

# YOGA HILLSBORO & THE STRESS REDUCTION CLINIC RESOURCE BOOK



"Sharing what we can do for ourselves to heal and stay well."

Yoga Hillsboro & the Stress Reduction Clinic  
232 NE Lincoln Street, Suite O Hillsboro, OR 97124  
[www.yogahillsboro.com](http://www.yogahillsboro.com)

## ACKNOWLEDGEMENTS

We want to acknowledge the remarkable people who have inspired us, supported our learning, our teaching and the creation of this resource book. Among them: the faculty of the Center for Mindfulness at UMass Medical School, Jon Kabat-Zinn, Aadil Palkhivala, Mary Forlenza, Sarahjoy Marsh, and John Friend. We are also blessed to be able to sustain this small business as a resource for people wanting to care for themselves and others through the practices we share. Our sincere thanks to Ginger Pielage for her thoughtful and generous comments and edits of this book. Most of all we want to thank our students for continuing to inspire us with their courage to turn toward the challenges of daily living and through these practices uncover more of the joy in being alive.

Sincerely,

Brant Rogers, MS, RYT & Marie Pielage, PT

Yoga Hillsboro & The Stress Reduction Clinic  
232 NE Lincoln Street, Suite O  
Hillsboro, Oregon 97124  
503 640-6006  
[www.yogahillsboro.com](http://www.yogahillsboro.com)

**Authors' Note to Readers:** Yoga, like any physical exercise, can be challenging. We ask you to consult your physician and your yoga instructor before you follow any guidance in this book to establish whether it is appropriate for you.

Copyright ©2010, by Brant Rogers and Marie Pielage, reprinted 2013 with minor edits.

All rights reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted, in any form or by any means without the prior written consent of the copyright owner. OK, so you are a yoga instructor, physical therapist, physician or someone interested in sharing this with others one to one. Let us know before you do so. For information contact us at Yoga Hillsboro.

## OUR STUDENTS SPEAK THEIR MINDS

About healthcare:

"MBSR has the potential to change the face of healthcare." – Physician

"It would be worth going through chemo again to find this." –Yoga student and cancer survivor

"Our initial pleasant surprise was in the overall sense of physical well being . . . relief from muscle ache, eased sore joints, increased flexibility" –Retired teachers.

About pain:

"The body aches and discomforts that the medical doctors couldn't even explain, much less fix, MBSR has alleviated." – Teacher, MBSR graduate

"I have had chronic pain for six years. Yoga teaches me to be mindful of my body so I can increase comfort and decrease pain. It provides the perfect balance of ease and challenge so that I feel as if I make progress despite my limitations." – LCSW, yoga student

About emerging joy:

"I have a measure of control, humor, choice and joy back in my life. My situation has not changed but I have. My being is lighter." – Retired Nurse, MBSR graduate

"I have rediscovered my capacity for joy." – school teacher, MBSR graduate

About mood:

"Yoga helped me with depression and allowed me to experience physical accomplishments that I have never imagined I could do." – Yoga student

About life:

". . . my first yoga class was one of the highlights of my life. . . I felt at peace. . . . I can see myself as I truly am: a human capable and worthy of love and contentment. . . I now carry with me the messages of mindfulness and faith through all points of my life." – Yoga student, college student

"This is a wonderful journey of learning who you are and embracing life!" – School teacher & MBSR graduate

"Thought I was buyin' a firefly but I got struck bu' lightnin'!" – Texan, MBSR graduate

About pregnancy:

"it helped me greatly both during my pregnancy and again during labor. . . ." Prenatal yoga student

About personal strength and grace:

"I have found a reservoir of strength that I thought I had lost." – MBSR graduate

About aging:

"As a 61 year old . . . I am amazed in how far I've come in developing personal strength, elasticity, and balance" – Yoga student

About Our Way of Teaching:

"I like the Yoga Hillsboro Studio in particular because of the individualized attention I receive from the instructor. . . It is a comfortable and nurturing atmosphere that attends to mind, body and spirit." – Yoga student

"I have mild cerebral palsy which affects my posture, movements and balance. Yoga Hillsboro's philosophies really work for me. There's no pressure to create the perfect pose; rather, I find my own body's alignment and balance in each pose – then endeavor to reach beyond." – Nia and yoga student

# CONTENTS

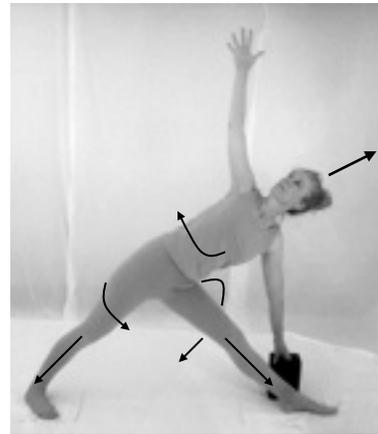
|   |    |
|---|----|
| YOGA ESSENTIALS .....                           | 1  |
| HOW TO USE THIS BOOK.....                       | 3  |
| LEARNING YOGA.....                              | 8  |
| WAYS OF PRACTICE .....                          | 9  |
| WAYS OF MOVING .....                            | 12 |
| SHAPES OF POSES .....                           | 16 |
| STANDING POSES .....                            | 17 |
| SITTING POSES .....                             | 25 |
| TWISTS.....                                     | 29 |
| POSES ON FOUR CORNERS .....                     | 30 |
| SUPINE POSES .....                              | 33 |
| BALANCINGS .....                                | 36 |
| UPSIDE DOWN.....                                | 39 |
| BACK BENDING .....                              | 40 |
| RESTORATIVE POSES .....                         | 44 |
| STRETCH & RELAX .....                           | 47 |
| BEGINNING FLOW .....                            | 48 |
| GENTLE FLOW .....                               | 49 |
| BREATHING PRACTICES .....                       | 50 |
| MINDFUL SITTING PRACTICE .....                  | 51 |
| BIBLIOGRAPHY, LEARN MORE.....                   | 52 |
| APPENDIX 1:                                     |    |
| HANDOUTS FOR SOME SPECIALIZED COURSES .....     | 55 |
| APPENDIX 2:                                     |    |
| OUR ARTICLES ABOUT YOGA AND MINDFULNESS.....    | 75 |
| APPENDIX 3:                                     |    |
| MINDFULNESS-BASED STRESS REDUCTION (MBSR) ..... | 85 |

## TRIANGLE POSE, TRIKONASANA

**SAMPLE PAGE**



BEGINNING POSE, NO PROPS



BEGINNING POSE, SUPPORTED WITH BLOCKS

### GENERAL POSE:

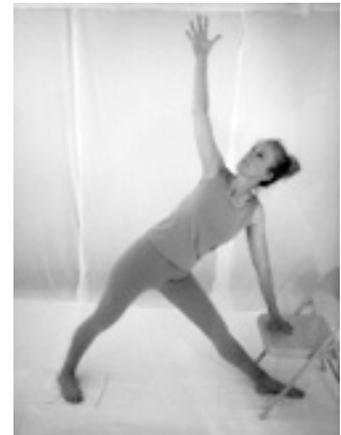
Start from a wide stance with your front foot turned parallel to the mat and your back foot turned in at least 90 degrees. Roll your back thigh slightly inward. Press down through both feet. Hinging at your hip, not your waist, lengthen your spine and extend along your spine as you stretch out and down. Support the weight of the torso with your hand on the floor, a block, chair, your ankle or shin. Gently twist to open your heart and reach upward toward the sky. Keep full strength in your pose as you come up.

**MODIFICATIONS:** Use a block, chair or your leg to keep your spine long and straight and avoid discomfort. Look forward or even at the floor if your balance is challenged.

**BENEFITS:** Strengthens and stretches the lower back. Lengthens the hamstrings. Reputedly beneficial for digestion.

**AVOID:** Avoid rounding or arching your back in an attempt to get closer to the floor. This posture, like all others is not some sort of "contest" to reach a particular degree of extension. Rather it is a place to explore and learn about yourself. If you have a tendency to hyperextend your knees, make a "microbend" at your knees and press firmly into the floor with the balls of your feet to reinforce this action.

**CAUTIONS:** Avoid rounding or twisting your spine if you have been diagnosed with osteoporosis.



GENTLE POSES, SUPPORTED WITH CHAIR.

