

YOGA CHEAT SHEET

WHAT POSE TO DO AND WHEN

Shift your energy to how you want to feel,
one simple pose at a time.



THE ESSENCE



Every yoga pose has its purpose. When you want to shift your energy in a certain way, there's a pose for that.

Use this guide for the moments when you don't have time for a full yoga session, but want to change your energy.

The most important thing to tune into here is your body. Listen to what it needs. Do the pose for it. Then tune back in to notice how you feel.

LET'S ASSESS

Before choosing a pose to hold, **tune into how your body is feeling.**

What does it need?

To wake up and energize? To calm down? To rest and restore?

Once you've tuned into what it needs,
then choose from the yoga poses available.

MY BODY FEELS

- Depleted
- Anxious w/ excess energy
- Weak
- Unstable, rocky
- Tired

MY BODY NEEDS TO

- Relax and restore
- Calm down
- Strengthen
- Balance
- Energize

THE BREATH

As you hold each pose, see if you can breathe into your belly, and lengthen your inhales and exhales.

TO RELAX AND RESTORE

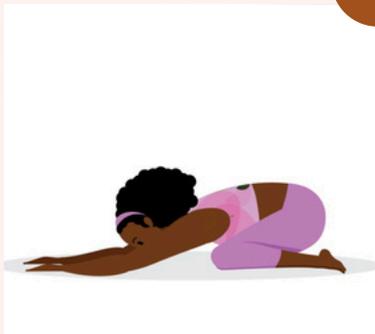
Restorative poses help soothe your body and mind. These poses help you refuel your energy when you feel depleted. Sink into them as you allow your body to rest and recover.



1

Legs up the Wall

Start sitting with your side hip facing a wall
Lay down on your back as your legs go up,
and turn your butt toward the wall
Legs can be straight or slightly bent



2

Child's Pose

Version 1: Knees wide, big toes touch
Arms stretch forward, palms facing down
Version 2: Knees together. Arms drape
behind you, palms facing up
Both versions: Rest forehead on the mat

TO CALM DOWN

Forward folds are soothing because when we bring our upper body toward the lower body, it's almost like coming into the fetal position. This helps draw our energy and attention inward, away from outside distractions.

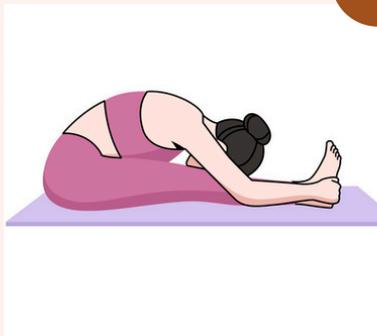


1

Standing Forward Bend

Bend knees as much as you need so that
.....
your ribs touch your thighs
.....

Hold opposite elbows or
.....
place palms on calves
.....



2

Seated Forward Bend

Bend knees so that lower ribs touch thighs
.....

Can put pillow or bolster b/t chest & legs
.....

Hands can grab calves, ankles, big toes
.....

Allow head to drop
.....

*You do not need straight legs here...a straight spine is more important.

TO STRENGTHEN

Poses that strengthen our body also help build resilience. These poses require effort, yet yoga is a balance of effort and ease. With these poses, can you lengthen your breath to add ease?

1

Plank Pose



Hands under shoulders

.....
Draw belly button up toward spine

.....
Firm up legs

.....
Gaze slightly down, so back of neck is long

2

Slow Moving Lunge



Come into a high lunge

.....
Shoulders over hip. Back heel is up

.....
Slowly bend the back knee down to the
ground, as arms go down

.....
Coming back up, arms go up

TO BALANCE

Balancing poses require core strength and stamina.
They also enhance your focus, so that you stay balanced.
As with all of yoga, lessons here also apply to life!

1

Boat



Sit and lean torso back to balance on butt
Start w/ hands under knees
Keep back straight and chest lifted
Option to release hands from knees,
and straighten arms and legs

2

Tree



Root down through the standing foot
Lifted foot can be on ankle, side calf, or
inner thigh - just not on knee!
Equal pressure b/t standing leg and lifted
foot pressing against each other

TO ENERGIZE + OPEN UP

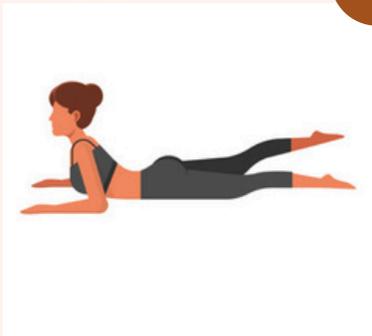
Backbends are rejuvenating and help open up the heart space. They are called backbends because you bend your back, backwards.

When doing a backbend, it's important to engage the core by pulling your belly button toward the spine.

This stabilizes and protects the low back.

1

Sphinx Pose



Elbows underneath shoulders

Draw belly button in, and engage glutes

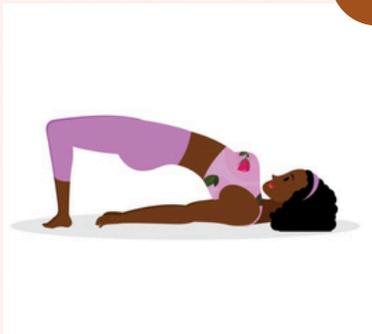
Tops of feet and pinky toes touch floor

Energetically draw forearms back as you

pull chest forward and up

2

Bridge Pose



Feet under knees

Palms face down or hands clasp under
your back

Push into your feet & lift hip points up

TO FEEL GOOD!

Not sure what you need? Go for a twist!

Twists are magic poses. They can soothe, or they can energize, giving your body what it needs to return to homeostasis.

Simply put, they just feel good.

1

Supine Twist



Lay on back. Hug R knee in toward chest.
.....

Drop R knee over to L side
.....

Scoot butt back a few inches
.....

Keep shoulder blades on mat
.....

2

Seated Twist



Sit up tall, with a straight spine
.....

Cross one leg over the other
.....

Bottom leg can be bent or straight
.....

Twist from belly button first, then chest
.....

Head turns last
.....

About

LYNN



I have two cats and love to play out in nature any chance I get: kayaking in the river with wild horses, swimming with dolphins in the ocean, hiking with friends. The latest addition to my joys in life is pickleball. (Have you ever smacked a wiffle ball?)

No one but my cats and hubby will ever see me at home dancing, singing, and doing art, but strangers see me practice yoga in the mornings under my hummingbird tree.

Yoga keeps me grounded as I walk between the shamanic world and this Earth. It brings me back to center when I'm feeling off, and helps me stay focused in life.

My yoga therapy training brought awareness to my body (bc when you experience traumatic events such as abuse, you tend to dissociate from your body). In hindsight, I see how yoga helped me shed layers of blockage I didn't even know I had. When I finished my training, I had a holy shit! moment: Yoga had opened me up to my SELF, to the deeper layers that were hidden most of my life. And I'm forever grateful for it.

WANT A PRIVATE
SESSION?

[SCHEDULE A CALL](#)



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