

Weekly Yoga Session with Claire!

www.ClaireDiab.com

The Cat/ Dog Pose in Chair



Inhale
Back Bend
Clasp Hands
Behind Head



Inhale
Arms Up



Exhale
Back Bend



Exhale
Forward Bend

Instructions:

- ❖ **Begin sitting in a chair with feet flat on the floor (Elevate feet with book or blocks so feet are planted firmly on the ground).**
- ❖ **Clasp hands behind your head. Inhale. Inhale more as you extend arms up over head pressing palms toward the sky, slightly arching your back.**
- ❖ **Exhale, bring hands behind your head and exhale more coming into a forward bend with hands behind your head, bring elbows to your thighs.**
- ❖ **Repeat sequence 6-9 times.**

TIPS

Create a Sacred Space

- **Unplug the phone**
- **Place mat or towel down**
- **Dim the lights**

Breathe in a Relaxed Manner

- Full deep breaths
- Breathe continually

Relax Through the Movement

- Place tip of tongue gently behind the two front upper teeth on the ridge of your gum, this is called the Fire Point* .
- Relax your jaw, unclench your teeth
- Keep your shoulders relaxed, back, and down

Move Easily and Gently

- Never force or strain
- Smile with your eyes by gently bringing the corners of your mouth towards you ears

Enjoy the Sequence

- Allow yourself the freedom to move your body in anyway it needs

Safety Tips

- ❖ If your shoulders are uncomfortable unclasp your hands. Only brings arms up to a place of comfort.
- ❖ If your feet are not on the floor while sitting in the chair place something sturdy underneath your feet such as a book or blocks, etc.

Benefits

- ❖ Improves Posture
- ❖ Lengthens and Strengthens the Spine
- ❖ Strengthens the Shoulders
- ❖ Nourishes Thyroid Gland
- ❖ Massages Internal Abdominal Muscles
- ❖ Strengthens Central Nervous System

This Week's Mantra

Om Vardhanam Namah

Pronunciation: Om Vard-uh-nahm Nah-Mah

"I am the nourisher of the universe and the universe nourishes me"

This week:

- ❖ **Be aware of Giving and Receiving.**
- ❖ **Cultivate an Attitude of Gratitude**
- ❖ **Be aware of nourishing your mind, body, and soul with nourishing food, water, breathing, movement, relaxation, and love. Silently repeat during the day**
"I am the nourisher of my body and my body nourishes me".

If You Have Any Questions or to Order Claire's DVD's and Books Contact Me
Claire@clairediab.com

Have a Wonderful Week

Namaste!