

# DEVELOPMENTAL WARM-UP SERIES

## SUPINE POSITION

### RIGHT LEG

**KNEE & HAMSTRINGS:** Bring feet on floor close to buttocks (like bridge). Raise right knee to chest, hold behind thigh. Lift and lower foot, moving the knee joint and opening the hamstrings.

**FEET, ANKLES & HAMSTRINGS:** Extend leg up toward the ceiling. Press toe then heel, flexing & extending ankle joint, opening the joints in the feet and toes, and stretching the hamstrings. Rotate ankle both directions

**HIP JOINT:** Bend knee and drop hands to floor. Rotate from the hip joint, circling knee in both directions. (Allow the pelvis to roll side to side). Place foot back on the floor.

### LEFT LEG

Same as above

### QUADS & PSOAS

Bring feet wider than hip width apart. Alternate lowering right knee and left knee toward center.

### SPINE

**KNEE-DOWN TWIST VARIATION:** Bring hands behind head (interlace fingers). Bring knees to chest. Lower knees to right then to left (Lead with the upper knee and allow the lower knee to follow.)

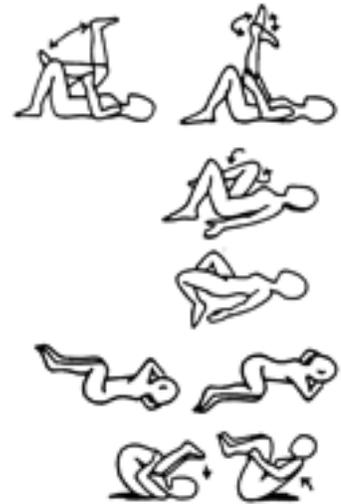
SPINAL ROCKING to seated position

## SEATED POSITION

### GROINS & SPINE

**BOUND ANGLE (Badha Konasana):** Bring soles of feet together, knees apart. Extend chest out over feet then roll up in spinal wave movements.

**LATERAL STRETCH:** Sit cross-legged (Sukasana). Raise right hand overhead and stretch to the left. Raise left hand overhead and stretch to right.



## TABLE POSITION TO STANDING

### SPINE, & CALVES

**CAT & DOG :** Exhale into cat-stretch, inhale into dog-stretch.

**DOWNWARD DOG** alternating leg stretches.

**RAG DOLL:** sway from side to side.

## STANDING POSITION

**SUN BREATH:** Inhale through nostrils, raising arms to the sides and overhead. Exhale through open mouth, lowering arms to sides

### FINGERS

Extend, then squeeze into palms.

### WRISTS

Rotations (both directions)

### ELBOWS & SHOULDERS

Rowing motion (rotate from shoulders in both directions.)

### SHOULDERS

**EAGLE SWINGS:** Swing arms across front of body, crossing right over left, then left over right, shoulderblades coming apart and together.

**SHOULDER ROTATIONS:** Raise arms to sides at shoulder level and rotate thumbs down & back, then up & back.

**BRUSHING THE FLOOR:** Bend elbows and enlarge movement to engage the whole body.

### NECK

Forward to back (chin up and down). Side to side (ear to shoulder.) Twist side to side (chin to shoulder.)

