATARAJASANA* (Dancer's Pose). Repeat on other side.
7. Standing Cat/Cow (hands on knees)
8. *TADASANA*



Tadasana



Yoga Mudrasana



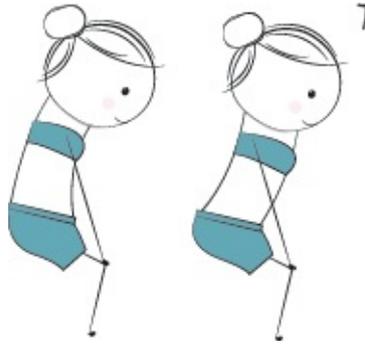
Urdhva Hastasana



Pavana Muktasana



Natarajasana



Standing Cat/Cow



Tadasana

## Immunity-Boosting Yoga Sequence

With all this travel, we wouldn't want to get sick, would we? No, we wouldn't. Let's wrap things up then, with a sequence that does all the right things to keep you on your toes whether on the road or home. Really, any yoga practice is an immunity booster. People with more stress in their lives are more susceptible to getting sick; people who have a steady yoga and meditation practice are less likely to have high levels of stress. A full-body workout also moves lymph and helps re-oxygenate the blood. That being said, there are poses that focus more on the cold-fighting systems of the body than others. Forward bends, back bends, and twists (compressing the digestive tract) will all do the trick nicely.

1. *SUKHASANA* (Easy Pose)
2. *BALASANA* (Child's Pose). Hold for 1 minute, or 5 cycles of breath.
3. Gentle *BHUJANGASANA* (Cobra Pose)
4. Move between *BHUJANGASANA* to *BALASANA*. Repeat 5 times.

5. *GOMUKHASANA* (Cow Face Pose). Repeat on other side.

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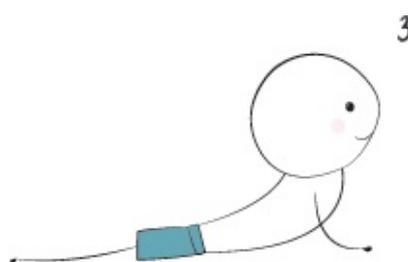
6. Cat/Cow spine in Table Top
7. *ADHO MUKHA SVANASANA* (Downward Facing Dog Pose). Hold for 1–2 minutes.
8. *URDHVA HASTASANA* (Upward Hands Pose). Hold for 5 cycles of breath.
9. *TADASANA* (Mountain Pose)
10. Sun Salutations, 5–10 times
11. *UTTANASANA* (Standing Forward Fold). Hold for 1–2 minutes.
12. *ADHO MUKHA SVANASANA*
13. *PARIVRTTA ALANASANA* (Twisted High Lunge Pose)
14. *PARSVOTTANASANA* (Intense Side Stretch Pose)
15. Repeat steps 12–14 for other leg
16. *ADHO MUKHA SVANASANA*
17. *SAVASANA* (Corpse Pose)
18. *SUPTA PAVANA MUKTASANA* (Reclined Wind Relieving Pose)
19. *SUPTA MATSYENDRASANA* (Reclined Twist Pose)
20. Repeat steps 18 and 19 on other side
21. *VIPARITA KARANI* (Legs up the Wall Pose)



Sukhasana

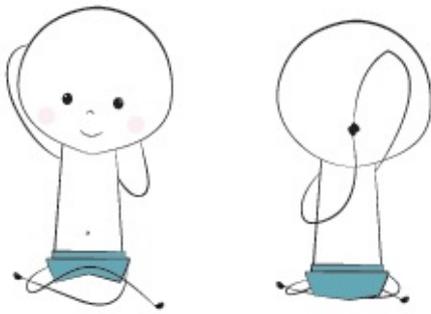


Balasana



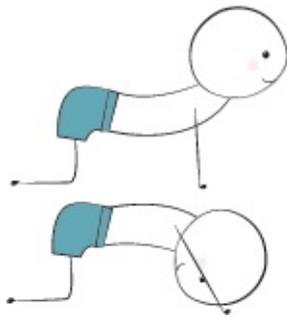
Bhujangasana

5



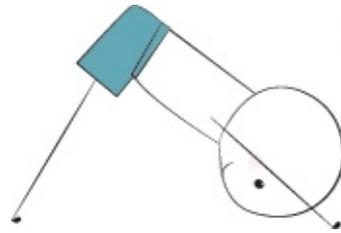
Gomukhasana

6



Cat/Cow in Table Top

7



Adho Mukha Svanasana

8



Urdhva Hastasana

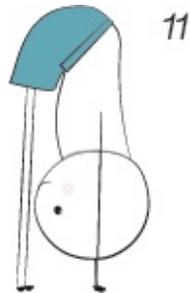
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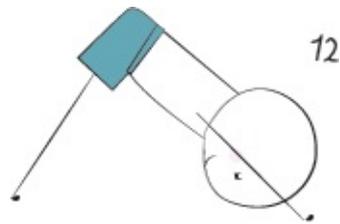
Tadasana



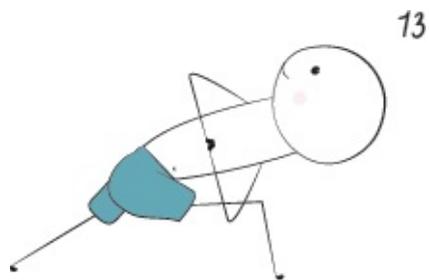
Sun Salutations—See pages 1 and 2



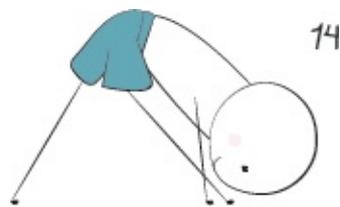
Uttanasana



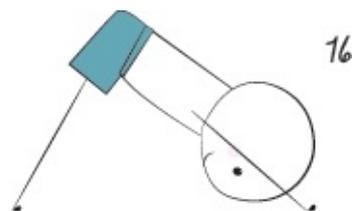
Adho Mukha Svanasana



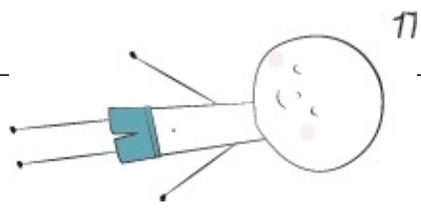
Parivrtta Anjanasana



Parsvottanasana



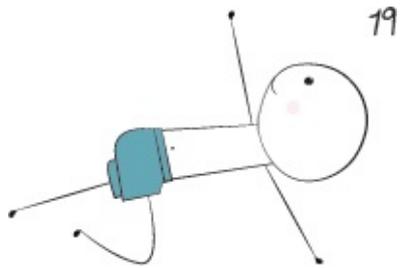
Adho Mukha Svanasana



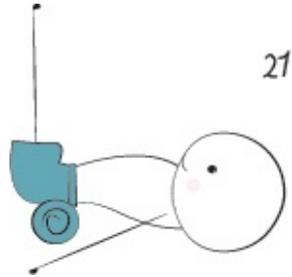
Savasana



Supta Pavana Muktasana



Supta Matsyendrasana



Viparita Karani

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