

**\*\*Handout\*\***  
**Yoga for Farmers**  
By Mary Cush  
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**Mini Vinyasa Coffee Drip**

Inhale arms up  
Exhale press palms together bring down to sternum  
Inhale arms out, palms facing back  
Exhale sweep arms to back and clasp hands  
Inhale backbend starting from pelvic area  
Exhale arms at side thumbs forward

**Hand Exercises**

Web Fingers spread wide  
Claw top joints bending  
Beak hand flat parallel to eyes thumb moving up and down forming beak  
Claw thumb drawn in first formed around thumb.

**Wrist Drop**

Arms in front drop wrist (zombie arms) Close hand for fist.

**Pranayama (breathing)**

3 part exhalation (up regulating) Inhale for a count of 4, exhale, pause, exhale, pause, exhale completely, pause and repeat





Straw breath (down regulating) Inhale for a count of 4, with pursed lips let air slip out slowly, evenly, smoothly. Before you become strained, pause then inhale again and repeat. You can time this for a minute and see how many breaths per minute (one breath is an inhale and an exhale)





3 part inhalation (down regulating) Inhale, pause, Inhale, pause, inhale, pause, exhale completely, pause and repeat





**Resources**





A good resource for gentle yoga [www.baxterbell.com](http://www.baxterbell.com)

A good resource for sleeping posture 8 Steps to a Pain-free back Esther Gokhale

	Sun	Salutation	
inhale	exhale	inhale	exhale
			
arms up	fold over	half lift	fold over

inhale	exhale	inhale	exhale
			
arms up	sidebend right	arms up	sidebend left

inhale	exhale	inhale	exhale
			
arms up	hands on sacrum	standing backbent	mountain

inhale	exhale	inhale	exhale
			
lunge hands on hips	sink/extend	arms up	mountain

Repeat last line on other side