

### General Exercise Principles

- If you have any chronic medical conditions, seek the advise of a doctor before beginning any exercise program.
- Persistent pain requires the evaluation of a qualified doctor before resuming exercise.
- Don't eat for 2 hours before exercise
- Practice at the same time every day to establish a routine.
- Use the breath as a guide to awareness—don't ever hold your breath. Exhale with exertion.
- Use music and other things to make your exercise environment comfortable and inviting
- Play in your practice—experiment with variation.
- Make only one change in your program at a time so that you can observe the effect
- Use lines, props, walls and chairs to make your poses more precise and comfortable.
- There should be a sense of ease and poise with each pose.
- Hold each pose for at least one breath cycle.

### Reading List

- Lasater, Judith P.T. Ph.D.: Relax and Renew : Restful Yoga for Stressful Times. Rodmell Press, 1995. ISBN: 0962713848
- Sivananda Center, The Sivananda Companion to Yoga. New York: Simon & Schuster, 1983. ISBN: 0684-87000-2.
- Francina, Suza: The New Yoga for People Over 50: A Comprehensive Guide for Midlife and Older Beginners. Health Communications, 1997. ISBN: 1558744533
- Mehta, Silva: Yoga: The Iyengar Way. New York: Knopf, 1997.
- Mehta, Mira: How to Use Yoga. Berkeley, CA: Romdell Press, 1998. IBSN 0-9627138-6-4.
- Desikachar, TKV: The Heart of Yoga: Developing a Personal Practice. Rochester VT: Inner Traditions, 1995. IBSN 0-89281-533-7.
- Birch, Beryl Bender: Power Yoga. New York; Simon & Schuster, 1995.
- Rama, S, Ballentine, R, Ajaya, S: Yoga and Psychotherapy: The Evolution of Consciousness. Honesdale, PA: Himalayan Institute, 1976. 800-822-4547.
- Intensive Journal Workshops 1-800-221-5844;

## Home Exercise Program Series D.4

# Yoga

## hatha medica

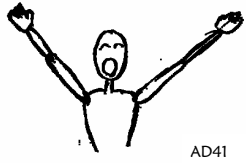
An Integrated Medical Yoga Curriculum  
Michael Cheikin, M.D.  
215-233-3353

**IMPORTANT NOTE: THIS INFORMATION IS NOT TO BE USED TO REPLACE OR MODIFY MEDICAL CARE.** This general yoga program should first be learned under the supervision of a qualified teacher. The user accepts all risk for any positive or negative benefits of this program. Any questions should first be discussed with your doctor.

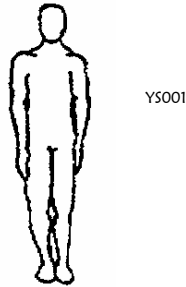
If any medical conditions exist, including, but not limited to: pregnancy, glaucoma, detached retina, rheumatoid arthritis, total hip replacement, hypertension, diabetes, vertigo and disc disease, some of these poses may be contraindicated and should not be attempted without the approval of your doctor and proper instruction.

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VERSION D.4 10/29/02-4 (HEP-D4.PUB)

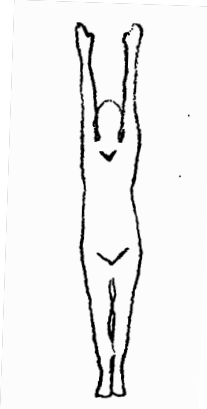
1. YAWN AND STRETCH



2. MOUNTAIN (tadasana)



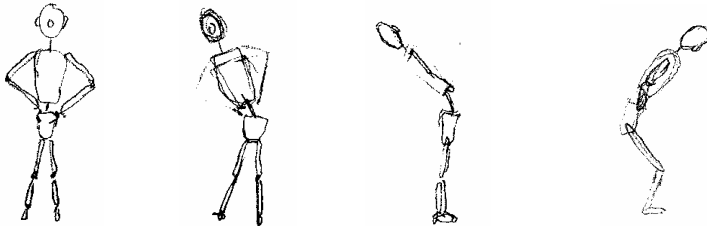
3. REACH UP (urdhva hastasana)



4. CLASP ABOVE (parvatasana) two times, reverse clasp



5. FOUR WAY STRETCH-VARIATION A



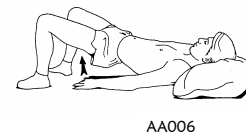
70. CROSSED KNEE TO CHEST A (CLOSED)



71. CROSSED KNEE TO CHEST B (OPEN)



72. BRIDGE A



73. BRIDGE B



74. NECK STRETCH

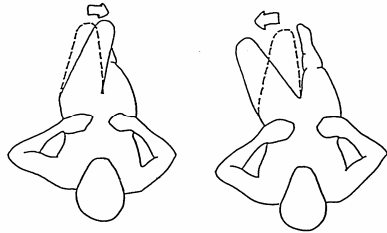


75. CORPSE: chin tucked, palms up, shoulder blades under



YS100

64. SINGLE KNEE DROP



65. SINGLE KNEE TO CHEST



STRAIGHT LEG DOWN  
CHIN TUCKED  
SHOULDERS DOWN

66. DOUBLE KNEE TO CHEST A



SACRUM DOWN  
CHIN TUCKED  
SHOULDERS DOWN

67. DOUBLE KNEE DROP A



AB004

68. DOUBLE KNEE DROP B



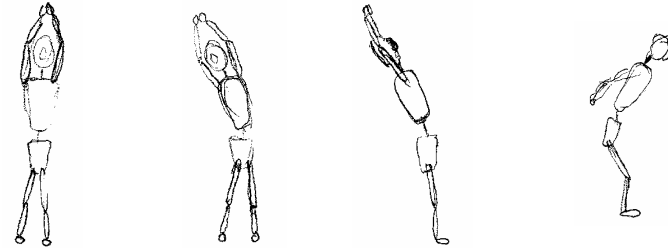
AB005

69. DOUBLE KNEE DROP C

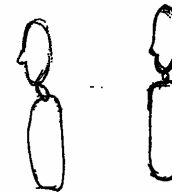


AB006

6. FOUR WAY STRETCH-VARIATION B  
two times, reverse clasp

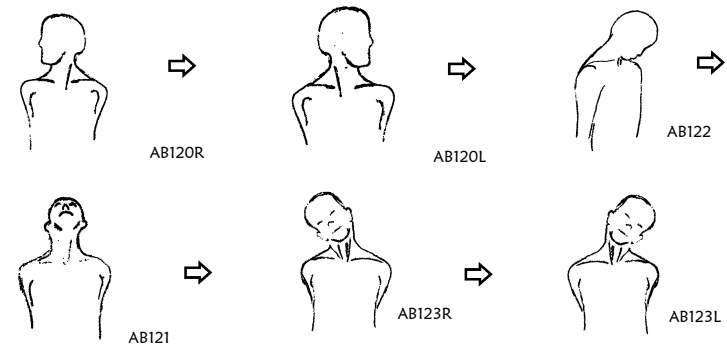


7. CHIN TUCK

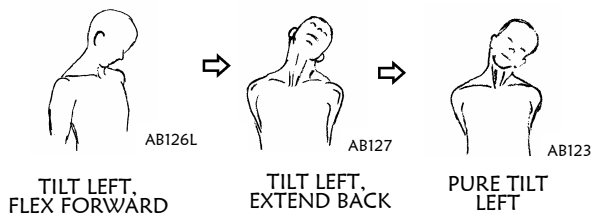
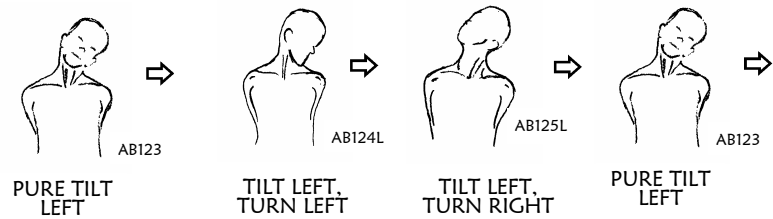
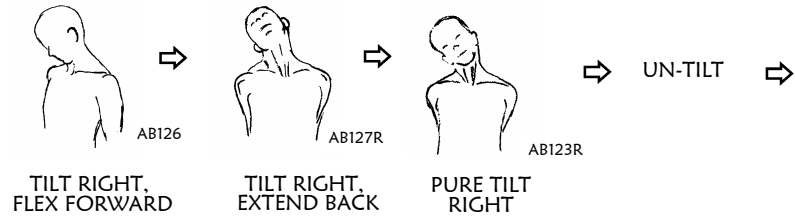
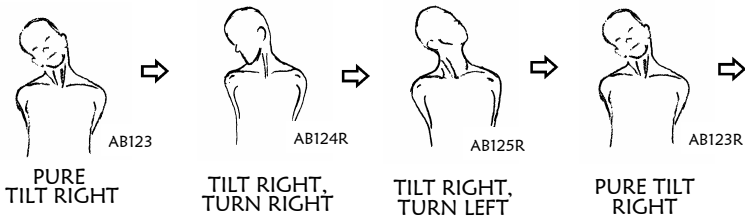


AD33

8. NECK STRETCH A



9. NECK STRETCH B



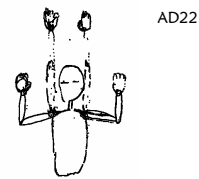
60. SIDE LYING KNEE LIFT



SAHI-17A

SAHI-17B

61. FLOOR ARM SLIDE: keep elbows on floor



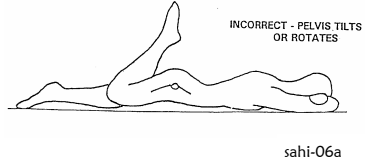
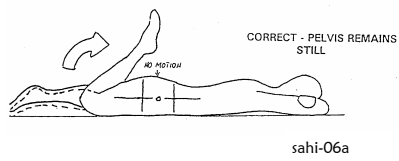
62. LOWER ABS

63. UPPER ABS

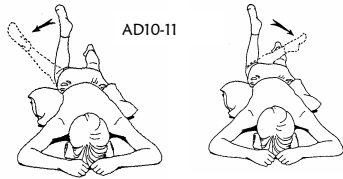
SAHI-17A

SAHI-17B

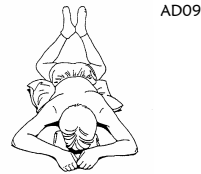
54. PRONE KNEE FLEXION



55. SINGLE HEEL DROP:  
keep pelvis stable



56. HEEL PRESS

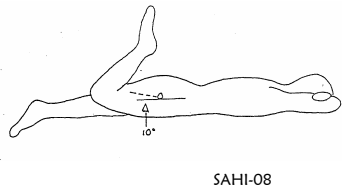


57. DOUBLE HEEL DROP

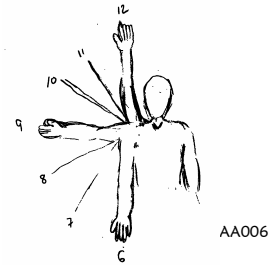
58. THIGH CLOCK



59. PRONE HIP EXTENSION



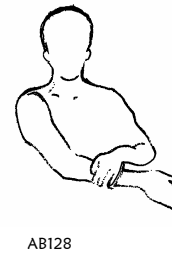
10. ARM CLOCK:  
6-7-8-9-10-11-12-1-2-3-4-5-6



11. HAND PRAYER: UP,  
DOWN, BACK



12. ELBOW GRAB: LOW, MIDDLE, HIGH



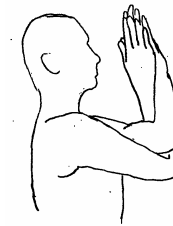
13. COW  
(gomukasana)

14. EAGLE -ARMS  
ONLY gharudasana)

15. ELBOW  
TOUCH



AA006

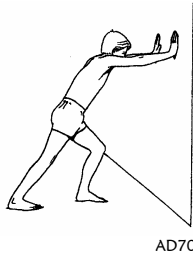


AA006

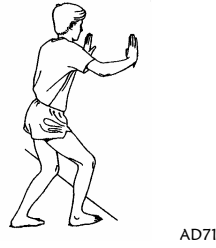


AD43

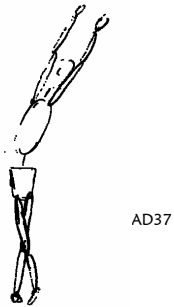
16. GASTROC STRETCH:  
back knee straight



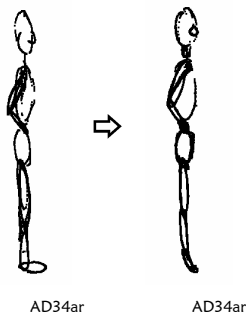
17. SOLEUS STRETCH:  
back knee bent



18. IT BAND STRETCH:  
r leg in front, stretch left



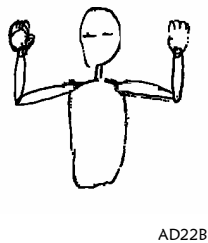
19. TOE RAISES:  
stand on book



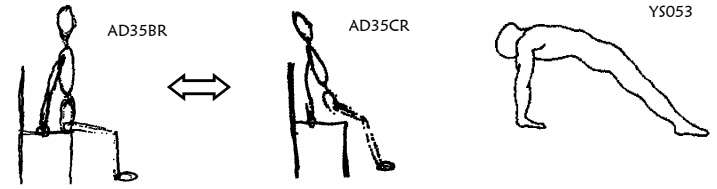
20. PEC CORNER STRETCH A:  
hands at shoulder level



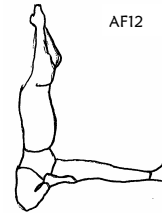
21. PEC CORNER STRETCH B:  
hands at eye level



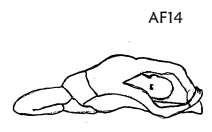
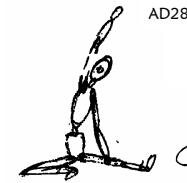
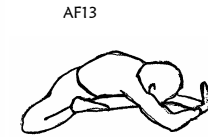
49. INCLINED PLANE (purvottanasana)



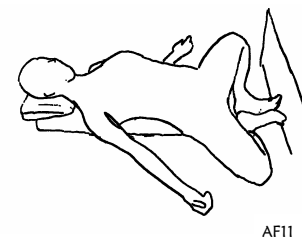
50. CHIN TO SHIN A:  
forward  
use blanket and belt



51. CHIN TO SHIN B  
to the side



52. BUTTERFLY (COBBLERS, baddha konasana)

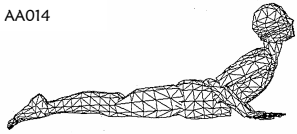


53. HALF SPINAL TWIST (marichyasana C)



42. COBRA

AA014



43. HALF BOWS

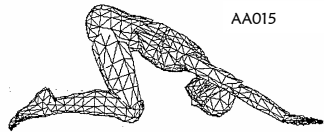
AG021



LIFT WITH BOTH TRUNK AND LEG

44. PRAYER

AA015



45. ROTATED PRAYER/HERO

2000-01/AD53



46. HERO A



AD29R



AF10

47. HERO B



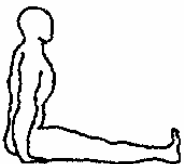
AD30R



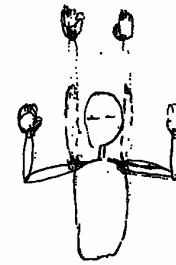
AF22

48. STAFF (dandasana)

YS049



22. WALL ARM SLIDE:  
keep elbows on wall



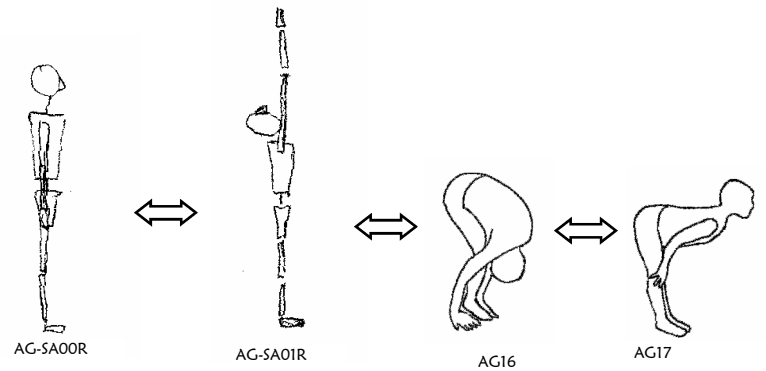
AD22

23. STANDING LEG LIFTS:  
use block, belt or hold knee



AD44R

24. HALF SUN SALUTATION



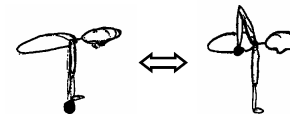
AG-SA00R

AG-SA01R

AG16

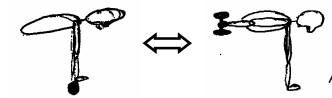
AG17

25. SHOULDER STRENGTH:  
ROWS



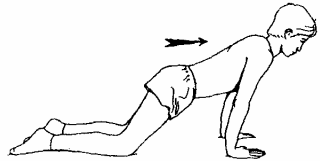
AD38

26. SHOULDER STRENGTH:  
EXTENSION



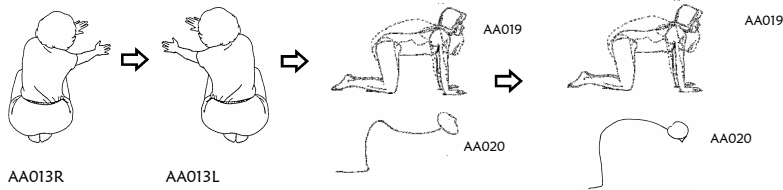
AD38

27. QUAD ROCK

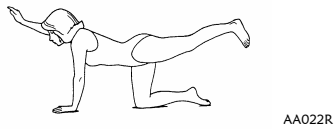


AD15

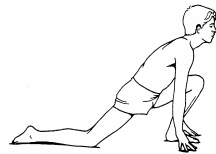
28. QUAD 4 WAY STRETCH:  
look right, look left, look up (cat), look down (camel)



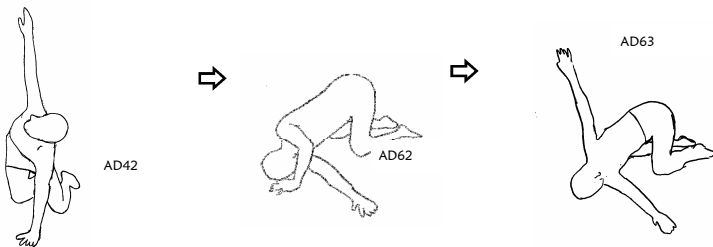
29. QUAD LIFTS



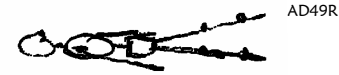
30. QUAD LUNGE AD58



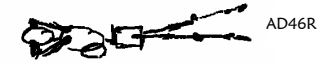
31. THREAD THE NEEDLE



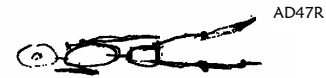
32. HIP FLEXION



33. HIP EXTENSION



34. HIP ADDUCTION



35. HIP ADDUCTION



36. CHEST LIFT (locust A)  
keep neck long



37: SHOULDER EXTENSION:  
ABOVE



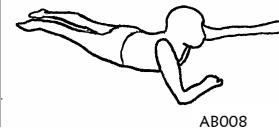
38. SHOULDER EXTENSION:  
AIRPLANE



39. SHOULDER EXTENSION:  
BELOW



40. LIFTS A: EACH ARM AND  
LEG



41. LIFTS B: R ARM, L LEG