

# KENMORE CHIROPRACTIC

## Ten Minute Yoga:



**standing forward bend variation**  
(uttanasana)  
Stand with feet apart and interlace fingers over head. (Hold all poses 5 breaths.)



**lunge with twist**  
Bring left hand to the floor, on the inside of the front leg, twist to the right, and bring right arm to the sky.



**triangle**  
(trikonasana)  
Straighten right leg, reach right arm to foot or ankle, and bring left biceps alongside the ear.



**low lunge**  
Swivel torso forward, bring left knee to floor, and stretch arms overhead.



**runner's stretch**  
Straighten right leg and bring chin toward shin, keeping hips level.



**downward dog**  
(adho mukha svanasana)  
Step right leg back. Press chest toward thighs.



**side plank variation**  
(vasisthasana)  
With left hand on floor, bring right leg to the floor behind you and arch back.



**yoga push-up**  
(chaturanga dandasana)  
Hover 3-4 inches above the floor. (Hold this pose for only 2 breaths.)



**cobra**  
(bhujangasana)  
Keep shoulder blades down and legs active.



**lunge with twist**  
Step right leg back and bring right hand to the floor. Repeat triangle through cobra to opposite side.



**bow pose**  
(dhanurasana)  
Take hold of ankles, keeping knees no wider than hips.



**bicycle**  
Bring right elbow to left knee, keeping elbows wide. Reverse and repeat 5 times to each side.



**half lord of the fishes**  
(araha matsyendrasana)  
With right knee up, bring left elbow outside right knee and twist right.



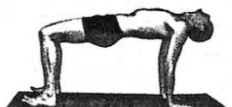
**double pigeon**  
Lower right knee and stack shins. With a straight back, lean forward.



**pigeon**  
(eka pada rajakapotasana)  
Swing right leg back and take hold of ankle (or keep leg extended and palms on floor near hips). Repeat half lord of the fishes through pigeon to the opposite side.



**forward bend**  
(paschimottasana)  
Keep thighs engaged and spine long.



**tabletop**  
Bring hips higher than knees.



**wide angle**  
(upavistha konasana)  
Bring hands to feet or to floor in front of you, keeping kneecaps and toes facing up.



**bound angle**  
(badha konasana)  
Draw heels toward the groin and round the torso forward.



**reclining bound angle**  
(supta badha konasana)  
Keep soles of the feet together, soften the rib cage, and relax.