



Camel Peak Pose: champions of the long-haul journey

Duration:

75

Lesson Plan Description:

The class theme and peak pose is camel. One of the best benefits of practicing camel pose is that it gives your busy brain permission to melt like an ice cube on a sunny day.

Tune into the following camel symbolism when practicing camel pose.

“I call upon the camel for strength, endurance and protection.”

“Camels transport precious cargo. What precious cargo do I have that isn’t being transported to others?” (e.g. a skill that isn’t being used, your friendship, your love, etc).

“From a spiritual stand-point, camels are champions of the long-haul journey. When I next find myself getting frustrated, I will practice camel in my mind or on my yoga mat and repeat this mantra: ‘One step at a time’.

“Is there any journey (spiritual or physical) I’ve been meaning to take, but have been putting off?”

“Is there any pilgrimage I’d like to take (e.g. trace family routes, walk the entire Welsh coast, etc)?”

“If I’ve had an arduous journey today (or recently), I will perform camel pose and take on the camel’s inspirational endurance.”

“Instead of finding the unknown journey ahead of me daunting, I will become a camel in my mind and take one step at a time, soon my mind will move from fear to peace.”

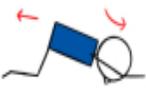
“If I find myself rushing around getting stressed, I will practice camel pose in my mind or on my mat to be mindful of my energy levels.

“The camel never rushes because it knows the eternal moment is always in the NOW. Rushing around means I miss the NOW, and miss the beauty and joy of life’s journey.”

“Whenever I feel like I’m running on empty, I will get into camel pose to fill up my energy levels.”

Time	Image	Pose	Description	Modifications	Precautions
		Hero	<p>Sit with buttocks on heels. Feet slightly wider than hips with tops of feet flat on floor. Angle big toes slightly toward each other. Release shoulder blades away from ears.</p> <p>Sanskrit: Vajrasana Benefits: Stretches thighs, knees, ankles. Video: https://www.youtube.com/embed/py0vL4mc09w?rel=0</p>	Bolster or block between legs.	Knee or ankle injury.
		Lotus Mudra	<p>With base of palms together, touch thumbs together and then the little fingers together. Invite other three fingers to open as wide as possible, like a lotus flower opening. Place hands in front of heart with thumbs facing toward chest.</p> <p>Benefits: Symbol of purity (helps to open heart centre). Video: https://www.youtube.com/embed/BEedMxry9IU?rel=0</p>		
		Bridge	<p>Lie supine. Bend knees. Set feet on floor. Heels close to sitting bones. Press inner feet and arms into floor. Push tailbone up. Lift buttocks. Clasp hands below pelvis.</p> <p>Sanskrit: Dwi Pada Pitham Benefits: Chest, neck, spine stretch. Reduces backache. Video: https://www.youtube.com/embed/EU2JS2Pm2EY?rel=0</p>	Blanket under shoulders. Leg up. Use block.	Knee or neck injury.
		Bridge (arms behind)	<p>Lie supine. Bend knees. Set feet on floor. Heels close to sitting bones. Press inner feet and arms into floor. Push tailbone up. Lift buttocks. Raise arms overhead and lower them to floor behind head (palms facing up).</p> <p>Alternatives: Bridge. Sanskrit: Dwi Pada Pitham (arms behind) Benefits: Chest, neck, spine stretch. Reduces backache. Video: https://www.youtube.com/embed/EU2JS2Pm2EY?rel=0</p>	Blanket under shoulders. Leg up. Use block.	Knee or neck injury.

Time	Image	Pose	Description	Modifications	Precautions
		Bound Angle	<p>Sit with legs straight out in front. Bend knees. Pull heels toward pelvis. Drop knees to sides. Press soles of feet together. Bring heels close to pelvis. Grasp big toe of each foot. Release thighs to floor.</p> <p>Sanskrit: Baddha Konasana</p> <p>Benefits: Engages core. Stretches inner thighs, groins, knees.</p> <p>Video: https://www.youtube.com/embed/cKkKmfIIZ5c?rel=0</p>	Clasp hands around ankles.	Groin or knee injury.
		Cat Cow	<p>Sit with buttocks on heels. Come onto all fours. Wrists under shoulders. Pull navel into small of back. Inhale while raising head. Exhale, while lowering head and arching spine up like a cat. Repeat.</p> <p>Sanskrit: Marjaryasana</p> <p>Benefits: Stretches lower back. Engage core. Decompress spine.</p> <p>Video: https://www.youtube.com/embed/VuqVXXW_N50?rel=0</p>	Knee to chest. Raise leg or arm.	Neck injury.
		Table Top	<p>Come onto hands and knees. Bring knees hip width apart. Bring palms directly under shoulders. Fingers facing forward. Look down between palms. Allow back to become flat. Press into palms to drop shoulders away from ears. Press tail bone towards back wall and crown of head towards front wall to lengthen the spine.</p> <p>Alternatives: Cat. Cow.</p> <p>Sanskrit: Bharmanasana</p> <p>Benefits: Transition for many floor postures. lengthens spine.</p> <p>Video: https://www.youtube.com/embed/PGAntbDQ6Xg</p>	Make fists with hands (reduce pressure on wrists).	Wrist injury.

Time	Image	Pose	Description	Modifications	Precautions
		Knees Chest Chin	Start in High Plank. Drop to knees, chest and chin. Keep buttocks high and elbows hugging ribs. Alternatives: Dolphin. Sanskrit: Chaturanga Dandasana Benefits: Strengthens arms, wrists, spine. Tones abs. Video: https://www.youtube.com/embed/UHvIaMSH-GI?rel=0	Knees on floor.	Carpal tunnel syndrome. Pregnancy.
		Extended Puppy	Come to all fours. Walk hands in front lowering chest down to floor. Keep hips raised over knees. Release forehead to floor. Stretch arms as much as is comfortable. Sanskrit: Uttana Shishosana Benefits: Hip opener. Stretches inner thighs, groins, hips. Video: https://www.youtube.com/embed/TKDdMTmS08g?rel=0	Wide knees. Blanket under knees.	Knee or ankle injuries. Back pain.
		Cobra	Lie face down. Feet together. Toes pointing behind. Hands flat on floor by rib cage. Lift chest. Gaze forward. Alternatives: Sphinx. Crocodile. Sanskrit: Bhujangasana Benefits: Supple spine. Strengthen palms, wrists, toes. Video: https://www.youtube.com/embed/wSgmClfQBrc?rel=0	Blanket under hips. 1 or 2 legs up.	Pregnancy. CTS. Back injury.
		Lunge (knee on floor)	Stand in mountain pose. Step forward with right leg. Sustain slight bend in front leg while back leg raises on toe. Tighten pelvic muscles. Sustain upright trunk while lowering back leg until knee touches floor. Alternatives: High or Low Lunge. Sanskrit: Anjaneyasana Benefits: Stretches legs, groin, hip flexors. Strengthens thighs, buttocks. Video: https://www.youtube.com/embed/Hmec1bQBQOE		Knee injury. HBP.

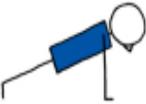
Time	Image	Pose	Description	Modifications	Precautions
		Half Splits	<p>Start in Downward Facing Dog. Step right foot forward in between hands. Lower left knee to ground directly underneath left hip. Tuck left toes for stability. Lift torso above hips, place hands on hips, and ground down into mat. Straighten front leg in front of you so only heel of right foot is connected to floor. Flex front foot. Micro-bend front knee. Tilt pelvis forward. Slowly fold over front leg. Place hands on blocks on either side of front leg, or on floor. Hold or slowly walk hands or blocks forward to increase intensity of stretch. Step back to Downward Facing Dog. Repeat on other side.</p> <p>Benefits: Stretches hips, hamstrings, calves, low back. Strengthens hams. Relieves sciatica pain.</p> <p>Video: https://www.youtube.com/embed/1xAzPbkFhmA</p>	Blanket under knee.	Lower back injury.
		Gate	<p>Kneel. Legs hip-width apart. Arms at sides. Extend right leg to side. Keep knee flexed and raise up. Raise arms (palms face in). Press up and out through fingertips. Reach arm and torso to right. Lower right arm. Press out through fingertips. Rotate chest so you're facing forward. Repeat on other side.</p> <p>Sanskrit: Parighasana</p> <p>Benefits: Strengthens core muscles. Spinal flexibility.</p> <p>Video: https://www.youtube.com/embed/z-td8Y3gEik?rel=0</p>		Knee injury.
		Sun Salutations A	<p>1) Mountain with palms together (feel gratitude for life-giving sun). 2) Inhale, sweep arms up with palms together. 3) Exhale into Forward Bend. 4) Inhale, step right foot back into High Lunge. 5) Step left foot back into Plank. 6) Exhale down into Caterpillar. 7) Inhale into Up Dog. 8) Exhale into Down Dog. 9) Inhale, step right forward into High Lunge. 10) Exhale into Forward Bend. 11) Inhale, sweep the arms up with palms together. 12) Exhale, bring palms together in Mountain.</p> <p>Benefits: Every part of the body is greatly benefitted.</p> <p>Video: https://www.youtube.com/embed/4hRQP09nPnM</p>	Sun Salutations B or C.	

Time	Image	Pose	Description	Modifications	Precautions
		Goddess 1	Stand tall. Arms by sides. Step feet out wide. Turn toes out slightly. Bend knees and lower hips into a squat. Thighs parallel to floor, but not into a deep squat. Tuck tailbone. Press hips forwards. Draw thighs back. Knees in line with toes. Soften shoulders. Gaze softly. Hands in Anjali Mudra (palms together) over heart. Sanskrit: Utkatakonasana Benefits: Hip & chest opener. Strengthens thighs, buttocks, hamstrings. Video: https://www.youtube.com/embed/wgXefCprLm0	If squat is difficult, sit on front edge of chair.	Knee, leg or shoulder injury.
		Goddess 6	Stand tall. Arms by sides. Step feet out wide. Turn toes out slightly. Bend knees and lower hips into a squat. Thighs parallel to floor, but not into a deep squat. Tuck tailbone. Press hips forwards. Draw thighs back. Knees in line with toes. Soften shoulders. Gaze softly. Hands on thighs. Twist upper body to left. Gaze behind shoulder. Hold. Switch. Sanskrit: Utkatakonasana Benefits: Hip & chest opener. Strengthens thighs, buttocks, hamstrings. Ease back pain. Detoxify body. Stimulate digestion & circulation. Video: https://www.youtube.com/embed/wgXefCprLm0	If squat is difficult, sit on front edge of chair.	Knee, leg or shoulder injury.
		Sun Salutations B	1) Mountain with palms together (feel gratitude for life-giving sun). 2) Inhale, Chair. 3) Exhale, Forward Bend. 4) Inhale, Half Forward Bend. 5) Exhale, Four-Limbed Staff. 6) Inhale, Up Dog. 7) Exhale, Down Dog. 8) Inhale, Warrior I right foot forward. 9) Exhale, Four-Limbed Staff. 10) Inhale, Up Dog. 11) Exhale, Down Dog. 12) Inhale, Warrior I left foot forward. 13) Exhale, Four-Limbed Staff. 14) Inhale, Up Dog. 15) Exhale, Down Dog. 16) Inhale, Half Forward Bend. 17) Exhale, Forward Bend. 18) Inhale, Chair. 19) Exhale, Mountain. Benefits: Every part of the body is greatly benefitted. Video: https://www.youtube.com/embed/-r15RxP8ZzE	Sun Salutations A or C.	

Time	Image	Pose	Description	Modifications	Precautions
		Chair Modification	<p>Start in Mountain. Raise arms perpendicular to floor. Keep arms parallel, palms facing inward. Bend knees. Firm shoulder blades against back. Bring arms behind back as if you're skiing.</p> <p>Sanskrit: Utkatasana</p> <p>Benefits: Strengthens ankles, thighs, calves, spine. Stretches chest.</p> <p>Video: https://www.youtube.com/embed/0_mv-gej-gg?rel=0</p>	Block between thighs. Join palms.	Headache. Insomnia. LBP.
		Standing Forward Bend 4	<p>Stand in Mountain. Stretch arms overhead. Bend knees slightly. Fold forward from waste. Interlock fingers. Bring arms behind back. Back of neck soft. Hold. Release.</p> <p>Alternatives: Tabletop. Gorilla.</p> <p>Sanskrit: Paschimottasana</p> <p>Benefits: Stretch back, hams, shoulders & wrists. Improves posture.</p> <p>Video: https://www.youtube.com/embed/hrp6Q_QyDkc?rel=0</p>	Bent knees. Loop fingers around big toes.	Back, knee, hamstrings injury.
		Crescent Lunge	<p>Start in Down Dog. Step right foot forward and place it beside right thumb, lining up right knee over right ankle. Lower left knee to floor. Raise torso and sweep arms above head with palms facing. Allow hips to settle forwards and down until you feel a stretch in front of left leg. Draw tailbone down, lengthening lower back and engaging core muscles. Stay here, or raise back knee off mat for a full Crescent Lunge. To release, place hands on mat and step to Down Dog. Repeat with left leg forward.</p> <p>Alternatives: Warrior I, II, III.</p> <p>Sanskrit: Anjaneyasana</p> <p>Benefits: Stretches groin, chest, shoulders, abs, hip flexors. Relieves backache. Opens front torso. Improves balance. Heart opener.</p> <p>Video: https://www.youtube.com/embed/eXupg3oNGJY</p>	Bring back knee to mat and un-tuck back toes. Place hands on hips.	HBP. Shoulder injury.

Time	Image	Pose	Description	Modifications	Precautions
		Dancer	In Mountain find a point to gaze at. Shift weight onto right leg. Hold left ankle or foot. Extend right arm. Feel energy move through fingertips. Alternatives: Standing backbend. Sanskrit: Natarajasana Benefits: Stretches spine. Balance. Tones leg muscles. Opens chest. Video: https://www.youtube.com/embed/7jPPym-Xfpg?rel=0	Strap around front of foot.	
		Extended Hand To Big Toe 2	From Mountain bring left knee to belly. Hold outside of left foot. Firm front thigh muscles of standing leg. Press outer thigh inward. Extend left leg forward. Straighten knee. Swing leg to side. Hold. Alternatives: Wide Leg Forward Bend. Sanskrit: Utthita Hasta Padangustasana 2 Benefits: Strengthens legs, ankles. Stretches back of legs. Balance. Video: https://www.youtube.com/embed/bY3qvUuBXK8	Use a strap. Raised leg on back of chair.	Knee or back injury.
		Revolved Hand to Big Toe Pose	Start in Mountain. Lift right foot up. Hold outer edge with left hand. Bring right hand to hip. Exhale and stretch leg out and up in front of you. Inhale and draw navel in and up, opening the chest. Exhale and turn trunk to the right. Extend arm and turn head to look at hand. Hold. Exhale, return to Mountain. Repeat on other side. Alternatives: Revolved Half Moon. Revolved Chair. Sanskrit: Parivrtta Hasta Padangusthasana Benefits: Strengthens, lengthens lower body. Improves balance, focus. Video: https://www.youtube.com/embed/s8WVOJGPxZM	Use a strap. Keep free hand on hip.	Back, knee or hamstring injury.

Time	Image	Pose	Description	Modifications	Precautions
		Warrior III Squat	A. Stand firmly on left leg. Tilt forward and lift right leg behind you with arms by sides. B. Bend left knee. Lower into a single leg squat while still keeping right leg extended. C. Repeat on other side. Alternatives: Warrior I & II Sanskrit: Virabhadrasana III Benefits: Strengthens legs, shoulders, back. Tones abs. Balance. Video: https://www.youtube.com/embed/6dF3F8URY_M	Arms out to sides. Arms back.	High blood pressure.
		Half Moon Bow	Begin in a Supported Warrior III on right leg (both hands on ground). Keep right fingertips on ground (or on a block) underneath right shoulder. Open left hip on top of right. Open torso to the left. Extend left arm up. Look up. Bend left knee. Take hold of left foot with left hand. Lightly press foot into hand to open back. Keeping knee in line with hip. Release. Switch legs. Alternatives: Half Moon. Sanskrit: Ardha Chandrasana Chapasana Benefits: Strengthens abs, thighs. Stretches legs, shoulders, spine. Balance. Video: https://www.youtube.com/embed/CfRAat1kAD4	Back to wall. Block under hand.	Neck pain. Headache. Low blood pressure.
		Warrior II	Start in Mountain. Step feet wide apart. Raise arms parallel to floor. Palms down. Turn right foot in to right. Left foot at 90 degrees. Align left heel with right heel. Bend left knee over left ankle. Stretch arms parallel to floor. Turn head to look over fingers. Repeat on other side. Alternatives: Warrior I, III Sanskrit: Virabhadrasana II Benefits: Stretches groin, chest, shoulders, abs. Relieves backache. Video: https://www.youtube.com/embed/4Ejz7IgODIU?rel=0	Raise back heel on a folded blanket.	HBP. Shoulder injury.

Time	Image	Pose	Description	Modifications	Precautions
		Down Dog	<p>Start in Mountain. Forward bend. Step feet back one at time. Lift buttocks. Lengthen spine. Press down through heels. Tuck chin in. Look at feet. Release jaw.</p> <p>Alternatives: Dolphin.</p> <p>Sanskrit: Adho Mukha Svanasana</p> <p>Benefits: Stretches spine, hams, shoulders. Calms nervous system.</p> <p>Video: https://www.youtube.com/embed/ayRU3ecmPbI?rel=0</p>	<p>Use wall.</p> <p>Head on block. Leg up. Arm up. Wide stance.</p>	<p>Pregnant.</p> <p>HBP.</p> <p>Headache.</p>
		Plank	<p>Begin on hands and knees. Knees under hips. Hands under shoulders. Roll shoulders back and down. Finger tips point forward. Don't splay elbows. Lift up in your middle as you step one foot straight back and then the other. Keep legs engaged in supporting the plank position. Hold.</p> <p>Alternatives: Dolphin.</p> <p>Sanskrit: Kumbhakasana</p> <p>Benefits: Strengthens arms, wrists, spine. Tones abs.</p> <p>Video: https://www.youtube.com/embed/pSWYGXSNjdE?rel=0</p>	<p>Knees on floor.</p>	<p>Carpal tunnel syndrome</p>
		Child	<p>Sit on heels. Walk hands forward until forehead touches floor. Arms alongside legs.</p> <p>Sanskrit: Balasana</p> <p>Benefits: Stretches hips, thighs, ankles. Relieves back pain.</p> <p>Video: https://www.youtube.com/embed/DsXNXMoerMc?rel=0</p>	<p>Interlock fingers behind back.</p>	<p>Pregnancy.</p> <p>Knee injury.</p>
		Hero	<p>Sit with buttocks on heels. Feet slightly wider than hips with tops of feet flat on floor. Angle big toes slightly toward each other. Release shoulder blades away from ears.</p> <p>Sanskrit: Vajrasana</p> <p>Benefits: Stretches thighs, knees, ankles.</p> <p>Video: https://www.youtube.com/embed/py0vL4mc09w?rel=0</p>	<p>Bolster or block between legs.</p>	<p>Knee or ankle injury.</p>

Time	Image	Pose	Description	Modifications	Precautions
		Camel Modification	Kneel. Rest hands on back of pelvis. Point fingers down. Lean back and feel the chest opening. Gaze up. Alternatives: Half Camel. Camel. Sanskrit: Ustrasana Benefits: Stretches ankles, thighs, groin, abs, chest, throat, psoas. Video: https://www.youtube.com/embed/-xfwRTobUM?rel=0	Palms against soles.	High or low blood pressure. Back or neck injury.
		Camel (Half)	Kneel. Raise buttocks. Keeps slightly separated. Raise arms sideways (shoulder level). Lower right hand to left heel (slight twist) and left hand in front (gaze at raised hand). Chin near sternum. Repeat on other side. Alternatives: Camel. Sanskrit: Ardha Ushtrasana Benefits: Stretches ankles, thighs, groin, abs, chest, throat, psoas. Video: https://www.youtube.com/embed/zEQXV3dDmQ8?rel=0	Palms against soles.	HBP. LBP. Back or neck injury.
		Camel	Kneel. Rest hands on back of pelvis. Point fingers down. Lean back. Chin near sternum. Press palms against heels. Elbow creases face forward. To exit bring one hand at a time to hips. Lift head and torso by pushing hip points down. Alternatives: Half camel. Sanskrit: Ustrasana Benefits: Stretches ankles, thighs, groin, abs, chest, throat, psoas. Video: https://www.youtube.com/embed/-xfwRTobUM?rel=0	Palms against soles.	HBP. LBP. Back or neck injury.

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		Seated Twist	<p>Seat with legs crossed. Extend right leg to side. Bring the left foot in close to hips. Hold right foot with right hand (wrap fingers around big toe). Engage core. Lift chest. Twist to the left. Switch sides.</p> <p>Sanskrit: Ardha Matsyendrasana Benefits: Stretches shoulders, hips, neck, spine. Sciatica. Video: https://www.youtube.com/embed/8nIVfIo8sXA?rel=0</p>		Back or spine injury.
		Supine Block 1	<p>Lie on back with block under lower back. Legs and arms apart. Feet to side. Palms up. Release back to floor. Close eyes. Inhale, let abdomen rise. Exhale, let abdomen fall. Feel heavy with each exhale.</p> <p>Alternatives: Savasana. Sanskrit: Savasana Benefits: Stretches hip flexors, intercostals, belly, throat. Improves posture. Calming. Video: https://www.youtube.com/embed/YBe1nzunHJ0</p>	Knees up. Blanket under knees, head, back.	Back injury.
		Savasana 1	<p>Lie on back. Legs and arms apart. Feet to side. Palms up. Release back to floor. Close eyes. Inhale, let abdomen rise. Exhale, let abdomen fall. Feel heavy with each exhale.</p> <p>Benefits: Calming. Video: https://www.youtube.com/embed/YBe1nzunHJ0</p>	Knees up. Blanket under knees, head, back.	