

YOGA MIRACLES

by Suzanne L. Beenackers
19 November 2023



butterfly pose

1. flap knees up + down
2. inhale knees up + elongate spine
exhale .. down
repeat a few times
+ finally hold knees down
keep breathing



2 breathing exercises

1.

inhale: let the belly expand
exhale by pulling the belly in,
producing a strobe audible
exhale through the nose
repeat up to 25 x

Then inhale deeply
hold breath for a few seconds
and exhale, release

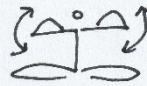
Repeat sequence, to a
maximum of 3 x



extended
butterfly

Slide feet forward until
legs make a diamond
shape

Fold over the legs in a
relaxed fashion



2.

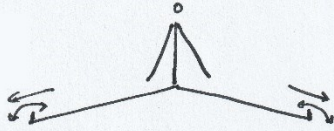
Place finger tips on
shoulders, inhale.

Exhale through the
mouth, pouting lips or
breathing "over the teeth"
producing an "fffff"
sound.

while swinging one elbow
in front of you and then
the other.

Keep swinging until fully
exhaled.

Repeat to a maximum of 5



Sit up straight in seated wide-angle pose extend through the heels and/or point the toes, pull toes towards you



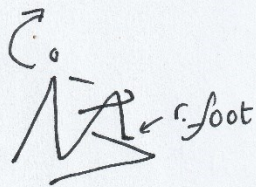
walk hands forward legs can be relaxed or you can keep them strong extending to the heels



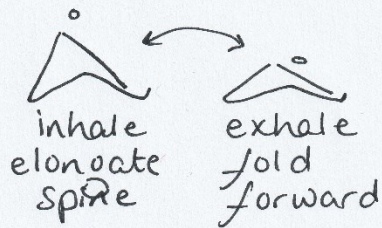
twist to the side with one hand on the leg and one hand behind you



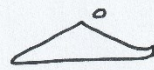
right foot open right hand stretch to the sides placing one hand open on the inside of the leg




Side 1: place right foot over the left leg wrap leg with left arm twist to the right (repeat other side)



inhale elongate spine exhale fold forward



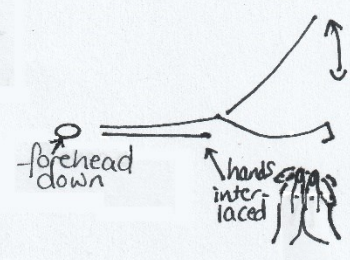
hold the pose legs can be relaxed or you can keep the legs active, extending through the heels



inhale : downward facing dog

exhale : upward facing dog + look up (roll eyes up) + stick tongue out (Lion's breath)

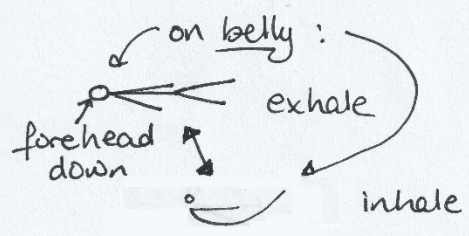
repeat up to 5 times and repeat series 3 times



half Salabhasana (Locust pose)

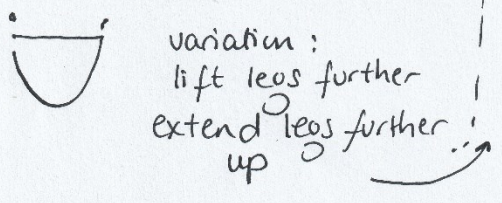
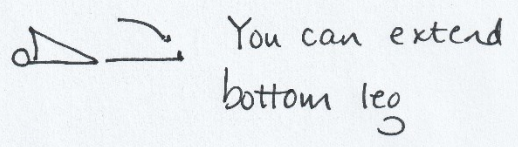
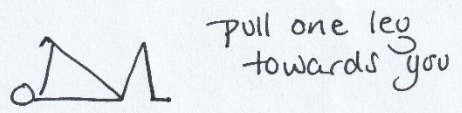
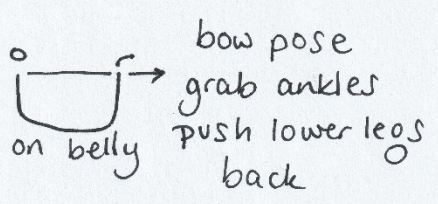
inhale : lift leg
exhale : release
3x every leg

for men / very thin women:
inhale : lift both legs up
Because of the lower point of gravity (closer to hips) this is not possible for most women.

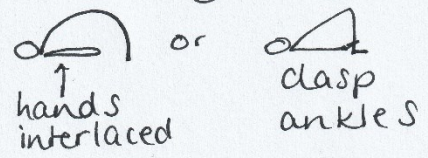


lift arms + legs
Again, women may not be able to lift the legs here, because of the weight in hips and less access to strength in pelvic floor

exhale : on belly
inhale : lift arms, legs and head
repeat 3x



bridge pose



1
relaxed
plow pose
or
snail pose

2
place
hands
on back +
extend legs up

3
Shoulderstand
4
roll
out

5
lift head up
to lower legs

1
place hands
together
under hips
palms down

2
lift chest
bring
head back

bring head
down
Slide hips
up
Fish pose
variation

circle
knees both directions

move head
left to right

long relaxation
Savasana