



YOGA

DICE



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ISBN 978-1-4521-6168-6

Manufactured in China.

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680 Second Street
San Francisco, CA 94107
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A TOOL FOR PRACTICE

Yoga poses are the foundation of a fruitful yoga practice, giving access to a deeper understanding of both your mind and body. With positions and instructions for practitioners of all levels, this *Yoga Dice* kit—featuring seven dice and an instructional booklet—provides an accessible and inspiring way to deepen your yoga practice.

Each die represents a different category of poses—Sun Salutation, Standing, Balancing, Seated, Forward Bend, Backbend, and Core—and includes five illustrated poses for a total of thirty-five positions. As you practice these poses, move into and out of each position slowly,

and hold each pose for at least six breaths to increase flexibility and endurance.

Each die also includes one *chakra*. The *chakras* are thought to be energy centers of the body, envisioned as wheels with energy coiled inside them. (*Chakra* is a Sanskrit word loosely translated as “wheel.”) There are seven *chakras*, the first of which is located at the base of the spine and the seventh of which is located at the crown of the head. Each one is linked to a natural element (which is thought to play a role in balancing that *chakra*) and a benefit, or a certain quality of life that can be gained by balancing this *chakra*. A well-rounded yoga practice helps to balance all the *chakras*.

To use *Yoga Dice*, roll a die and then match the illustration to the corresponding image in the booklet to find instructions for that pose or *chakra*. If you only have a few minutes to practice, roll a few dice for a short sequence of poses. For a longer practice, roll all seven dice several times over the course of your session. With thousands of possible combinations of poses, *Yoga Dice* offers endless opportunities to enliven your practice. Whether you're at home, on vacation, or in the park with friends, it will bring strength, energy, and relaxation into your everyday life, on and off the mat.



MOUNTAIN WITH ARMS UP

Stand with your feet together, with the big toes and heels touching. Keep your feet relaxed. Inhale as you bring your arms overhead, palms touching. Look up at your hands and slightly bend back from your waist.



PLANK

Starting on your knees, lean forward and place your hands flat on the mat in front of you. Straighten your arms, and shift your weight onto your toes and hands, so your knees rise off the mat. Bring your body into a straight diagonal line from the top of your head to your heels. Avoid locking your arms; keep them very slightly bent. Bring back your shoulders so your chest lifts slightly, and press firmly into the mat with your palms while maintaining energy in your legs.



UPWARD-FACING DOG

Lower your body onto the mat to rest on your stomach, place your hands beneath your shoulders, and point your toes. Press your palms down into the mat, and slowly lift up the upper body by pressing into your palms, opening your chest. If this is comfortable, go deeper by straightening the arms so that the lower body lifts, with only the tops of the feet touching the mat. Keep the legs engaged and the buttocks relaxed. Roll your shoulders back and down and open your chest as you gaze forward.



DOWNWARD-FACING DOG

Start in Plank Pose. As you inhale, lift your hips toward the sky so your body forms two sides of a triangle, with your hips at the highest point. Press your palms firmly into the floor, and move your torso toward your thighs, lengthening your spine and your breath.



LUNGE

Stand with your feet together, with the big toes and heels touching. Keep your feet relaxed. Bring one foot back into a lunge, with the knee of that leg resting on the mat behind you, and the other knee at a right angle with the mat. As you inhale, bring your arms up overhead and bring your palms together.



SOLAR PLEXUS CHAKRA

Also known as: Navel *chakra*

Where it is: Upper abdomen

Corresponding element: Fire

Corresponding benefit: Confidence

Suggested poses for balancing this chakra:

Plank, Bow



CHAIR

Stand with your feet together and your arms by your sides. Take a big breath in, then exhale and bend your knees deeply, like you're sitting on a chair. Reach your arms straight up in a gentle diagonal, with your elbows alongside your ears. Gaze straight ahead.



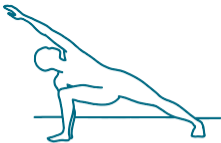
WARRIOR I

From Mountain Pose, step your feet wide apart. Turn your right foot out and your left foot slightly in. Square your hips toward your right foot. Inhale deeply, and as you exhale, bend your right knee, moving your right leg into a perpendicular angle, with your right thigh parallel with the floor (or as close as you can come while remaining comfortable). Reach your arms up alongside your ears and gaze softly forward. Repeat on the other side.



WARRIOR II

From Mountain Pose, step your feet wide apart with your right foot forward and spread your arms out wide so they are parallel with the floor. Turn your left foot out to the left so that your toes are pointing to the left wall. Inhale deeply, and as you exhale, bend your right knee until your right thigh is parallel with the floor (or as close as you can get while remaining comfortable). Turn your head to gaze over your right hand. Repeat on the other side.



EXTENDED SIDE ANGLE

From Mountain Pose, step your feet wide apart, with your feet parallel. Turn your right foot out, bend your right knee to 90 degrees, and turn your left foot slightly in toward your body. Tilting downward at the waist to place your right hand at the outside of your right foot, sweep the left arm up and alongside your left ear, creating a diagonal line from your left ankle all the way to your left fingertips. Keeping your gaze soft, look up under your left arm. Repeat on the other side.



EXTENDED TRIANGLE

From Mountain Pose, step your feet wide apart. Turn your right foot out and your left foot slightly in. Inhale deeply and reach your arms out wide so they are parallel with the floor. As you exhale, reach out to the right, tilt downward at the waist, and place your right hand lightly on your right shin. Lift your left arm up to the sky, imagining a straight line all the way from your right fingertips to your left fingertips. Gaze up at your left thumb. Repeat on the other side.



ROOT CHAKRA

Where it is: Base of the spine

Corresponding element: Earth

Corresponding benefit: Groundedness

Suggested poses for balancing this chakra:

Bound Angle, Staff, Mountain, Warrior II



TREE

From Mountain Pose, bring your weight onto your left foot. Place the sole of your right foot either below your left knee or as high up on your inner left thigh as you can, and keep it there. When you have achieved a strong foundation standing on one foot, reach your arms toward the sky, “growing” like a tree. Repeat on the other side.



DANCER

From Mountain Pose, bring your weight onto your right foot. Bend your left knee and bring your left heel toward your buttocks. Reach back with your left hand (using a wall for support, if needed) and gently grasp the inner arch of the foot. Breathe steadily as you reach forward with the right arm, tilting your body forward while simultaneously lifting the left leg back and up as it presses into your hand. Repeat on the other side.



EAGLE

From Mountain Pose, bend both knees and cross your left thigh over your right thigh. Deepen the twist by wrapping the top of your left foot around the back of your right calf. Hook your left foot around your right calf. Inhale and reach both arms out in front of you, crossing them in front of your body, right arm above left. Then bend the elbows and wrap your forearms into a twist until your left fingertips press against your right palm. Repeat on the other side.



SIDE PLANK

Starting in a push-up position, roll your entire body to the right until the outer edge of your right foot rests against the mat. Stack your left foot on top of your right foot so your legs are stacked as well. Engage your legs, tuck your tailbone under slightly, and reach your left arm up to the sky so your whole body is supported only by the right hand and the right foot. To take it farther, gaze up at your left hand. Repeat on the other side.



HALF MOON

From Extended Triangle Pose, with your right leg turned forward, place your left hand on your left hip. Bend your right knee and slide your right fingertips about a foot forward, touching the mat. Once you achieve a strong foundation, straighten your right knee and lift your left leg off the mat, flexing your foot by pressing through your left heel. To take it farther, reach your left arm skyward and gaze up. Repeat on the other side.



SACRAL CHAKRA

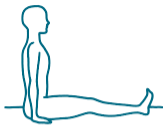
Where it is: Lower abdomen

Corresponding element: Water

Corresponding benefit: Pleasure

Suggested poses for balancing this chakra:

Dancer, Cow Face



STAFF

Sit with your legs extended on your mat straight out in front of you. (If your back starts to round, sit on a cushion or folded blanket.) Place your palms on the mat alongside your outer hips. Press down through your palms, lengthening the spine as you sit taller (but without your legs or buttocks lifting off the mat). Breathe softly and fluidly.



BOUND ANGLE

Sit with your back straight and legs out in front of you. Bend your knees outward and pull your heels toward your pelvis. Bring the soles of your feet together as you lower your knees toward the mat in a gentle stretch.



COW FACE

From Staff pose, bend your knees and slide your left foot underneath your right knee so your feet are at either side of your body and your knees are stacked. Reach your left arm up alongside your ear; bend that arm and rest the fingertips on your upper back. Stretch your right arm out with your thumb pointing toward the floor. Bend your right elbow and place the back of your hand on your back; you'll either move your hands toward each other until they touch if you are able, or keep your hands where they are. Repeat on the other side.



SEATED TWIST

Sit in a cross-legged position, with one leg crossed over the other. Place your right hand on your left knee. Rest your left palm on the mat behind you. Gently twist, turning your gaze over your left shoulder. Repeat on the other side.



LOTUS

Sit on the mat with your legs extended in front of you. Bend your right knee, gently bringing your right foot to the crease of your left hip. Bend your left knee, gently bringing your left foot to the crease of your right hip. The soles of your feet should be pointing toward the ceiling. Rest your hands on your knees with your palms facing up. Hold for a few moments, then release and repeat the pose, this time with your right foot on top.



CROWN CHAKRA

Where it is: Top of the head

Corresponding element: Light

Corresponding benefit: Connection

Suggested poses for balancing this chakra:

Mountain, Tree, Lotus



STANDING FORWARD BEND

Stand with your feet together, with your big toes and heels touching. Keep your feet relaxed. Exhale as you bring your arms out to the sides and bend from your hips, diving forward. Bring your palms to the mat in front of you. If they don't reach, bend your knees or let your arms hang. Relax your head toward the mat.



SEATED FORWARD BEND

From Staff Pose, press your legs into the earth. Flex your feet and reach your arms out in front of you. Exhale and bend forward over your legs, going only as far as you can, keeping the back long and taut. (If the back rounds, sit up on a blanket and try the pose again.) If you can reach your feet, grasp them with your hands. If not, leave your arms reaching forward as far as they will go.



HEAD-TO-KNEE

From Staff Pose, bend your right knee and place the sole of your right foot against your left inner thigh. (If your lower back rounds, sit on a blanket or a cushion.) Lengthen your spine; then bend forward as far as comfortable. If you can, reach forward and hold onto the edges of your left foot with both hands. If not, leave your hands resting on your right shin. Draw your shoulders away from your ears as you press equally through the ball and heel of the right foot. Repeat on the other side.



SEATED WIDE-LEGGED FORWARD BEND

From Staff Pose, lean back, placing your hands behind you, and open your legs wide apart. (If you need support, sit on a folded blanket.) Breathe deeply as you gently lean forward and bring your arms in front of you. Walk your hands forward, between your wide legs, going only as far as your body will comfortably allow.



PIGEON

From Downward-Facing Dog, bend your right knee in toward your chest, then turn the knee to the right and down toward the mat. Gently place the shin behind your right wrist. Look back at your left leg and adjust until the leg is positioned flat against the mat, with the knee pressing squarely into the mat. With your pelvis now square, place your fingertips on the mat in front of you. Breathe in, then exhale, and walk your hands forward as far as you can comfortably go, resting your forehead on the mat if you are able to.



THIRD EYE CHAKRA

Where it is: Forehead between the eyes

Corresponding element: Air

Suggested poses for balancing this chakra:

Head-to-Knee, Eagle



COBRA

Lie on your stomach, forehead resting on the mat. Place your palms on the mat underneath your shoulders. Hug your inner thighs toward each other and press down through your palms, gently lifting your head and upper chest off the mat. Hug your elbows in alongside your rib cage and straighten your arms as much as is comfortable for you.



LOCUST

Lie on your stomach with your forehead resting on the mat and your arms straight along your sides, palms facing the floor. Tuck your tailbone under slightly to reduce pressure on your lower back. Hug your inner thighs together, and lift your arms, legs, and head off the mat. Rather than trying to lift your body high, stretch it long instead, reaching your head and toes away from each other.



BOW

Lie on your stomach with your forehead resting on the mat. Bend both knees and reach your arms back to grab your outer ankles. Press your ankles back into your hands to lift your head and chest off the mat. Slightly tuck your tailbone under to keep your lower back long and supported.



BRIDGE

Lie on your back with your arms by your sides. Place both feet on the mat in line with your sit bones, with your heels lightly touching your buttocks. Take a big breath in as you press down through your feet and lift your hips up, keeping your feet rooting into the mat. Clasp your hands together on the mat underneath your hips, and shimmy your shoulders underneath you. Press down through your clasped hands to help you lift your hips higher.



FISH

Lie on your back, with your upper body propped up by your elbows. Press your palms and forearms into the mat as you arch your chest, gently arching your back. As you breathe into your chest, deepen the backbend. Slowly begin to move your chin away from your chest, mindfully allowing the crown of your head to come to the mat behind you. Squeeze your shoulder blades together and bring the shoulders away from your ears. Keep your legs active as you breathe.



HEART CHAKRA

Where it is: Center of the chest

Corresponding element: Wood

Corresponding benefit: Love

Suggested poses for balancing this chakra:

Cobra, Bridge



CAT-COW

Kneel on the mat with your knees directly below your hips and hands directly below your shoulders. Let your head rest in a neutral position with eyes looking down at the mat. Inhale and drop your belly toward the mat, bringing your chin up and lifting your gaze toward the ceiling. As you exhale, round your spine up toward the ceiling and release your head toward the mat. Repeat ten times.



SCALE

Begin in a seated position, with your legs crossed and the top of each foot resting on the opposite thigh. Place your hands on the floor next to your hips. Exhale and press your palms down, lifting yourself off the mat. Hold yourself suspended for several moments, then slowly lower your body down to the mat.



HAPPY BABY

Lying on your back, draw your knees toward your armpits with your shins perpendicular to the floor. Grab the outside of your feet with your hands. Flexing through your heels, push your feet up into your hands and gently pull with your hands to create resistance.



FULL BOAT

From Staff Pose, lean back, bend your knees, and draw your knees toward your chest, lifting your feet off the mat. Straighten your legs as far as you comfortably can, feeling your abdominal muscles engage. To go farther, reach your arms straight out in front of you, on either side of your outer thighs. Hold this position for several breaths, balancing on your buttocks, gazing at your toes, and breathing consciously and continuously.



PRAYER TWIST

From Mountain Pose, bend your knees and lower your hips toward the mat. Keep both feet flat on the floor as you squat. Bring your hands together, forming a prayer position against your sternum. As you exhale, lean forward slightly and twist your body to the right, bringing your left elbow to the outside of your right knee. Engage your core and inner thighs. Hold for five breaths. Repeat on the other side.



THROAT CHAKRA

Where it is: Throat

Corresponding element: Metal

Corresponding benefit: Communication

Suggested poses for balancing this chakra:

Cobra, Fish, Cat



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