

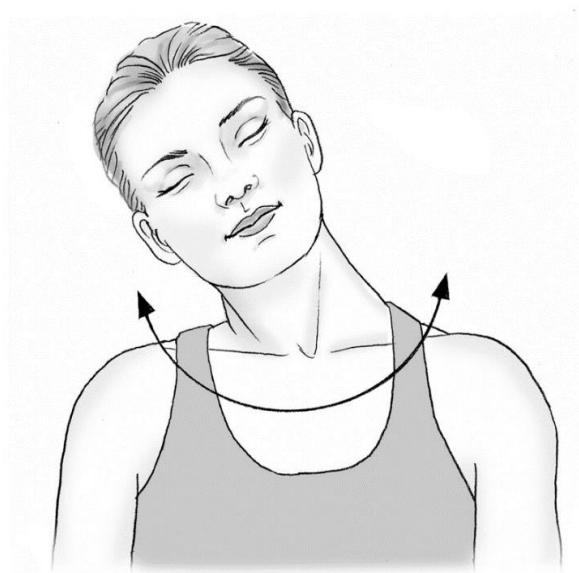


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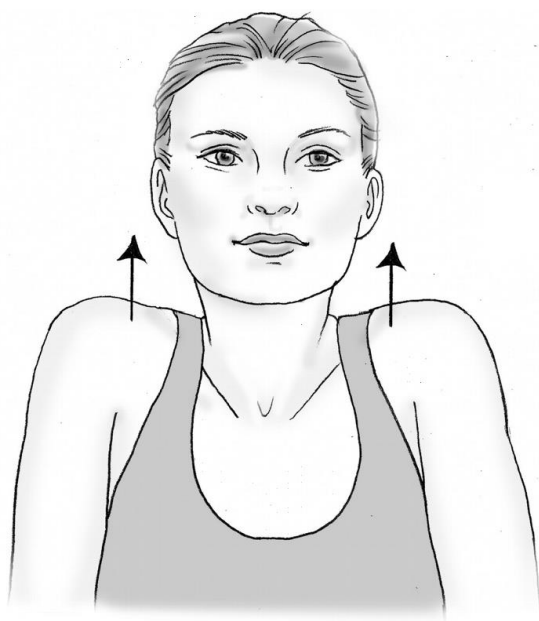
YOGA POSES IN THE MANAGEMENT OF OVERWEIGHT AND OBESITY



1 SEATED POSITION: Sit at the edge of your chair and keep your feet flat, under the knees; lightly rest your palms on your upper legs and keep your spine straight. (This is the alignment for all seated postures.)



2 NECK ROLL: Sit straight and with your eyes closed. On an inhalation, drop your chin to your chest; on the exhalation, roll your right ear to your right shoulder. Return your head to center, then switch sides.



3 SHOULDER ROLLS: Sit straight and, on the inhalation, gently lift your shoulders to your ears and gently roll your shoulders around and back, squeezing your shoulder blades together and dropping them away from your ears.



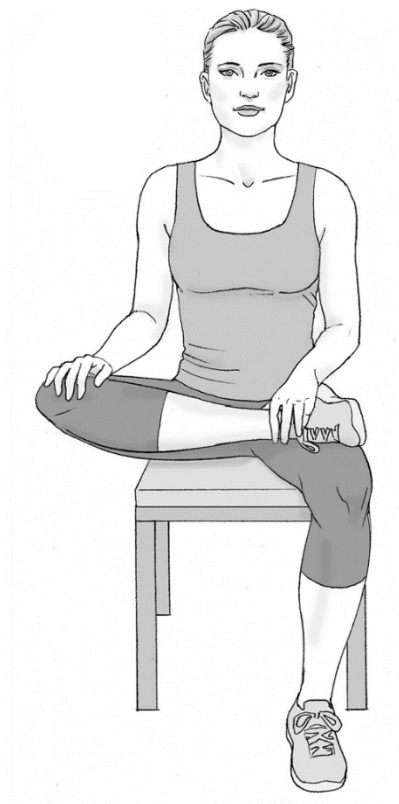
4 EASY SPINAL TWIST: Sitting at the center of your seat, with your spine straight, place your right hand on your left knee and lightly rest your left hand on the edge of the seat or the back of the chair for support, keeping your shoulders parallel to ground. Inhale and twist, looking over the left shoulder. Return to center, then switch sides.



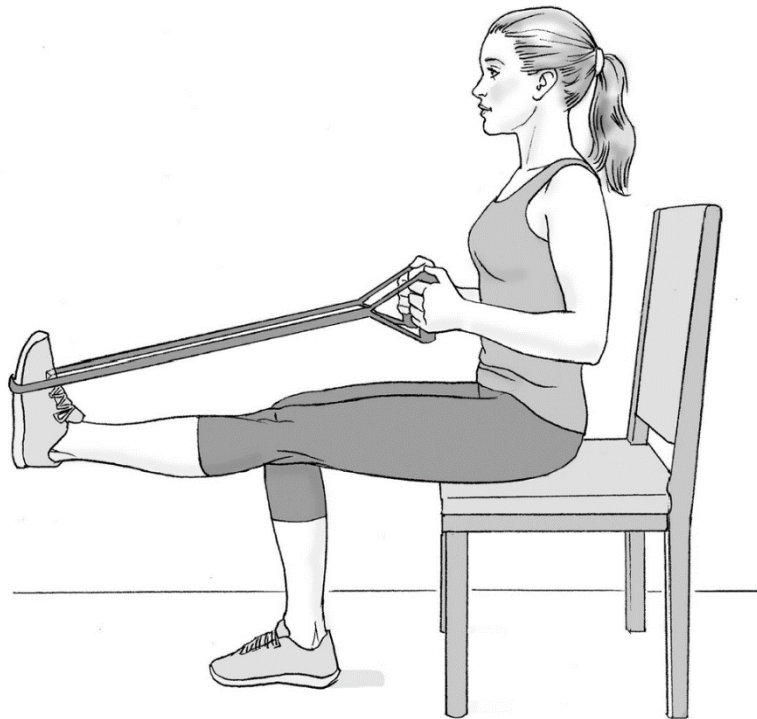
5 GROIN STRETCH: Sitting at the center of your seat, with your spine straight, gently open your legs as far apart as possible, keeping your feet flat on the ground and pointing in the same direction as the knees. Lightly rest your palms on the upper legs and ensure the knees are directly above the ankles.



6 LEANING GROIN STRETCH: Keeping your spine straight, with your hands on the upper legs, inhale and lean forward with your chin and chest pointing forward.

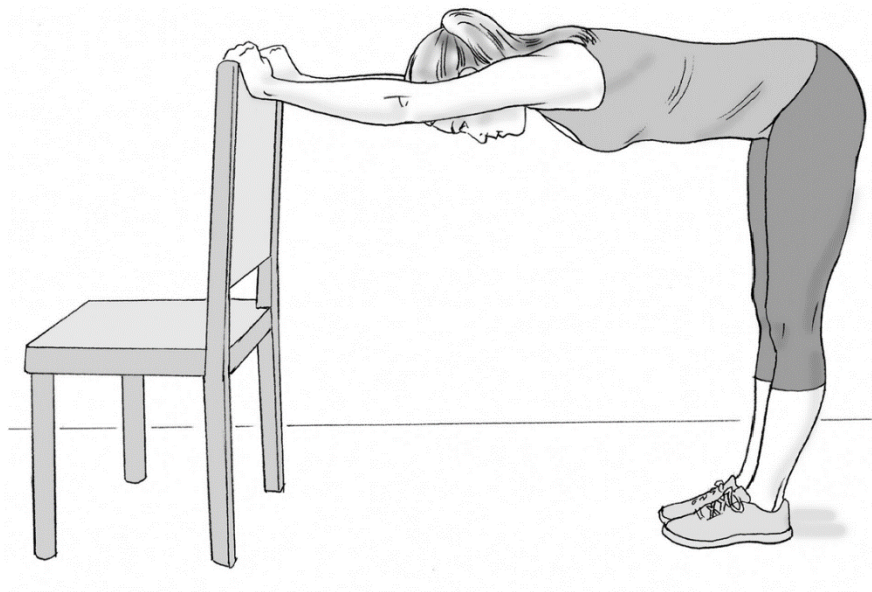


7 NUMBER 4 STRETCH: Keeping your spine straight and your left leg at a 90-degree angle, bring the outside of your right ankle above the left knee. Lightly place your right hand on the inside of the right upper leg and your left hand on your right ankle. Inhale and lean slightly forward. Repeat on the other side.

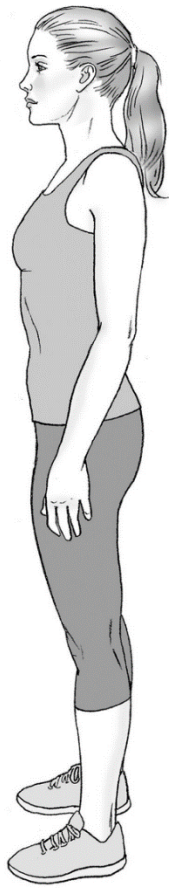


8 LIFTED HAMSTRING STRETCH WITH DEEP FOOT

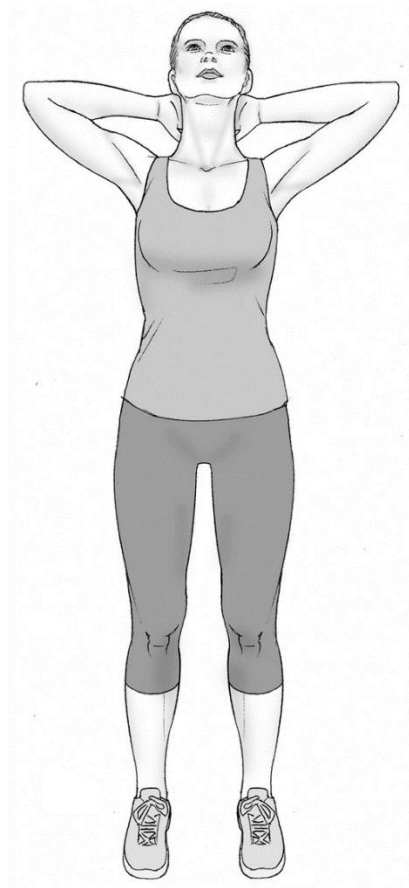
FLEX: Return to the center of your seat, with your knees at a 90-degree angle and your spine straight. Holding a yoga strap with both hands, loop it over the arch of the left foot and, on inhalation, lift and straighten the left leg, using the yoga strap for support. Exhale and slowly lower your leg. Repeat on the other side.



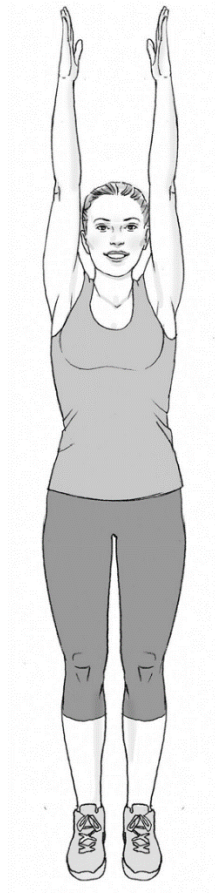
9 TABLE POSE: Stand up and walk around the chair; put your hands on the back of the chair and walk backward. With your spine straight, lean forward until your body forms a table position and your arms are straight; keep the hips over the feet and the feet slightly apart. On exhalation, tuck your chin to your chest and slowly roll up and walk back toward the chair.



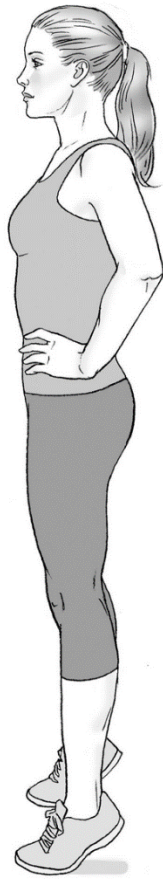
10 MOUNTAIN POSE: Stand with your feet slightly apart, your hips over the feet, your shoulders over the hips, your chin parallel to the ground, and your weight evenly distributed.



11 EASY BACK BEND: In Mountain pose, clasp your hands behind your head and pull your elbows back. Inhale and pull your abdomen in, gently look up, and slowly bend back.



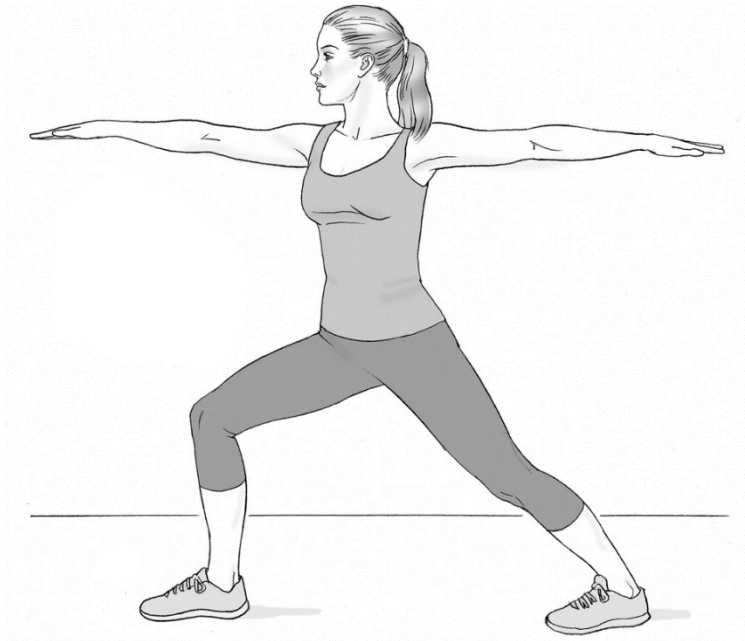
12 RULER POSE: From Mountain pose, inhale as you gently lift your arms toward the ceiling (your arms should be perpendicular to the floor and parallel to each other) and tuck your shoulder blades under. Exhale and, slowly lowering your arms, return to the center position.



13 PRESS-UPS: From Mountain pose, focus your eyes straight ahead. Pressing your toes into the ground, lift your heels up and down three times and, on the fourth, hold, then come down.



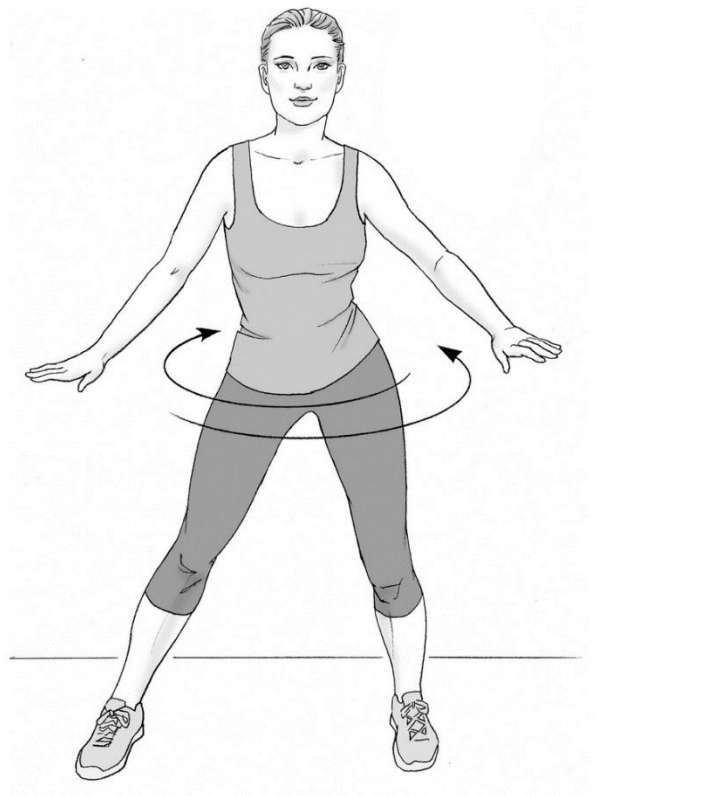
14 WARRIOR 1: Face the side of the chair with the seat back on your right side. Start in Mountain pose with parallel feet, then gently lift and place your right foot on the chair seat, your knee in a 90-degree angle. Lean slightly forward, keeping your left leg straight, and press your left heel down, taking care to keep the foot at a 45-angle from your spine. Gently lift your arms toward the ceiling (your arms should be perpendicular to the floor and parallel to each other). Step slowly back into Mountain and switch sides.



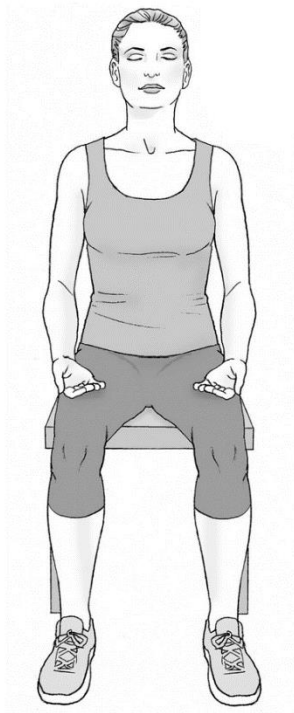
15 WARRIOR 2: From Mountain pose, step your feet about hip-width apart and stretch out your right arm straight in front of you. Turn your gaze and look toward your right fingers as you slowly bend the right knee, making sure you're able to see your first toe when your knee is bent. Return to Mountain and switch sides.



16 TREE POSE: From Mountain pose, focus your eyes straight ahead. Slowly shift your weight slightly onto the left foot and bend your right knee. Draw your right foot up and place the heel against the inner left shin, keeping your left leg as straight as possible. Put your hands together, close to your chest, and hold. On an exhalation, lower the right foot. Repeat on the other side.



17 HIP CIRCLES: From Mountain pose, move your feet about hip-width apart. Keeping your knees and ankles loose, gently move your hips in a circular motion using the balls of your feet.



18 RELAXATION POSE: Lightly rest your palms, facing up, on your upper legs. Keeping your spine straight, close your eyes and rest, concentrating on breathing.