

Yoga for



My favorite poses

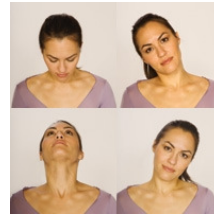
Backstage, while waiting for the barman to be ready, during breaks etc.

(Please read the disclaimer at the last sheet)

Tadasana (Mountain Pose)



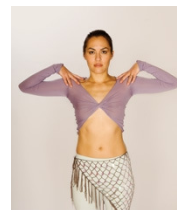
Neckrolls in circles and "8"-movement



Neck stretch with hand on head



Shoulderrolls with hand on shoulders



Pashchima Namaskarasana
(Reverse Prayer Pose)



Gomukasana (Cow faced pose)



Eagle pose / -hands



Chair assisted half-dog (or forwardfold)



My favorite while waiting !

Also great with a worktop in the kitchen or bar!

Uttanasana (Standing Forward Fold)



Prasarita Padottanasana
(Standing Wide Leg Forward Fold)



Virabhadrasana I (Warrior Pose I)



Virabhadrasana II (Warrior Pose II)



Virabhadrasana II (Warrior Pose II)



Vrikshasana (Tree Pose)



Inspired by

- <http://www.thejoyofyogabook.com/2010/04/yoga-for-waitresses.html>
- <https://yogainternational.com/article/view/yoga-sutra-on-asana-part-1>

Photocredits

- Tadasana - Aleksey Baykov (Kenguru) - http://commons.wikimedia.org/wiki/File:Tadasana_Yoga_Asana_Nina-Mel.jpg
- <https://yogainternational.com/article/view/yoga-sutra-on-asana-part-1>
- <http://www.thehindu.com/72-bam-shoulder-neck-and-back-stretch/>
- <http://gizartist.com/move/yoga-mega-irfixable-people>
- Forward bend - Nemonoman - <http://commons.wikimedia.org/wiki/File:F01.jpg>
- Vrikshasana - Aleksey Baykov (Kenguru) - http://commons.wikimedia.org/wiki/File:Vrikshasana_Yoga_Asana_Nina-Mel.jpg
- Eagle Pose (Kenguru) - https://upload.wikimedia.org/wikipedia/commons/7/71/Eagrusasana_Yoga_Asana_Nina-Mel.jpg
- <https://yogainternational.com/article/view/yoga-sutra-on-asana-part-1>
- Prasanta Padottansana D - Aqgo en @aliso0733 - <https://www.flickr.com/photos/aqgo/1594046160/photostream/>
- Trikonasana - Aleksey Baykov (Kenguru) - http://commons.wikimedia.org/wiki/File:Trikonasana_Yoga_Asana_Nina-Mel.jpg
- Gomulhasana - Aleksey Baykov (Kenguru) - http://commons.wikimedia.org/wiki/File:Gomulhasana_Yoga_Asana_Nina-Mel.jpg
- Warrior Pose I - Witold Fitz Simon - <http://www.yogaartandscience.com/poses/20/warrior1.jpg>
- Warrior III By Dinchig Patel - Flickr: Wunder Groove Crop, Warrior III, CC BY 2.0, <https://commons.wikimedia.org/wiki/index.php?curid=23025314>
- Warrior III By Dinchig Patel - Own work, CC BY-SA 3.0, <https://commons.wikimedia.org/wiki/index.php?curid=21426864>
- Reverse prayer pose - Witold Fitz Simon - <http://www.yogaartandscience.com/poses/24/praynam.jpg>
- Badasana - heto - <http://commons.wikimedia.org/wiki/File:Badasana.JPG>
- Savasana - Joseph Reinger - <http://commons.wikimedia.org/wiki/File:Savasana.jpg>

Do try this at home, but....

- **Nothing beats real life lessons by a professional teacher I**
- Consult your physician before beginning any new exercise program.
- The techniques and suggestions presented in this presentation are not intended to substitute for real life instruction and/or proper medical advice.
- CrazyWaiter assumes no responsibility for injuries suffered while practicing these techniques.
- Yoga exercise are not recommended for pregnant or nursing women or for children under 16 years of age without proper real-life instruction.
- If you are elderly or have any chronic or recurring conditions such as high blood pressure, neck or back pain, arthritis, heart disease, and so on, seek your physician's advice before practicing.