Justin Brill Workshop- A Professional Warmup

These are my very quickly jotted notes on the workshop that some other teachers were requesting. There are some websites below he shared with us.

Yoga warm up

3part breath- lower abdomen belly diaraghm, middle upper belly, chest. In thru your nose, put thu breath. In lower belly up, out chest first. Lying down.

Lions breath in thru nose out tongue ou open mouth,

Fire breath, pulsing diaphragm in ou thru nose 30 secs fast

Mantra breathing. Pick something to inspire and something to expire

Word

sitting up

monkey brain running thoughts

Activate body with posturing get in touch with space around us

Child's pose- anti stress posture

Rag dog pose to sun salutation- breath to own up back

Mountain pose

Mountain pose hands at side facing out

Inhale arms up over head-salute

Exhale praying hands in front of face and bend over flat back yo ground

\*Roll up inhale

Exhale to beginning pose.

Sun salutation pose

\*Half lift-breath in flat back straight legs do not compress shoulders hands sweep up to shins

2nd forward fold deeper, step back one leg at a time. Knees down table top position.flat back, inhale/exhale.

Inhale baby push up chin to ground slide legs back and chest to ground(crawl hands forward)

Keep hands at chest level. The lift chest up baby cobra press thighs into ground,kept stress out of spine. This is a heart opener.

raise ey focus from looking straight at ground to just a foot in front of them. not raising my chest.

[yogasite.com](http://yogasite.com)

[yogajournal.com](http://yogajournal.com)

[justinbrill.com](http://justinbrill.com)