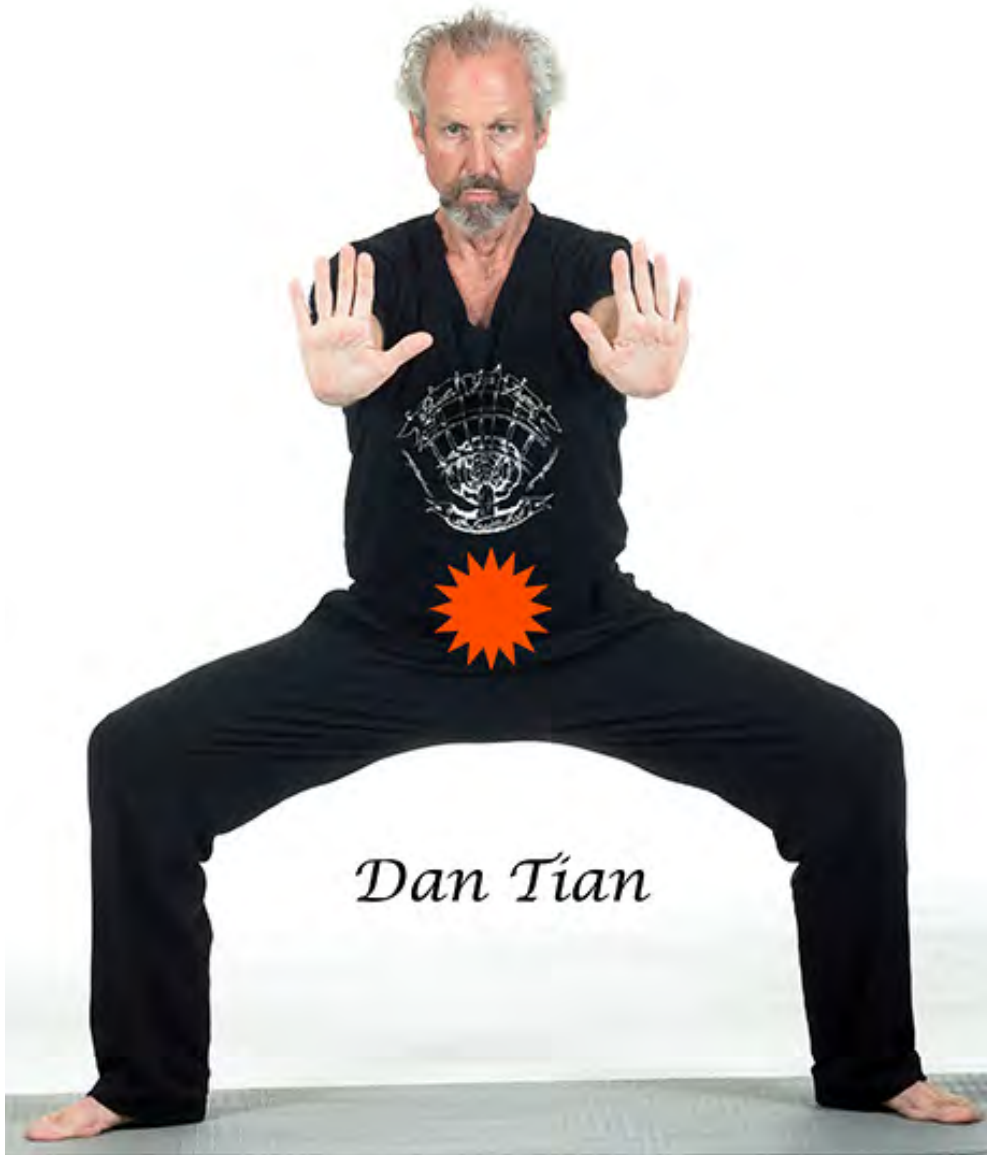




PRISON YOGA PROJECT

A PATH FOR HEALING AND RECOVERY

JAMES FOX



Warrior Practice

The Warrior Practice is a unique, intermediate asana practice that combines influences of classical Raja Yoga with the martial arts-like movements of Taoist Yoga. It is intended for a more experienced and well-conditioned practitioner. It is recommended that one should have experience with the Intermediate Practice before moving onto the Warrior Practice. The Warrior Practice as described should take 90 minutes or slightly longer to complete.



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Centering & Opening

(1) Easy Pose (*Sukhasana*) - seated in cross-legged position, allow the spine to lengthen gently toward the crown of the head; chest open, shoulders relaxed. Chin dropped slightly toward the chest, head positioned so openings of ears are aligned with the shoulder joints. Shift weight slightly forward on sitting bones to stabilize arch in the lower back. Proper alignment assists in keeping the body stable and still, supporting meditation practice. If unable to sit in this position, you can sit on a chair with your back supported. *Sit quietly for 5 minutes* (see Daily Meditation Practice or Expanding Awareness of Breath).

(2) Bridge (*Setu Banda Sarvangasana*) - come lying down on your back. Extend your arms along side your body. Bend your legs and walk your feet in close to your buttocks. Keeping your feet and knees hip width apart. Inhale and lift the hips and buttocks pressing the soles of your feet into the floor. As you exhale, slowly roll the spine down one vertebra at a time. Continue moving with your breath, rising on inhale, lowering on exhale. After 5-6 repetitions, rise up into the bridge, walk your shoulder blades in toward one another, press your arms against the floor and stay in the pose. Keep pressing the feet into the floor engaging the muscles of the legs, buttocks and back to keep the body lifted. *Stay at least 5 complete breaths before rolling back down on your back.*

NOTE: poses 3-6 are done as a continuous set.

(3) Knees to Chest (*Apanasana*) - staying on your back lift your feet off the floor. With your arms extended, hold onto your knees (shoulder width apart) or upper shins. Inhale fully and as you exhale completely out your nose, draw your knees into your chest. *Repeat at least 3-4 times.*

(4) Legs 90° to Floor - after exhaling and drawing your knees toward your chest, inhale and raise your legs perpendicular (90°) to the floor, feet together. Keep your quadriceps muscles and feet flexed, toes curling toward your shins as you extend the heels toward the ceiling. Exhale completely as you draw your knees in to your chest. *Repeat 3-4 times.*

(5) Abdominal/Core Strength Building - from your legs raised 90° to the floor with feet together, lower the legs halfway to the floor (from 90° to 45°). Keep the legs and feet flexed as you extend out through your heels. Hold to the count of 10 before lowering the heels about 3-4 inches off the floor. Keeping the legs/heels lifted off the floor, inhale and take the legs wide apart; as you exhale bring them together. *10 repetitions.*

(6) Resting - after bringing your feet together on the last rep, slowly lower the heels to the floor. Separate your feet hip width apart; rest your hands on your lower belly below the navel. Let your legs and feet roll open. Pick you head up and lengthen your neck tucking your chin toward your chest before resting the back of the head on the mat. Feel your belly rising and falling under your hands with each breath, let yourself relax completely, keeping your awareness on your breathing rather than thoughts. *Stay for 5-10 breaths.*



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Opening (continued)

NOTE: Poses 7-8 are done as a continuous set.

(7) Child's Pose (*Balasana*) to Cow - spread knees hip width apart and sit back toward your heels with your arms out in front of you. Keep the spine lengthened as you rest your forehead on the mat. Inhale and slowly begin to rise onto your hands and knees letting your head be the last part of the body that comes up into Cow pose. Allow your back and spine to arch, tail bone tilted upward, belly relaxed, arms straight with wrists under shoulders and knees under hips. Tilt head back looking up toward eyebrows. As you exhale, slowly come back to Child's Pose, letting your head be the last part of your body that comes down as you look toward the tip of your nose. Continue moving back and forth from Child's Pose to Cow (*4-5 repetitions*), always moving with inhale and exhale as described.

(8) Cow/Cat - from Cow, rather than going back to Child's pose, as you exhale transition to Cat, rounding the spine and back, drawing the lower belly in toward the spine, tucking the tailbone between the legs, bringing your chin to the collarbone, looking to the tip of your nose. As your chin comes to your collarbone complete the exhale expelling all the air from the lungs. *4-5 repetitions.*

(9) Downward Facing Dog (*Adhomukha Svanasana*) - from Cow pose with wrists under shoulders and knees under hips, walk your hands at least a hand length forward keeping them shoulder width apart and fingers spread wide. Curl your toes under and lift the body. Press your hands firmly into the floor extending your arms, allowing the spine to lengthen toward its base, ribs lifting toward the hips. Keep the back of your head in alignment with your arms. Legs are firmly engaged/flexed, no wider than hip width, heels press toward the floor. When first going into Down Dog you can bend one leg and straighten the opposite one, going back and forth, then finally straighten both legs and settle into pose. Heels will probably remain off floor. *Duration: 5 complete breaths, breathing slowly through the nose.*

(10) Plank to Chaturanga (*Chaturanga Dandasana*) - from Downward Dog come to Plank (push-up position). Inhale and bring your body a couple of inches off the floor and exhale pressing back to Plank. Hands placed under the shoulders or slightly wider, legs and abdominal muscles flexed. *Do this slowly 5-10 times.*

(11) Downward Facing Dog - from Plank, exhale and press back to Downward Dog again, *staying for 3 complete breaths.*

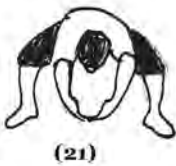
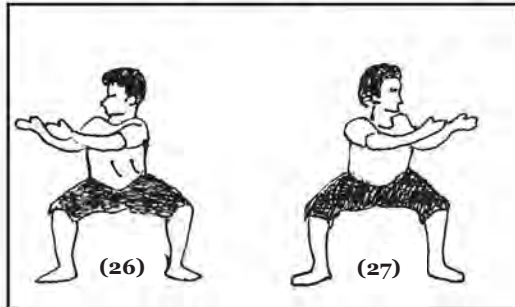
(12) Standing Forward Fold (*Uttanasana*) - from Down Dog bend your knees and as you exhale hop or step each feet forward toward your hands. Straighten your legs, keep your feet hip width apart, bring your back up parallel with the floor, and then exhale folding the torso over the legs. Keep your legs flexed with your weight evenly balanced on your feet from side to side and heel to toe, spine lengthening toward the crown of your head. *Duration: 5 complete breaths.*

(13 & 14) Standing Half Forward Fold (*Ardha Uttanasana*) - from Standing Forward Fold on an inhale bring your back up parallel with the floor, first extending your arms out to the side, then lengthening your arms out in front of you. Arms, back of head, neck and spine all in parallel alignment to floor. Keep your weight firmly balanced on your feet and extend out through your fingertips. *Duration: 5 complete breaths.*

(15) Standing Forward Fold - from Half Forward Fold, on the fifth exhale fold forward again into the full Standing Forward Fold. Keep legs flexed, weight balanced on feet, spine lengthened, neck relaxed. *Duration: 5 complete breaths.*

NOTE: Repeat 12-15 two more times.

(16 & 17) Transition to Standing - from Standing Forward Fold inhale and come up to Half Forward Fold with arms extended out to the side parallel with floor. On next inhale continue raising the torso, keeping the legs flexed and spine lengthened, sweeping the arms up from the sides of the body until the palms of the hands meet over head. Look to your hands above your head, and as you exhale extend the arms out to the side and down, bringing your palms together and lifting them to your sternum (heart) in a prayer gesture. *Stay here for 5 complete breaths.*



Purification (Taoist Flow)

NOTE: The following sequence of poses 18-27 comprise a practice called Taoist Four Part Breathing.

(18) Standing — begin with feet 3-4 feet apart, toes wider than heels, hands together at sternum in front of your heart.

(19 & 20) Arms Overhead to Squat — inhale and sweep your arms up, out to the side and over your head. Look up at your hands as your wrists cross over your head. Exhale and bend your knees, letting your legs and groin open out, working the energy meridian that runs along the inner legs. Extend the arms out to the side keeping your arms and hands flexed as you reach out through the palms. Keep your spine lengthened; chest open. Tailbone should be 4-6 inches higher than the knees. *Hold the squat at least 2 breaths before proceeding.*

(21, 22 & 23) Folding Forward to Standing — keeping your knees and legs bent, inhale as you fold your torso forward, bringing the hands together at the floor, with inner index fingers touching, tops of the hands facing outward. And continue the inhale as you slowly straighten your legs while drawing your straightened arms up from the floor out in front of you until your fingertips come together over your head. The entire motion as described is done on a single, full inhale.

(23 & 24) Drawing Energy to Core — with your arms raised over your head, fingertips touching, draw the energy down to the center of your body below the navel with your hands, keeping the elbows out to the side, palms facing the floor, fingertips touching, as you lower the arms and hands in a continuous, graceful motion.

(25) Standing — come to Standing arms alongside your body, feet 3-4 feet apart.

NOTE: Repeat poses 18-25 six times, the fourth time staying in the Squat (20) for 30-60 seconds, and the sixth time including poses 26 & 27.

(26 & 27) Pulling the Bow — in one of the repetitions described above (18-20), while in the Squat (20), and before completing poses 21-25, bring the fingertips of your left hand to your right wrist and imitate drawing the string of a bow back along your inner arm to your heart. Repeat on the other arm, right fingertips to left wrist, drawing bow back to your heart. Then proceed to poses 21-25.



Purification (Taoist Flow continued)

(28 & 29) Standing to Standing Spread Leg (*Padottanasana*) — after completing pose 25, bring your arms along side your body and straighten your feet where they are, keeping them 3-4 feet apart. Then upon inhaling, sweep your arms out to the side raising them to bring your hands together over your head. Look to your hands, and upon exhaling, fold forward keeping the spine lengthened while sweeping the arms downward, out to the side of your body. Bring the fingertips of your hands onto the floor under your shoulders.

(30, 31 & 32) Taoist Dips — while in the Standing Spread Leg (**29**), take your feet at least 4 to 5 inches wider. Then inhale and as you exhale bend the left leg deeply as you move your torso over to the left. Drop the tailbone toward the floor and lengthen the right leg, keeping the right foot firmly planted on the mat. Then upon inhaling, transition to the other side, bending the right leg and keeping the left leg straight. Move with your breath, initiating movement on inhale, completing it on exhale as you bend the leg. Try to keep your tailbone low to the floor as you transition from one side to the other. *At least 5 repetitions each side.*

(33, 34, 35 & 36) Warrior (*Virabhadrasana I*) Lunges — as you transition from one side to the other in Taoist Dips, turn the foot of the bending leg toward the thin side of the mat, and keeping that leg bent, and the back leg straight, inhale and raise the arms over your head into Warrior I. As you exhale sweep the arms down and then across to the other side, and inhale and come up to Warrior I on that side. *At least 5 times both sides.*

(37 & 38, 39) Standing Spread Leg to Standing Spread Leg Twist — after completing Warrior Lunges, come back to Standing Spread Leg with your fingertips or palms touching the floor under your shoulders. Bring your right hand directly under your face, and while keeping your spine extended, inhale and twist the torso open to the left raising the left arm. Turn to look at your left hand. Exhale and bring left hand down under your face, then inhale and raise the right arm. Moving with your breath, alternate raising your arms. Engage your neck muscles so your head does not droop toward the floor. Keep your legs flexed. On your last repetition on each side stay in the pose with your arm raised for 30 seconds. Then come back to Standing Spread Leg.

(40) Standing Spread Leg Forward Fold from Standing Spread Leg, walk your hands and arms under your legs keeping them shoulder width apart. Keep your arms straight, palms planted on the floor. Try not to round your back keeping the spine extended toward the crown of your head. Stay for 5 complete breaths before coming back to Standing Spread Leg (**39**).



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Purification (continued)

(41, 42 & 43) Low Lunge to Lunge Twist - from Standing Spread Leg start to move your upper body toward your right foot while pivoting that foot forward. Spin onto the ball of your left foot as you transition back to the Low Lunge. Then place the left hand under the left shoulder and twist your torso open to the right and extend your right arm and hand toward the ceiling. Keep the back leg straight, lifting up behind the knee. *Duration: 5 complete breaths.*

(44) Plank - from the Lunge Twist bring your right arm down and come back into the Low Lunge for a breath. Then step the right leg back and come into Plank (push-up position). *Stay in Plank for 2 complete breaths.*

(45) Cobra (Bhujangasana) - from Plank come down onto the floor resting your forehead on the mat. Bring your hands along side the pectoral muscles of your chest. Then flexing your gluteal (buttocks) muscles, keeping your legs and tops of feet pressed into the floor, on your next inhale lift your head and chest. The arms remain bent with elbows tucked in toward the ribs while drawing your shoulder blades down your back. Hands pressed lightly into the mat while lifting up from the sternum. *Duration: 5 complete breaths.*

(46 & 47) Plank to Downward Facing Dog - from Cobra come down onto the floor resting your forehead, staying for a breath, then curl your toes under and press up to Plank and back to Down Dog (see description pose 9). *Stay in Down Dog for 3 complete breaths, exhaling completely out your nose.*

(48) Low Lunge - from Down Dog, exhale and step the left foot forward into the Low Lunge. Prepare to repeat the Lunge Twist (43), this time raising the left arm, right hand on the mat under the right shoulder.

NOTE: repeat poses 43-48 before doing 49, 50 & 51. When you repeat pose 48, the right foot steps forward into the Low Lunge from Down Dog.

(49) Low Lunge to Standing Forward Fold - from the Low Lunge step the left foot next to the right and bring your back up parallel with the floor. Try to keep your fingertips in touch with the mat. Keep the legs flexed/straight; feet hip width apart. Inhale and as you exhale bend into the Standing Forward Fold. *Remain for 3 complete breaths.*

(50 & 51) Transition to Standing - from Standing Forward Fold, inhale and come up to standing with hands in front of heart (see description pose 16 & 17). *Remain here for 3 complete breaths.*



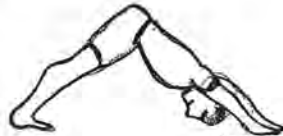
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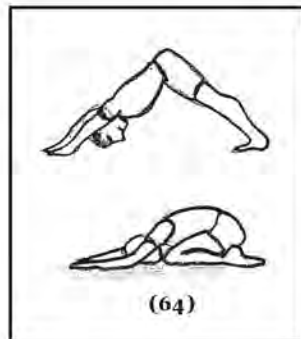
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Purification (continued)

(52) Standing Forward Fold – from Standing with your hands together in front of your heart at your sternum (51), inhale and sweep your arms out to the side raising them so that your hands come together over your head. Look to your hands, and upon exhaling, fold forward keeping the spine lengthened while sweeping the arms downward along side your body and settling into the forward fold for *2 complete breaths*.

(53) Low Lunge - from Standing Forward Fold bring your back up parallel with the floor and as you fold your torso forward, step your left foot back into the Low Lunge.

(54) Standing Lunge (“Dragon Opens Its Wings”) - from the Low Lunge, inhale and bring your head, chest and arms up with open hands. Arms are bent, elbows wide, chest open with shoulder blades drawn together. Keep the back leg straight lifting up behind the knee. Stay on the ball of the back foot and extend through the heel. *Stay 5 complete breaths*.

(55) Low Lunge to Plank - from “Dragon” exhale and place your fingertips down and come back into the Low Lunge for a breath. Then step the right leg back and come into Plank.

(56) Chaturanga to Upward Facing Dog (*Urdhvamukha Svanasana*) - from Plank come down a couple of inches off the floor to Chaturanga, then shift the chest and head forward while pressing upward to come into Upward Facing Dog. Lengthen the arms pressing the palms firmly into the floor under the shoulders. Lift from the crown of the head. Legs are flexed with knees off the floor, weight on the top of the feet, spine lengthening, look forward and slightly upward. *Stay 3-5 complete breaths*.

(57 & 58) Downward Facing Dog - from Upward Facing Dog shift onto the balls of your feet and exhale back to Downward Facing Dog for 2 breaths. Raise the left leg, flexing your left foot and lifting up from the heel. *Stay for 3 breaths*.

(59) Low Lunge - from Down Dog with your left leg raised, rise up onto the ball of your right foot and step the left foot forward coming into the Low Lunge.

(60) Standing Forward Fold - take a breath and from the Low Lunge step the right foot forward, hip width apart from the left foot, lift your back up parallel with the floor then fold forward over your legs to come into the Standing Forward Fold. Keep your weight balanced on your feet and your legs flexed.

(61) Powerful Squat (*Utkatasana*) - from the Standing Forward Fold, walk your feet together, bend your knees allowing them to come together. Your tailbone should be 4-6 inches higher than your knees. Inhale and sweep your arms up, shoulder width apart. Keep the tailbone tucked under. *Duration: 5 complete breaths*.

(62) Standing Forward Fold - from the Powerful Squat straighten your legs and bring your back parallel with the floor, arms out to the side to Standing Half Forward Fold. Then exhale folding forward into the Standing Forward Fold. *Duration: 3 complete breaths*.

(63) Transition to Standing - from Standing Forward Fold, inhale and come up to standing with hands in front of heart (see description pose16). *Remain here for 3 complete breaths*.

NOTE: repeat poses 52 - 62. When repeating poses 53, 54 & 55 - the left foot is forward; right leg is back. Pose 58, right leg is raised in Down Dog. Pose 59, right foot is forward; left leg is back in Low Lunge. When you complete this second set of poses 52-62, rather than ending in pose 63, end in pose 64.

(64) Downward Facing Dog to Child’s Pose - from Standing Forward Fold (62) step the right leg back to the Low Lunge, then the left leg back into Downward Facing Dog. *Stay in Down Dog for 3 breaths, then come into Child’s Pose for 10 complete breaths*.



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Resiliency (Warrior Standing Sequence)

(65) Mountain (*Tadasana*) - keeping your legs flexed, weight balanced on your feet, hip width apart, spine lengthened, shoulder blades slightly together and arms dangling along your side, close your eyes. Staying grounded through the soles of your feet, focus all of your awareness on the sensation of your breath moving in and out of the nose *Duration: 5 complete breaths.*

NOTE: poses 66-70 are done as a continuous set.

(66, 67 & 68) Warrior I Prep - from Mountain Pose step the right foot back 3-4 feet, keeping it angled forward. Try to maintain heel-to-heel alignment of the feet, from front to back. Hips should be squared, facing forward. Inhale and bend the left leg as close to 90° as possible while raising the arms chest high in front of you. Exhale and straighten the left leg while bringing your arms alongside your body. Repeat 4 times moving with the breath as described. *The fourth time hold pose 67 for 5 breaths before exhaling while bringing your arms alongside your body.*

(69 & 70) Warrior I (*Virabhadrasana I*) - from pose **68** (see description above), when next inhaling, bend the left leg and raise your arms overhead keeping the right leg straight and right foot firmly planted on the mat. Exhale and straighten the left leg while bringing your arms alongside your body (pose **70**). *Repeat 4 times, moving with the breath as described.* The fourth time hold pose **69** (Warrior I) for 5 breaths before exhaling while bringing your arms alongside your body.

NOTE: Repeat poses 66-70 as described but with left foot back and right foot forward.

(71, 72 & 73) Warrior II (*Virabhadrasana II*) - from pose 70 turn your right foot to the side, and open your hips in the same direction. Feet should be 4-5 ft. apart. Your front heel should be aligned with the middle of the arch of the back foot, the back foot angled slightly forward. Inhale and bring your arms up parallel with the floor as you bend the left leg as close to a 90° angle as possible. Your left knee should be directly over your left ankle. Keep the back leg straight lengthening it and pressing the back foot firmly into the mat. Look to the tips of your left fingers. Keep your torso vertically aligned over your hips. Exhale and straighten the left leg, bringing your arms alongside your body resting hands on thighs. *Repeat 4 times, moving with the breath as described.* The fourth time stay in pose 72 (Warrior II) for 5 full breaths before exhaling while bringing your arms alongside your body.

NOTE: Repeat poses 71-73 as described but with left leg back and right leg forward, Look to right fingertips in pose 72.



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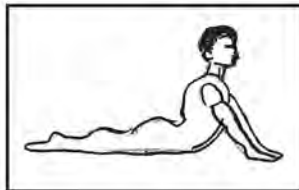
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Closing & Integration

(74) Resting to Locust (*Salabhasana*) - after completing the Standing Sequence come lying down on your stomach on the mat, turning your head to the side. Take a couple of breaths, then on your next inhale lift your head and chest, lift your legs and extend your arms behind you. Keep your knees lifted, legs and feet close together and draw your shoulder blades together. Keep lifting up from the sternum. Duration: 5 complete breaths. *Do this 4-6 times, resting for 5 complete breaths in between going into the pose.* Alternate sides that you turn your head (left/right) when you come down to rest.

(75) Resting - come back to resting position with your head turned to the side.

(76) Cobbler (*Baddhakonasana*) - come to a seated position with the soles of your feet together, knees out to the side. Keep your back straight, spine lengthened. Stay for 3 complete breaths.

(77) Butterfly - while in Cobbler, move your feet forward 3-4°, about a foot in front of your knees, keeping the soles together. Inhale fully and as you exhale fold the torso forward over your legs, forehead dropping toward your feet. You can round your back. Let your chin rest on your collarbone. Keep your arms, shoulders and neck completely relaxed. Let the body surrender into the pose continuing to let go of any holding and tension. As you exhale in the pose draw your lower belly in toward your spine and keep the belly drawn in. Practice Mindful Awareness, let go of thinking and stay connected to your body and breath. *Remain in the pose a minimum of 3 minutes. With practice increase the time to 5 minutes.*

(78) Cobbler - from Butterfly slowly come up to Cobbler. You can stretch your legs out in front of you and lean back with your weight on your hands placed on the floor behind your shoulders. *Rest for a few breaths.*

(79) Sphinx – start by lying down on your stomach, head turned to the side. Stay for 3 complete breaths, then rise up onto your elbows and forearms. Elbows placed directly under the shoulders, arms resting on the floor shoulder width apart, legs and buttocks relaxed. Put a little pressure into your forearms and elbows so the chest does not sag toward the floor. Keep the belly soft. Practice Mindful Awareness, let go of thinking and stay connected to your body and breath. *Remain in the pose a minimum of 3 minutes. With practice, increase the time to 5 minutes or move into Seal (pose 80) for the final 2 minutes.*

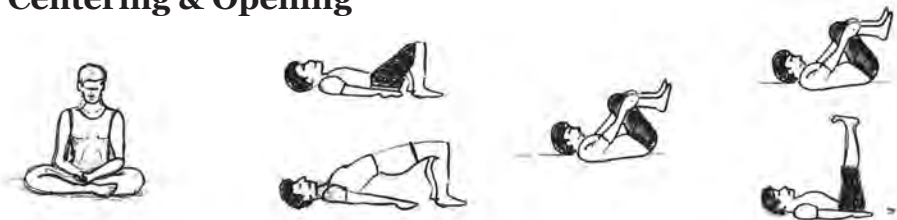
(80) OPTIONAL: Seal - after being in Sphinx for 3 minutes, press your palms into the floor and straighten your arms. Keep the legs and buttocks relaxed. Be careful not to force yourself to stay in the pose if it feels like too much pressure on the lower back. Remain in Seal for 2 minutes before coming back down to Sphinx first before lying down and turning your head to the other side.

(81 & 82) Resting to Full Body Twist - from lying on your stomach roll over onto your back resting for 5 complete breaths. Then bend your left leg and with your hands on your left knee, bring it toward your chest. Step the left foot over to the outside of the right knee or thigh. Reach your left arm out to the left side along the floor, back of left shoulder in contact with the floor. Holding your left knee with your right hand, inhale and as you exhale, gently pull the left knee over to the right, bent left leg crossing over the straight right leg. Keep the back of your shoulders against the floor. *Remain for 1 minute.* Then come to lying on your back and repeat the pose as described with your right leg (crossing it over to the left, right arm reaching out to the right side).

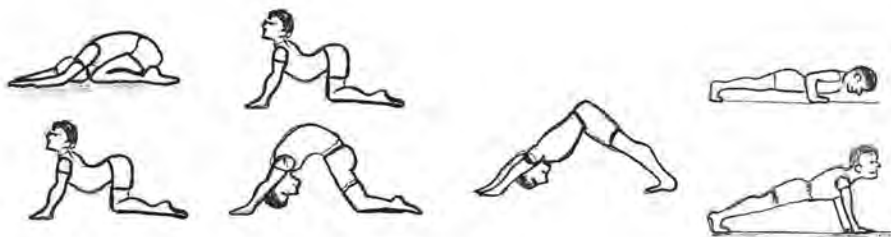
(83) Corpse (*Savasana*) - after completing the Full Body Twist remain on your back. Separate your feet shoulder width apart and let the legs and feet roll open. Bring your hands about a foot away from the side of your body, palms open toward the ceiling. Walk your shoulders down away from your ears. Pick your head up, lengthen your neck and settle the head again. Let your body settle into a deep state of relaxation. Allow any pressure or tension from the scalp, forehead, temples, jaw to release to the floor where the back of your head rests. Let your body be completely held by the floor. Let your awareness remain with your breathing. *Stay for at least 5 minutes.* This is a good time to practice Deep Relaxation Breathing. End *Savasana* completely relaxed breathing naturally.

Warrior Practice

Centering & Opening



Opening (continued)



Purification (Taoist Flow)



Purification (Taoist Flow continued)



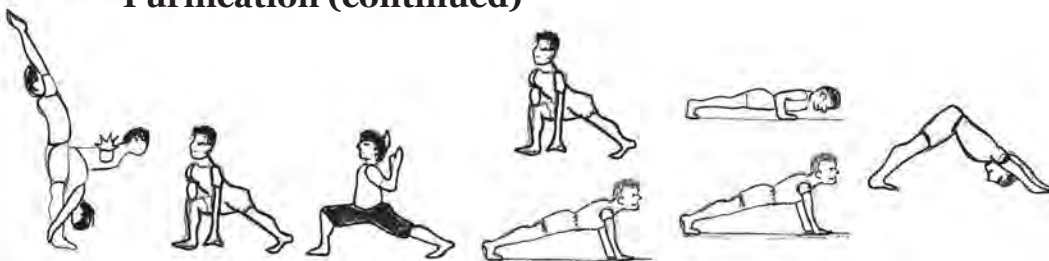


Warrior Practice

Purification (continued)



Purification (continued)



Resiliency (Warrior Standing Sequence)



Centering & Integration



