

Easy On the Paws Primate Series with English Translations

4-9-08 By Tim Thompson, Monkey Yoga Shala, Oakland

No pull-ups. Maybe just hang from a chin-up bar. Do sit-ups while others do push-ups.

Chant to Patanjali

Aum

Vandeh Gurunam Charanaravindeh
Sandarashita Svatmasukhava Bodehh
Nishreyaseh Jangalikayamaneh
Samsara Halahala Mohashantyai
Abahu Purushakaram
Shankhachakrasi Dharinam
Sahasra Shirasam Shvetam
Pranamami Patanjalinam
Aum

Surya Namaskara A (Sun Salutations) Minimal hand use. No Adho Mukha Svanasana (Downward Facing Dog). No Chaturanga (Four Limbed Staff). No Urdhva Mukha Svanasana (Upward Facing Dog).

4x

Tadasana (Mountain) hands over-head—inhale
Uttanasana (Intense Standing Forward Bend)—exhale
Ardha Uttanasana (Half Intense Forward Bend)—inhale
While others do Down Dog for 5 breaths, you can do Utkatasana (Fierce / Chair), Ashvasana (Horse Stance), Malasana, Namaskarasana (Squat, Prayer Squat) Garudasana (Eagle), Anjaneyasana (Crescent Lunge/Half Splits/Mother of Hanuman), or Dolphin (Elbows on Floor During Downward Facing Dog).
Ardha Uttanasana (Half Intense Forward Bend)—inhale
Uttanasana (Intense Standing Forward Bend)—exhale
Tadasana (Mountain)—inhale

Surya Namaskara B (Sun Salutes). No Chaturanga (Four Limbed Staff) or Urdhva Mukha Svanasana (Upward Facing Dog) or Adho Mukha Svanasana (Downward Facing Dog).

4x

Utkatasana (Fierce / Chair)—inhale
Uttanasana (Intense Standing Forward Bend)—exhale
Ardha Uttanasana (Half Intense Forward Bend)—inhale
Left foot back to Lunge—exhale
Virabhadrasana 1 (Warrior One)—inhale
Right foot back to Lunge—exhale
Virabhadrasana 1 (Warrior One)—inhale

While everyone else does Down Dog, you can do Dolphin, Chair, Horse Stance, Squat, Eagle, Crescent Lunge, or Warrior One, Warrior Two or Warrior Three for the 5 breaths.

Ardha Uttanasana (Half Intensity)—inhale

Uttanasana (Intensity)—exhale

Utkatasana (Fierce / Chair)—inhale

**Standing Asanas (Isometric Exercise Positions)
5 to 8 breaths every Asana**

Padangusthasana (Hand to Big Toe Standing Forward Bend)

Pada Hastasana (Hand Under Foot Standing Forward Bend)

Hasta Pada Shashakasana (Hand Under Foot Standing Rabbit)

Virabhadrasana 2 (Warrior Two) or Utthita Trikonasana (Intense Triangle)

Utthita Parshvakonasana (Intense Side Angle)

Baddha Parshvakonasana (Bound Side Angle)

Ardha Chandrasana (Half Moon)

Second Side.

Virabhadrasana 3 (Warrior Three)—arms extended over-head or by sides or fingers interlocked and hands lifted over the sacrum.

Parivritta Ardha Chandrasana (Revolved Half Moon)

Parivritta Trikonasana (Revolved Triangle)

Second Side

Parivritta Parshvakonasana (Revolved Side Angle)

Second Side

Prasarita Padottanasana (Extended Wide Legs) A—Wide legs, toes in, heels out. Hands behind feet and the head on the floor between the feet, C—head on the floor, interlock hands above the sacrum and bring them to the floor, D—head on the floor, grab big toes with index and middle fingers

Parshvottanasana (Intense Side Forward Bend) with hands in Hidden Prayer (Namaste / Blessing) or Gomukhasana (Cow's Face) arms or Garudasana (Vehicle of Vishnu / Eagle) arms or hands interlocked and arms extended above sacrum

Second Side

Utthita Hasta Padangusthasana (Intense Hand to Big Toe) A—Front, B—Side, C—Center, then hold the leg extended out at hip height for 5 breaths, then bend and straighten 10x, then lift and lower 10x.

Second Side

Eka Pada Galavasana (One Foot Arm Balance in Honor of the Sage Galava)
preparation or Ardha Baddha Padottanasana (Half Bound Lotus Intense Standing
Forward Bend)
Second Side

Utkatasana (Fierce / Chair)

**No Chaturanga or Up Dog or Down Dog during this Vinyasa (Moving
Sequence of Transitional Positions).**

Tadasana (Mountain) hands over-head—inhale
Uttanasana (Intensity)—exhale
Ardha Uttanasana (Half Intensity)—inhale
Sit down.

Dandasana (Seated Staff)

Paschimottanasana (Seated Forward Bend / Intense Stretch of the Back Body)
A—grab big toes, B—grab sides of feet or back of wrist or the edge of a block
beyond feet

Push toes over into a pointed foot ballet stretch
No Purvottanasana (Intense Stretch of the Front Body)

Dandasana (Seated Staff)

**Change to the next position without the Vinyasa (Moving Sequence of
Transitional Positions): No Chaturanga or Up Dog or Down Dog or Jump
Through.**

Eka Pada Raja Kapotasana (One Foot King Pigeon)
Ardha Baddha Padma Paschimottanasana (Half Bound Lotus Intense Forward
Bend)
Second side
No Vinyasa

Janu Sirsasana A (Head to the Knee) or Parighasana (Bar of the Gate) or
Hanumanasana (Monkey God Splits)
Second side
No Vinyasa

Marichyasana One or Two (Bound Forward Bend in Honor of Sage Marichi, Born
from Brahma's Shoulder)
Second side
No Vinyasa

Ardha Matsyendrasana (Half Lord of the Fishes) or Marichyasana Three or Marichyasana Four
Second side.

No Vinyasa

Paripurna Navasana (Full Boat) or Ardha Navasana (Half Boat) 5x each **No Lolasana** (Pendulum)
Bicycle sit-ups / Straight leg Bicycle sit-ups

Baddha Konasana (Bound Angle)
Uptavistha Konasana (Extended Wide Leg Angle)

Maybe hang from a chin-up bar while others do Handstands. Maybe do the hand and forearm exercises of opening and closing your hands while changing your arm positions.

Maybe do Pincha Mayurasana (Peacock / Forearm Balance)

Backbends

Shalabhasana (Locust)
Bend knees, interlock fingers and raise hands over sacrum
Ardha Bhujangasana (Half Cobra / Sphinx)

Dhanurasana (Archer's Bow)
Parshva Dhanurasana (Side Bow) both sides
Ardha Bhujangasana (Half Cobra / Sphinx)

Ustrasana (Camel)

Supta Virasana (Reclining Hero)

Setu Bandhasana (Bridge of Rama)
Eka Pada Setu Bandhasana (One Leg Lifted Bridge)—Both Sides

No Urdhva Dhanurasana (Upward Archer's Bow) unless you hold onto someone's ankles or do it over a Physio-Ball or otherwise compensate for your wrist impediment.

Vri Pariti Dandasana (Inverted Staff)
Eka Pada Vri Pariti Dandasana (One Leg Lifted Inverted Staff)—Both Sides

Easy Paschimottanasana (Intense Seated Forward Bend)

Inversions or do Vri Pariti Karani (Water Fall) instead.

Salamba Sarvangasana (Supporting All Limbs / Shoulder Stand) 20 breaths
Halasana (Farmer's Plough) 5 breaths
Karna Pindasana (Ear Pressure) 5 breaths

Uttana Padasana (Intense Lifted Legs) 5 breaths

Salamba Shirshasana (Supported Head Stand) ~ Sugrivasana (Beautiful Neck)
20 breaths

Ardha Shirshasana (Half Head Stand) 5 breaths

Balasana (Child's Pose)

Seated Meditation

20 breaths

Padmasana (Lotus) or Ardha Padmasana (Half Lotus) or Sukhasana (Easy) or
Siddhansana (Perfect) or Svastikhansana (Auspicious) or Baddha Konasana
(Seated Bound Angle) or Virasana (Hero)

Kapala Bhati (Skull Shining) Exhale 20x rapidly **Without lifting yourself off the floor**

Shavasana (Corpse) or Vri Pariti Karani (Water Fall) five to ten minutes

Namaste (Blessings)