



# Passive Yoga Warm Ups

Standing (proper mountain pose)

## Head-Neck

Inhale center: exhale look to side: inhale center: exhale look to other side  
(Keep head level)

(Repeat)

Inhale center exhale tip head forward

(Tuck chin)

Inhale center exhale head tip back mouth opens wide

(Tuck chin before tipping back)

(Repeat)

Inhale center: exhale ear over right shoulder: Inhale center: exhale ear over  
left shoulder

(Keep head level: lifting side of jaw to ceiling: keep shoulders down)

(Repeat)

## Shoulders

Shoulders up tight to the ears

Shoulders down: fingers splayed

(Repeat)

Roll shoulders forward

(Palms open to side of room)

Roll shoulders backward

(Palms open to front of room)

(Repeat)

## Wrist

Flex & Extension

Circle

Massaging upper chest and down arm (beating chest)

(Massage under forearm and upper arm as well)

(Relax the body)

## Waist

Bear swing

Falling star

(One foot points forward other point to the side: 12 to 14 inches between aligned heels:  
keep weight on back leg: as you tip to side keep hips and body facing front of room)

(Repeat other side)

## Butt and back whacking

Seated (proper seated position)

Legs and back

Forward bend

(Remember lengthen not crushing)

One foot into thigh - side stretch

(Keep torso open to the side as much as possible)

Turn torso to face the extended leg and lengthen forward

(Walk buttocks back)

Seated spinal twist

(Sit up tall)

(Repeat on other side)

Lying on your back

Back Embryo position

(Arms wrapped around knees slowly rolling from side to side)

Embryo leg extension

(One knee to chest other leg extended, a few inches off the floor (position 1))

(You may also do position 2, 3, 3+, or 4)

(Always lengthen and draw up your abdominals)

(Repeat other side)

## Hips

Butterfly

(Feet in close – inhale knees up: exhale knees down)

(Feet a little further out - hand on ankle elbows on knees apply pressure to the knees:  
lengthening crown away from body)

(Walk buttocks back substantially - tuck chin and round forward)