

8 Weeks of Yoga for the Road



Practice three days per week with two yoga classes and one meditation practice.

Week 1

Day 1

Clearing the Mind Before Travel

Alternate Nostril Breathing - Nadi Shodhana

Use this technique to relax your mind and body. Place the index and middle fingers of one hand in toward the palm, and the thumb of the same hand to press against one nostril. Inhale through the other nostril, block with your ring finger and hold your breath. Next release your thumb and exhale smoothly through the opposite nostril.

Yoga

- Seated Twist to Right
- Seated Forward Bend
- Seated Twist to Left
- Seated Forward Bend
- 10x Cat/Cow
- Child's Pose

Day 2

Clearing the Mind After Travel

Skull Shining Breath Practice - Kapalabhati Pranayama

Skull Shining Breath is a alternating short and explosive breath of exhales and short inhales.

First, quickly contract your lower belly, pushing a burst of air out of your lungs. Try to pace yourself slowly at first, and then aim to repeat 10 times, increasing as you get more comfortable with the breath.

Next, work up to 25-30 cycles, eventually leading to a practice of 100 or more.

Yoga

- 10x Cat/Cow
- Downward dog hold
- 3x 1/2 Sun Salutations
- Tree Pose - right side
- Standing Forward Bend
- Tree Pose - left side
- Standing Forward Bend Shoulder Release
- 3x 1/2 Sun Salutations
- Standing Neck Release

Week 2



Day 1

Travel Yoga - 5 Minutes of Chair Yoga to Open Hips and Spine

- Pigeon in Chair - right Side
- Straight Leg Stretch
- Pigeon in Chair - left Side
- Straight Leg Stretch
- Wide Legged Stretch
- Forward Folding Wide Legged Stretch
- Seated Twist
- 5 Spinal Rolls

Day 2

Travel Yoga - Short Standing Sequence

- Standing Shoulder Opening
- Forward Bend with Shoulder Opener
- Standing Elevated Stretch (arms overhead fingers interlaced)
- Side Bending to each side x5
- 1/2 Sun Salutes x5
- Downward Dog
- Lunge Right Leg
- Downward Dog
- Lunge - left leg
- Yoga Squat
- 1/2 Sun Salutes x3
- Downward Dog to Upward Dog x5
- Downward Dog
- Lizard Pose Right Leg
- Downward Dog to Upward Dog x3
- Lizard Pose - left leg
- Yoga Squat
- Wide Legged Forward Bend with Twist
- Mountain Pose
- Standing Shoulder Opening
- Forward Bend with Shoulder Opener
- Standing Elevated Stretch (arms overhead fingers interlaced)

Week 3



Day 1

Travel Sequence - Yoga on the Go

- Standing Side Bend (each side)
- Standing Forward Bend
- 5x 1/2 Sun Salutes
- Triangle Pose (each side)
- Wide Legged Forward Bend with shoulder release
- Triangle Pose (each side)
- Wide Legged Forward Bend (with twist to each side)
- Standing Side Bend (each side)
- Standing Forward Bend Grabbing Elbows - 1 to 2 minutes

Day 2

Travel Sequence Yoga - Long Flow

- Happy Baby Pose
- Reclined Spinal Twist
- Wide Legged Stretch
- Half Happy Baby - right
- Reclined Pigeon - right side
- Wide Legged Stretch
- Half Happy Baby - left
- Reclined Pigeon - left side
- 5x Cat/Cow
- Vinyasa
- Warrior 1, 2, 3 - right side
- Vinyasa
- Warrior 1, 2, 3 - left side
- Vinyasa
- Triangle-Half Moon-Standing Split - right side
- Vinyasa
- Triangle-Half Moon-Standing Split - left side
- Child's Pose
- 3-5x Bow Pose
- Frog Pose - 2 to 3 Minutes (inversion optional)
- Cobbler's Pose
- Seated Forward Bend Legs Extended
- Head to Knee Pose - right side
- Head to Knee Pose - left Side

Week 4



Day 1

- Post-Travel Grounding Practice Short Flow
- 2 minutes in each pose
- Pigeon Pose - right side
- Cow's Face Pose - right side
- Pigeon Pose - left side
- Cow's Face Pose - left side
- Wide Legged Forward Bend
- Cobbler's Pose

Day 2

Post-Travel Grounding Practice - Long Flow

- 10x Seated Spinal Rolls
- Seated Twist (each side)
- Seated Side Body Bend (each side)
- 10x Seated Spinal Circles (each side)
- 2 minutes in each pose
- Pigeon Pose - right side
- Cow's Face Pose - right side
- Pigeon Pose - left side
- Cow's Face Pose - left side
- Wide Legged Forward Bend
- Cobbler's Pose
- Hero's Pose
- Seated Wide Legged Forward Bend
- Legs Up the Wall (10-15 minutes)



Day 1

Pre-Travel Yoga Sequence for Digestion -Preparing for Long Car Ride

- Seated Twist - right and left
- Seated Forward Bend
- Seated Quick Spinal Twists/Rotations with arms at shoulder height
- 3x Downward Dog to Lunge - right and left (5 breaths)
- Pigeon Pose - right side with twist
- 3x Downward Dog to Lunge - right and left (5 breaths)
- Pigeon Pose - left side with twist
- Yogi Squat
- Head to Knee Pose - right side
- Head to Knee Pose - left side
- Plow Pose

Day 2

Post-Travel Yoga Sequence for Digestion and Circulation - After a Long Car Ride

- Standing Mountain Pose
- Standing Shoulder Opener
- Standing Wide Legged Forward Bend with Relaxed Arms
- 10x Spinal Rolls
- Yogi Squat with Twist - right and left
- Standing Side Bend - right
- 10x Spinal Rotations
- Standing Side Bend - left
- Standing Neck Release
- 10x Shoulder Circles
- 10x Hip Circles
- 10x Knee Circles
- 10x Squat to Spinal Roll Up
- Yogi Squat with twist to right and left - 5 breaths each side (option to bind)

Week 6



Day 1

Post Travel Practice - Forward Folds, Hip Openers and Twists

- Start in a supine position
- 10x Windshield Wiper Knees (each side)
- Happy Baby
- 1/2 Happy Baby - right side
- Happy Baby
- 1/2 Happy Baby - left side
- Happy Baby into Wide Legged Stretch - hold for 1 minute
- Knees to Chest
- Twist to right - hold 1 minute
- Knees to Chest
- Twist to left - hold 1 minute
- Downward Dog
- Standing Forward Bend - long hold, 1-2 minutes
- Seated Forward Bend with legs extended
- Seated Wide Legged Forward Bend with Twist (each side)

Day 2

Post Travel Practice - Back Bends, Side Bends, and Shoulder Opening

- Seated Twist - right
- Seated Side Bend - right
- Seated Forward Bend
- Seated Twist - left
- Seated Side Bend - left
- Seated Forward Bend
- Seated Shoulder Opener (using strap if needed)
- Shoulder Dislocates
- Cow Face Shoulder Stretch - right and left
- Eagle Arm Stretch - right and left
- Child's Pose - 2 minutes
- 3x Camel Pose
- Hero's Pose
- 5x Seated Spinal Rolls



Day 1

Pre-Travel Energizing Yoga Sequence - Preparing for Long Flight

- 5x A Series Sun Salutes
- 3x B Series Sun Salutes
- 3x C Series Sun Salutes
- Standing Forward Fold (grabbing toes)
- Yogi Squat
- Standing Forward Bend (with shoulder release)
- Yogi Squat (or optional arm balance)
- Vinyasa
- 3x Dancing Warrior Series (each side)
- Vinyasa
- Bird of Paradise - right
- Vinyasa
- Bird of Paradise - left
- Vinyasa
- Yogi Squat with Twist and Bind (each side)
- Child's Pose
- Deep Heart Opening Pose
- 5x Wheel Pose
- Spinal Twist (each side)
- Plow Pose
- * optional inversion - handstand

Day 2

Post-Travel Yoga Sequence - After a Long Flight

- Reclined Cobbler's Pose
- Wide Legged Forward Bend
- Downward Dog
- Lunge Right Leg
- Downward Dog
- Lunge Left Leg
- Downward Dog
- Pigeon Pose Right Leg
- Pigeon Pose Left Leg
- Standing Wide Leg Forward Bend with Shoulder Release
- Wide Legged Forward Bend with Twist (each side)
- Cobbler's Pose



Day 1

Jet Lag - Short Sequence

- Start in a supine position
- Right Knee to Chest
- Right Leg Extended Stretch
- Happy Baby
- Left Knee to Chest
- Left Leg Extended Stretch
- Happy Baby
- 5x Knees to Chest Twist (each side)
- Legs up the Wall - 10 to 15 minutes

Day 2

Jet Lag - Long Sequence

- 10x Cat/Cow
- Downward Dog - 10 breaths
- Wide Legged Downward Dog with a Twist (each side)
- 5x Upward Dog to Downward Dog
- Tree Pose - right side
- 3x Sun Salutations
- Tree Pose - left side
- 3x Sun Salutations
- Crescent Lunge - right side
- Lizard Pose - right side
- Vinyasa
- Crescent Lunge - left side
- Lizard Pose - left side
- Vinyasa
- Seated Twist
- Head to Knee Pose - right side
- Seated Twist
- Head to Knee Pose - left side
- Forward Bend
- Cobbler's Pose