

Wake up your body and mind in the morning by doing these Yoga poses. You'll feel refreshed, revitalized, focused, aware, energized and relaxed as well as feeling stronger, more confident, and peaceful. Your self-esteem and concentration will improve and you'll reconnect with your spirit.

Yoga will enhance every part of your life, especially surfing. Yoga and surfing go hand in hand. Both are about breath, balance, flexibility, concentration, strength, endurance, and staying in a focused and relaxed state. By doing yoga, you'll be able to paddle stronger and surf longer.

It'll take about 5 – 15 minutes do these poses. Five minutes may seem like nothing, yet after five minutes you'll feel like a new person. If you do yoga regularly, even just 5 minutes a day, after one year you'll see and feel so many benefits, and after ten years of doing Yoga for five minutes a day you would have done about 300 hours of Yoga. That's pretty good on 5 minutes a day! It's like saving money, for example, five dollars may not be much. But if you save five dollars a day for a year, you'll have \$1,825.00, and after ten years you'll have saved \$18,250 and we haven't even added the interest. Yoga is all about "interest" in your real Self. By doing Yoga you're investing in yourself, your health, and in your inner peace and happiness.

Yoga is not about perfection, it's all about moving in the right direction. No matter how you feel about your flexibility and strength now, focus only on going in the right direction. Just like you can't force a flower to blossom, nor should you force your body in any way. Keep doing Yoga regularly and with patience and practice you'll see how wonderful you're feeling- and this is true perfection. The more you do Yoga, the more benefits you will feel from every pose.

The most important of all is staying in a relaxed state by focusing on your breath at all times, being very gentle on your body, never forcing or straining in any way, moving slowly and lovingly into and out of each pose. Relax into every pose and stay centered in your core.

Tip: Always inhale as you lift up, and exhale as you release down. Don't hold your breath; instead use the power of your breath to energize you. Expand your lungs completely, from the bottom to the top and exhale slowly and completely. Sometimes emotions will come up and this is very good. Let the feelings flow through you as you exhale and let them go, just like observing white clouds passing by across the blue sky.

Start every pose from the mountain pose, and end each pose with the back bend and forward bend. This will help your muscles stay warm, flexible and relaxed.

MOUNTAIN POSE (Tadasana)

A. Standing up straight, legs together, hands at the belly – one hand over the other. Focus on one point in front of you or close your eyes. Breathe deeply and allow the belly to expand as you inhale and deflate as you exhale. Get grounded and centered and take 5 - 10 deep breaths.

B. Move into the BACK BEND as you bring the hands together over the head, stretch up and back. Bring the pelvis forward and tighten the buttock muscles. Continue breathing deeply for several breaths, allow the lungs to expand from the bottom to the top with each inhalation, and deflate with each exhalation. Roll-up slowly and release down to the forward bend pose.

Benefits: Improves flexibility in the spine. Strengthens the abdomen, buttocks, and thighs. Increases lung capacity and brings oxygen to the body.

Warrior I Pose



FORWARD BEND (Uttanasana)

A. From the back bend stretch the arms out to the side and as you exhale bend forward from the hips, not from the waist.

B. Bend the knees, relax your head down, and grab the back of your legs with your hands. Press the heels firmly into the ground and lift the sitting bones up. Keep breathing for 10 – 15 breaths and keep the neck and shoulders relaxed. Allow yourself to surrender, let go, feel the stretch in your spine, hips, and legs. Roll up very gently and slowly, feeling the spine stretching gently.

Benefits: Allows blood to flow to the head and soothes the mind and increases energy. Massages the internal organs, stretches and strengthens the leg muscles, and stretches the spine and hips.

WARRIOR 1 POSE | pictured left (Virabhadrasana I)

Repeat 1 – 2 times on each side. Take 5 – 10 breaths on each side.

From mountain pose, bring right leg forward and left leg back, bend the right knee directly over the right ankle, and exhale as you release the hips down. Back foot should be at a 45 degree angle. Place your hands on the hips to make sure hips are squared and evenly

your balancing point.

B. Gently pivot from the hips, reach forward with the arms as you lift back with the left leg. Keep a straight line from your left foot to your hand and breathe deeply. Inhale as you lift up and come back to mountain pose.

Switch to the other side, going down further as you pivot from the hips each time. Eventually the body will be parallel to the ground. Be very gentle and don't force or strain. Just enjoy every breath.

Benefits: Helps quiet the mind, calm the nervous system and will lift up

your mood. Strengthens back, legs, abdomen, shoulders and arm muscles. Stretches hamstrings and thighs. Expands the chest, lungs and shoulders. Improves memory, concentration, posture, and balance. Tones and invigorates the whole body.



Warrior III Pose

facing to the front. Bring the arms straight up over the head, palms together. Stretch your arms up, look up, and drop the head back. Keep the shoulders relaxed as you release the hips down. Stay grounded as you reach up to the sky. Take several deep breaths, step forward back to mountain pose and repeat on the other side. Be very gentle, don't force or strain, enjoy every stretch and every breath

Benefits: Warms you up. Strengthens and stretches the shoulders, arms, abdomen, thighs, ankles, and the back muscles. Expands the chest, lungs, and shoulders. Increases lung capacity, stamina, endurance, balance, and concentration.

WARRIOR III POSE | pictured above (Virabhadrasana III)

Repeat 3 – 5 times on each side. Take 10 – 15 breaths on each side.

A. From mountain pose, lift the arms up over the head, palms together, cross your thumbs, and keep the shoulders relaxed. Balancing on the right foot, lift the left leg back behind you slightly, and flex the toes in. Just stay there and feel

TRIANGLE POSE | pictured below (Trikonasana)

Repeat 1 – 2 times on each side alternately. Take 10 – 15 breaths on each side.

A. From mountain pose, step the legs 3-4 feet apart, pivot the toes to the right and bring the arms up to shoulder level.

B. Reach to your right as far as you can, elongating the torso. Keep breathing deeply.

C. As you exhale, release your right arm down and the left arm up, stretch the arms in opposite directions. Look up at your hand and bring the

Triangle Pose



chin to the shoulder. Inhale reach up and exhale down, releasing down lower and lower with each breath. Don't let your rib cage arch up. Keep the torso straight by pivoting from the hips and extending the torso, align the shoulders with the legs. Bringing the pelvis forward and upper body back. Keep breathing deeply for several breaths. Inhale as you gently lift up and repeat on the left side

Benefits: Calms the mind, stretches and invigorates the entire body completely. Strengthens the legs, thighs, ankles, neck, and back. Improves lung capacity and concentration.

FORWARD BEND WITH LEGS WIDE APART (Prasarita Padottanasana)

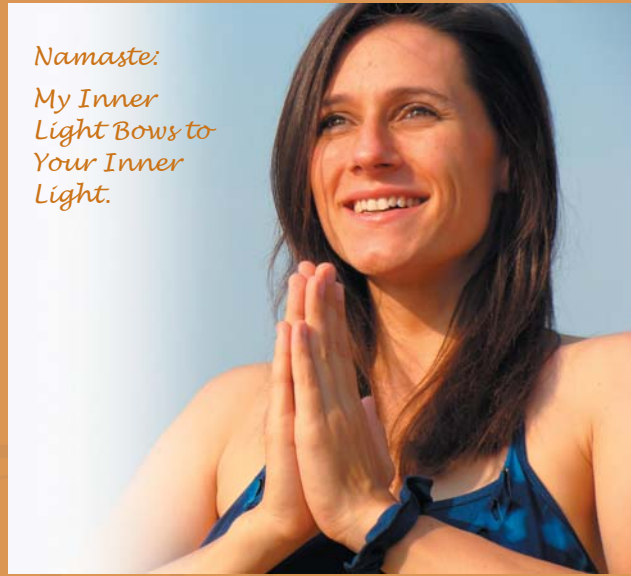
A. Standing with the legs 3-4 feet apart, inhale reach up and back with the arms wide apart.

B. Exhale and release forward pivoting from the hip joints, extend your arms out to the side as you release down slowly. Feet should be parallel to each other, and press the heel in to the ground.

C. Grab the back of your legs and bring the forehead down toward the ground. Take a few breaths. Relax the head and neck down. When you are ready, walk your feet in and roll up to mountain pose.

Benefits: Brings blood and energy to the brain and calms the mind. Strengthens and stretches the legs and spine. Massages the internal organs. Balances your internal system inside out.

*Namaste:
My Inner
Light Bows to
Your Inner
Light.*



Bio: Zofia Karubin first started doing yoga when she was a little girl with her mother who is also a Yoga teacher. Teaching yoga is Zofia's passion, she has been teaching Yoga to children, teens, and adults for over 10 years throughout Los Angeles. She is currently publishing a book for surfers "Surfboard Yoga Warm-Up" with lifelong surfer, Erik Nordskog. The book will be available in the near future. Look for more yoga poses by Zofia Karubin in the next issue of WSSM!

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