

# WELLNESS WEDNESDAY YOGA



Chief Warrant Officer 4 Allyson Conroy  
500 Hour Yoga Instructor  
95 Hour Advanced Children's Yoga Instructor



# AGENDA

Introduction

Centering/Pranyama (Breath)

Chair Yoga

Surya Namaskar A

Surya Namaskar B

Meditation

Close



# Who am I?

- I have been practicing physical yoga for 25 years. As a runner I used yoga for pain relief. Yoga is a way of life for me.
- 500 Hour yoga teacher
- 95 Hour Advance Yoga Children's Instructor
- Vinyasa, Chair, Restorative, Yin





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# GROUNDING

Yogic Breathing





# CHAIR YOGA

Grab a chair



# CHAIR NECK WARM UP

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- Tall spine, right ear to right shoulder. Hold for two cycles of breath
- Center
- Left ear to left shoulder. Hold for two cycles of breath.



# Chair Mountain Tadasana

- Chair with four legs and a back (you don't want it to move; feet flat on the floor)
- Extend your arms overhead, biceps by your ears, draw your shoulders down your back.
- Stack shoulders over hips
- Feel your bellybutton toward your spine to find a long spine



# Chair Back bend Anuvittasana

- Bring your arms to goal posts
- Send your gaze toward the ceiling, maybe your heart moves toward the front of the room, maybe toward the ceiling.
- Find a slight arch in your back





# Chair Forward Fold Uttanasana

- Hinge from your hips, bring your hands toward the earth. Send your gaze to your belly button; allow your head to hang heavy. Find softness in your neck.



# Chair Halfway lift Ardha Uttanasana

- Bring your hands to your chins, come to a long spine
- Hug your shoulder blades together
- Extend the crown of your head toward the front of the room





# CHAIR SURYA NAMASKAR A



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**Mountain  
Tadasana**



**Back Bend  
Anuvittasana**



**Forward Fold  
Uttanasana**



**Halfway lift  
Ardha Uttanasana**



# Chair Chair Utkatasana

- Keep your feet planted
- Bring your arms slightly in front of you
- Keep a long spine





# Chair Warrior II Virabhadrasana

- Starting with your right foot, point your toes to the right, plant your left foot down.
- Bring your arms to a T
- Send your gaze over your front fingertips



# Chair Warrior 2 Virabhadrasana 2

- Point one foot toward the front of your mat, pivot the other foot parallel with the short edges of your mat.
- Bring your arms to a strong T





# Chair Extended Side Angle Utthita Parsvakonasana

- Reach your front arm forward, then tick tock your body to front arm toward the floor, your back arm toward the ceiling.
- Option to bring your front forearm to your thigh.
- Stack your shoulders.





# Chair Reverse Warrior Parivritta Virabhadrasana

- Reach your front arm up and then back, reach your back arm down your back leg.
- Feel the opening in your side body – your intracoastal muscles.

# CHAIR SURYA NAMASKAR B



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**Chair  
Utkatasana**



**Chair with  
Airplane arms**



**Warrior 2  
Virabhadrasana II**



**Extended Side  
Angle  
Parsvakonasana**



**Reverse Warrior  
Parivritta  
Virabhadrasana**





# YOGA

Grab a mat, a towel, or a blanket



# • + SURYA NAMASKAR A + •

Mountain, forward fold, half way lift

High-to-low plank, upward facing dog, downward facing dog/tabletop

# Mountain Tadasana

- Bring your feet to a comfortable position
- Extend your arms overhead, biceps by your ears, draw your shoulders down your back.
- Stack shoulders over hips
- Feel your bellybutton toward your spine to find a long spine



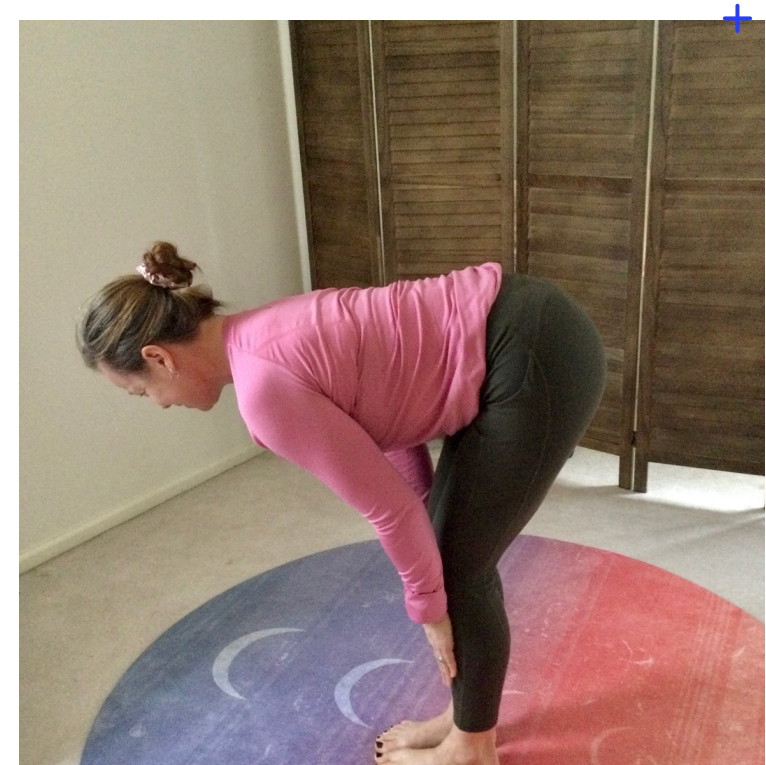
# Forward Fold Uttanasana

- Hinge from your hips, bring your hands through heart center (or swan dive)
- Bring your hands toward the earth. Send your gaze to the back of the room, or to your thighs; allow your head to hang heavy. Find softness in your neck.



## Halfway lift Ardha Uttanasana

- Bring your hands to your chins, or your thighs, come to a long spine
- Hug your shoulder blades together
- Extend the crown of your head toward the front of the room
- Shift your weight into the balls of your feet to align your hips over your ankles





# High Plank Dandasana



A high pushup  
position

Option to bring  
your knees to  
the ground



# Upward Facing Dog Urdhva Mukha Svansana

- Lift your chest up, extend your elbows, draw your heart through your biceps.
- Keep your core muscles drawn tight to protect your lower back





## Downward Facing Dog Adho Mukha Svansana

- Send your hips up and back, guide your heels to the earth
- Press into your hands, guide your chest to toward your thighs
- Draw your shoulders away from your ears to extend long through your neck
- Option for tabletop, knees to the ground





# Tabletop

- Plant your hands on the mat, align your shoulders over your wrists, hips over your knees
- Keep a neutral spine



# SURYA NAMASKAR A



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**Mountain  
Tadasana**



**Forward Fold  
Uttanasana**



**Halfway lift  
Ardha Uttanasana**



# SURYA NAMASKAR A CONTINUED



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**Plank**  
**Dandasana**



**Upward Facing Dog**  
**Urdhva Mukha**  
**Svanasana**



**Downward Facing Dog**  
**Adho Mukha**  
**Svanasana**



**Tabletop**



# • + SURYA NAMASKAR B • +

Chair, forward fold, half-way lift, high-to-low plank, upward facing dog,  
downward facing dog/tabletop

Warrior 2, extended side angle, reverse warrior.

# Chair Utkatasana



- Bend your knees, send your hips back, bring your weight into your heels
- Hug your thighs together
- Bring your biceps slightly in front of your ears.
- Keep a long spine



# Warrior II

## Virabhadrasana

- Starting with your right foot, point your toes to the right, plant your left foot down.
- Bring your arms to a T
- Send your gaze over your front fingertips



# EXTENDED SIDE ANGLE UTTHITA PARSVAKONASANA

Reach your front arm forward, then tick tock your body to front arm toward the floor, your back arm toward the ceiling.

Option to bring your front forearm to your thigh.

Stack your shoulders.



# REVERSE WARRIOR PARIVRITTA VIRABHODRASANA

Reach your front arm up and then back, reach your back arm down your back leg.

Feel the opening in your side body – your intracoastal muscles.







# SURYA NAMASKAR B

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**Chair**  
**Utkatasana**



**Warrior 2**  
**Virabhadrasana II**



**Extended Side Angle**  
**Utthita Parsvakonasana**



**Reverse Warrior**  
**Parivritta Virabhadrasana**





# BALANCING

Option to use a chair



# Tree Pose

## Vrikasana

- Start standing with hands at heart center
- Bring your weight into one foot, lift the other to bring the sole of that foot on the inside of your standing leg
- Send your knee to the side
- Find a long spine
- Option to grow your branches
- Option to keep your hands at heart center, close your eyes



# GROUNDING

Meditation



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# THANK YOU

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