

The Subtle® Yoga Revolution

SUBTLE® YOGA FOR GREATER NERVOUS SYSTEM RESILIENCE AND BRAIN FUNCTION

CLASS SCRIPT AND
STICK FIGURE CHEAT SHEET

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	English/ Sanskrit	Notes	Time
1.	Rebounding	From standing, begin to bounce your knees slightly and shake out your arms and shoulders. Continue for about 1 minute. Then take a moment to pause in Mountain Pose and notice any sensations.	1
2.	Swinging Twist	Begin to slowly swing your arms side to side as you twist your shoulders. You may choose to pivot up on your back foot. Let your head move with your shoulders and scan your eyes around the room noticing all the colors and shapes of the objects around you. Continue for 1-2 minutes. Then pause in Mountain Pose for a moment and notice.	1-2
3.	Moving Mountain Pose <i>Tādāsana</i>	<p>a. Stand tall and notice sensations in the soles of your feet. On your next inhalation, sweep your arms up over your head as you lift your heels up off the ground. As you exhale, slowly lower your heels to the ground and your hands to your sides. Repeat 4-6 times breathing slowly and naturally. On the last round, feel free to stay in the pose for 1-2 breaths. Then exhale as you lower your arms and your heels. Pause in Mountain Pose, soften or close your eyes, and notice sensations.</p> <p>b. Then do the same movement, but this time the right arm goes all the way up and the left arm just goes out to the side only to shoulder level. Exhale the right arm down to the level of the left arm, then they both float down together. Then switch – left arm goes all the way up but right only to shoulder level. Alternate and repeat 2 more times.</p> <p>c. Then do 2 more with both arms up and down smoothly like you did in the first version (a). When you finish, pause and notice.</p>	2-3

4.	<p>Warrior 1 and Pyramid</p> <p><i>Vīrabhadrāsana 1 and Pārsvottānāsana</i> (Side Extended Out Pose)</p>	<p>a. From Mountain Pose, step your left foot comfortably back. Place your right hand on your waist and your left by your side. Inhale as you bend your right knee and sweep your left arm out in front and up over your head. Lift your gaze slightly. Exhale as you lower your left arm and straighten your right knee. Repeat 5 more times. If you like you can pause at the top of your inhales. On the last repetition, stay for 3-5 breaths.</p> <p>b. Then on your next exhale, fold forward, maybe half way, maybe all the way down. As you inhale, come back up to Warrior 1. Repeat 3 more times. On the last repetition, stay in the forward bend, both hands come down to blocks or the floor. Stay for 3-5 breaths. Then inhale back up to Warrior 1 for one breath. Then release the arms down, straighten your right leg, and then come back to Mountain pose. Pause and notice the effects of the asymmetrical practice – how does your right side feel different from your left?</p> <p>Then repeat the whole sequence on the other side.</p>	5-7
5.	<p>Squat Forward Bend</p> <p><i>Utkatāsana</i></p>	<p>From Mountain pose, inhale as you stretch your arms up over your head. Exhale as you bend your knees, draw your belly in, and lower your arms to your thighs, shins, or the floor. Inhale back up to Mountain. Repeat 5 more times. Then, after coming back up from your last repetition, stretch your arms either up over your head, or out to the side in cactus, bend your knees, and stay in chair pose for 3-5 breaths. Then inhale back up to standing and exhale as you lower your arms.</p> <p>Pause in Mountain pose, soften or close your eyes, and notice sensations.</p>	1-2

6.	<p>Warrior 2 <i>Virabhadrasana 2</i></p>	<p>Take a wide stance. Turn your left foot straight out to the left side your right toes slightly in toward your left. Place your hands over the center of your chest. On an inhale, bend your left knee, lengthen your spine, and extend your arms out to the sides. As you exhale, draw your lower abdomen in, smoothly straighten your left knee and bring your hands back to your chest. If you can remember, change which hand touches your chest first. Repeat 5 more times and, on the last repetition, stay in the pose for 3-5 breaths.</p> <p>On an exhale, straighten your left leg and lower your arms.</p> <p>Turn your feet so they are both facing forward. Take a few breaths and notice the asymmetrical sensations in your legs and hips.</p> <p>Then repeat on the other side.</p> <p>When you finish, turn your feet so they are both facing forward. Pause for a moment and notice sensations.</p>	4-5
7.	<p>Wide-Legged Forward Bend <i>Prasārita pādottānāsana</i></p>	<p>Next bring your hands to your lower back or hips. Inhale as you lengthen your spine. Exhale and slide your hands down your legs to your ankles. Inhale as you lengthen your spine and rise back up.</p> <p>Next time add a humming sound as you exhale into the pose (this stimulates the vagus nerve).</p> <p>Repeat 4 more times (6 altogether), then stay in the pose for 3-5 breaths. On an inhale, lengthen your spine and allow your hands to slide up the backs of your legs to your lower back.</p> <p>Walk your feet back to Mountain Pose, pause, soften or close your eyes, and notice.</p>	2-3
8.	<p>Warrior 1 - Warrior 3 <i>Virabhadrasana 1- Virabhadrasana 3</i></p>	<p>a. From Mountain Pose, step your left foot comfortably back. Let your arms rest by your sides. Inhale as you bend your left knee and sweep your arms out to the sides and up over your head. Lift your gaze slightly.</p>	4-5

		<p>Exhale letting your arms float back down and your front knee straighten. Repeat 2 more times. On the last repetition, stay in the pose for a breath or two.</p> <p>b. Then, on your next inhale, shift your weight into your right foot and take your left foot up off of the floor any amount. You may wish to extend your arms out in front of you or to the sides. As you exhale, mindfully lower your left foot back down. Repeat 3 more times. Then stay in the pose for 3-5 breaths. Then come back to Mountain Pose. Pause, soften or close your eyes, and notice sensations.</p> <p>Repeat on the other side.</p> <p>Feel free to shake it out when you finish.</p> <p>Then pause in Mountain and notice sensations.</p>	
9.	<p>Sunbird Pose <i>Cakravākāsana</i></p> <p>OR</p> <p>Sunbird to Downdog <i>Cakravākāsana to Adhomukha-śvānāsana</i></p>	<p>a. From all fours, inhale as you lengthen your spine and stretch the front of your body, then exhale as you round your back and lower your hips to your heels. Repeat 5 more times. When finished rest in Child’s Pose for 3-5 breaths. You may choose to rock your hips a little from side to side.</p> <p>b. Instead, you may choose to alternate Tabletop to Downdog – inhale Tabletop, exhale Downdog. Repeat 5 more times then stay in the pose for 3-5 breaths.</p> <p>Then stay in Childs pose or sit back on your heels for a few breaths.</p>	3-4
10.	<p>Locust <i>Śalabhāsana</i></p>	<p>a. Lie on your stomach with your elbows bent, palms on the floor next to your chest. As you inhale, slide your right arm out in front, lift your face and chest up off the floor and lift your left leg up behind. Then exhale back to the starting position. Repeat with your left arm and right leg. Alternate and repeat 3 more times on each side.</p>	2-3

		<p>b. Next, lift both arms out in front and both legs up behind. Pause at the top of your inhale for 1-2 counts, then exhale back down. Repeat 2 more times.</p> <p>Then take a slow trip back into Child’s Pose, rest and notice sensations.</p>	
11.	<p>Contralateral Supine Upward Feet Pose <i>Supta Padangusthāsana</i></p>	<p>a. Next lie down on your back and place your feet flat on the floor. Soften your belly and your lower back. Rest and notice for a few breaths.</p> <p>b. Then bend your knees in toward your chest. Bring your arms by your sides. As you inhale, take your right arm up toward the ceiling and then to the floor behind you as you push your left heel up toward the ceiling. As you exhale, lower the arm back down and bend your knee back to neutral. Then repeat with the left arm and right leg. Alternate and repeat 3-4 times each.</p> <p>c. Then inhale as you extend both arms and legs together 3 times. On the last repetition, stay in the posture for 3-5 breaths. Then exhale back down.</p> <p>d. Hug your knees to your chest and rock side to side, then make circles in both directions.</p> <p>Then place your feet back on the floor, pause, soften or close your eyes, and notice sensations.</p>	3-4
12.	<p>Two Legged Table <i>Dvipada Pitham</i></p>	<p>a. Next inhale as you lift your hips up off the floor and stretch both arms up toward the ceiling. Leave your left arm toward the ceiling but allow your right arm to continue all the way to the floor behind you. As you exhale, bring your right arm to the level of your left arm, then bring both arms down together as you lower your hips. Repeat on the other side. Alternate and repeat 3 times each.</p> <p>b. Then allow both arms to go together up toward the ceiling, and then to the floor behind you. Repeat this one more time and on the second repetition, stay for</p>	3-4

		<p>2-3 breaths. Exhale back down and then give your knees a hug into your chest.</p> <p>When you finish, pause, soften or close your eyes, and notice sensations.</p>	
13.	<p>Supine Twist <i>Jaṭhara parivartanāsana</i></p>	<p>Bend your knees up toward your chest and stretch your arms out to the sides in a “T”. Take a deep breath. As you exhale, lower your knees toward your right side a few inches (you don’t have to go all the way down), let your head look left. On your inhale, take your knees back up to center. Repeat to the left as your face looks right. Repeat 3 times on each side going slightly further, if you like, each time. On the fourth rep, stay in the twist for a few breaths first on the right side. Then inhale up and exhale down to the left. Stay for a few breaths on the left side.</p> <p>Then inhale back up to center, place your feet back down on the floor, pause, soften or close your eyes, and notice sensations.</p>	3-4
14.	<p>Apana pose <i>Apanāsana</i></p>	<p>Next bring your knees back into your chest. Place your hands on your knees with your fingers pointing down toward your feet. Inhale, straighten your arms and lengthen your spine, exhale as you engage your lower abdomen, bend your elbows and draw your knees in closer.</p> <p>Repeat 5 more times.</p> <p>Then bring your feet flat to the floor, rest, soften or close your eyes, and notice sensations.</p>	2
15.	<p>Legs up the block <i>Viparīta Karaṇi</i></p>	<p>With your feet up flat, push down into your feet and lift your hips up off the floor. Place a block under your sacrum. Find your balance. Then extend your legs up toward the ceiling. Stay here for 3-5 minutes. While you are here you may choose to: make slow circles with your ankles, separate your feet, draw one knee toward your chest and then the other like a slow bicycle, etc.</p>	3-5

		Then bring your feet back down to the floor. Lift up your hips and remove your block. Rest and notice sensations.	
16.	Relaxation <i>Śavāsana</i>	Stretch your legs out. You may choose to place a bolster under your knees and a blanket on top. Lie on your back and rest deeply. Alternately notice the right and left sides of your body. For example, first the right foot, then the left foot. Slowly move your awareness all the way up your body. When you are finished, start to slowly move your body. Wiggle your fingers and toes. Then roll to your side, and use both hands to press up to seated. Take a moment to pause and notice how your feel.	5-10
17.	Bumble Bee Breath <i>Bhramari Pranayama</i>	Sitting with a straight spine draw in a deep breath. As you exhale hum your breath out. Repeat 4 or 5 more breaths. Then take a moment to notice how you feel. Finish with a moment of kindness and compassion for someone in your life who may be struggling at the moment. As if you could offer some of the fruits of your practice to that person. Namaste.	1
			45-65 min

*Times also include the transition out of the pose to the next one.

Stick Figure Exercises

Subtle Yoga - For Greater Nervous System Resilience + Brain Function
with Kristine Weber

1. "Rebound!" (1 min)
2. "Swinging Trust" (1 min)
 - a. 6x; stay 2 br.
 - b. 3x
 - c. 2x
3. a. 6x; stay 2 br.
4. a. 6x; stay 3-5 br.
5. 6x; stay 3-5 br. (repeat other side)
6. 6x; stay 3-5 br. (repeat other side)
7. "hum" on exhale 6x
8. a. 3x; stay 1-2 br.
8. b. 4x; stay 3-5 br. (repeat other side)
9. 6x; stay 3-5 br.
10. a. 4x
10. b. 4x (Pause at top of In for 1-2 counts)
11. a. rest + notice
11. b. 4x
12. a. 3x
12. b. 2x; stay 2-3 br.
13. 3x; stay 3-5 br.
14. 6x
15. 3-5 mins.
16. śavāsana
17. - Bumblebee breath! (hum on exhale) 6x
- Kindness + Compassion to someone in your life who needs it.

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"Pause is as important as pose."
Don't forget to pause + notice.

Namaste ☺