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Because this book is designed as a binder for customizing the order of the physical practice sections, the pages are color coded rather than numbered. Refer to the “How To Use This Book” section of Dana’s Introduction for details on organizing the sections to personalize your yoga practice.

## Acknowledgements

### Dana’s Introduction:

Why Yoga Is Not One Size Fits All™  
Radius Yoga Conditioning  
How To Use This Book

## Physical Practice Sections:

Breathing & Warming Sequence

Sun Salutations

Core Part One Part Two

Legs Part One Part Two

Twisting Part One Part Two

Balance Part One Part Two

Arms/Shoulders Part One Part Two

Hips/Groins Part One Part Two

Inversions Part One Part Two

Backbending/Chest Opening Part One Part Two

Final Relaxation & Closing Practice

## Suggested Sequences

### Especially for Athletes

### About the Author