

Yoga, Breathing and your Heart Rate

Explore the interaction of your heart rate with various yoga poses and breathing techniques.

Once the heart sensor is displaying your heart rate try the following sequences.

Standing

- Upward Salute
- Mountain Pose
- Forward Fold

Sitting

- Upward Salute
- Tadasana
- Forward Fold

Supine

- Savasana
- Knees to Chest

- Inverted Table Pose

Prone

- Table Pose
- Downward Dog
- Sphinx Pose
- Puppy Pose

Breathing (long exhale)

- Sit Quietly
- Inhale 3 seconds
- Hold 3 seconds
- Exhale 5-7 seconds

Try your own ideas!

with John McGinity, certified Yoga Instructor