



YOGA FOR THE INSTRUMENTAL CONDUCTOR

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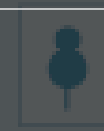
Yoga myths

- You have to be flexible
- You have to be in shape
- You have to lay/sit on the floor
- You have to practice an hour a day



Musician Physical Strain

- Wrists
- Shoulders
- Lower Back





Chair Yoga

- 1,2,3,4 (wrists)
- Side lean with wrist pull (shoulders & waist)
- Eagle Arms (Shoulders)
- Behind the back
Namaste (shoulders & wrists)



Chair Yoga

- Cat/Cow
- Forward Fold
- Seated Figure-4



Standing Poses with Support

- Dancer (quads)
- Lunge (hips)
- Tree (balance/focus)



YOGA FOR FOCUS & ANXIETY



WORRIER POSE

GEMMA CORRELL

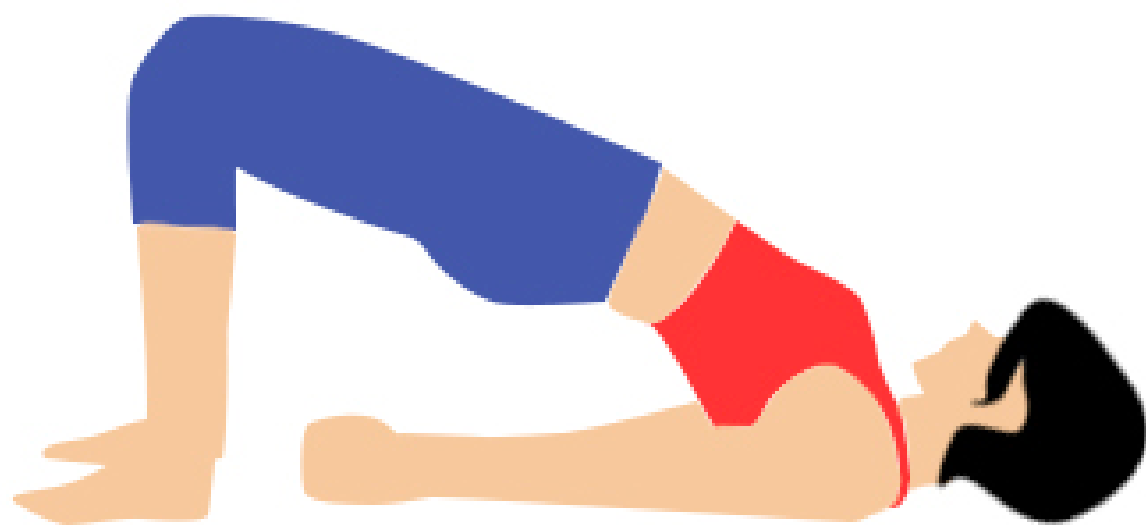
Side
Stretches

Balancing
Poses

Seated
Forward
Fold

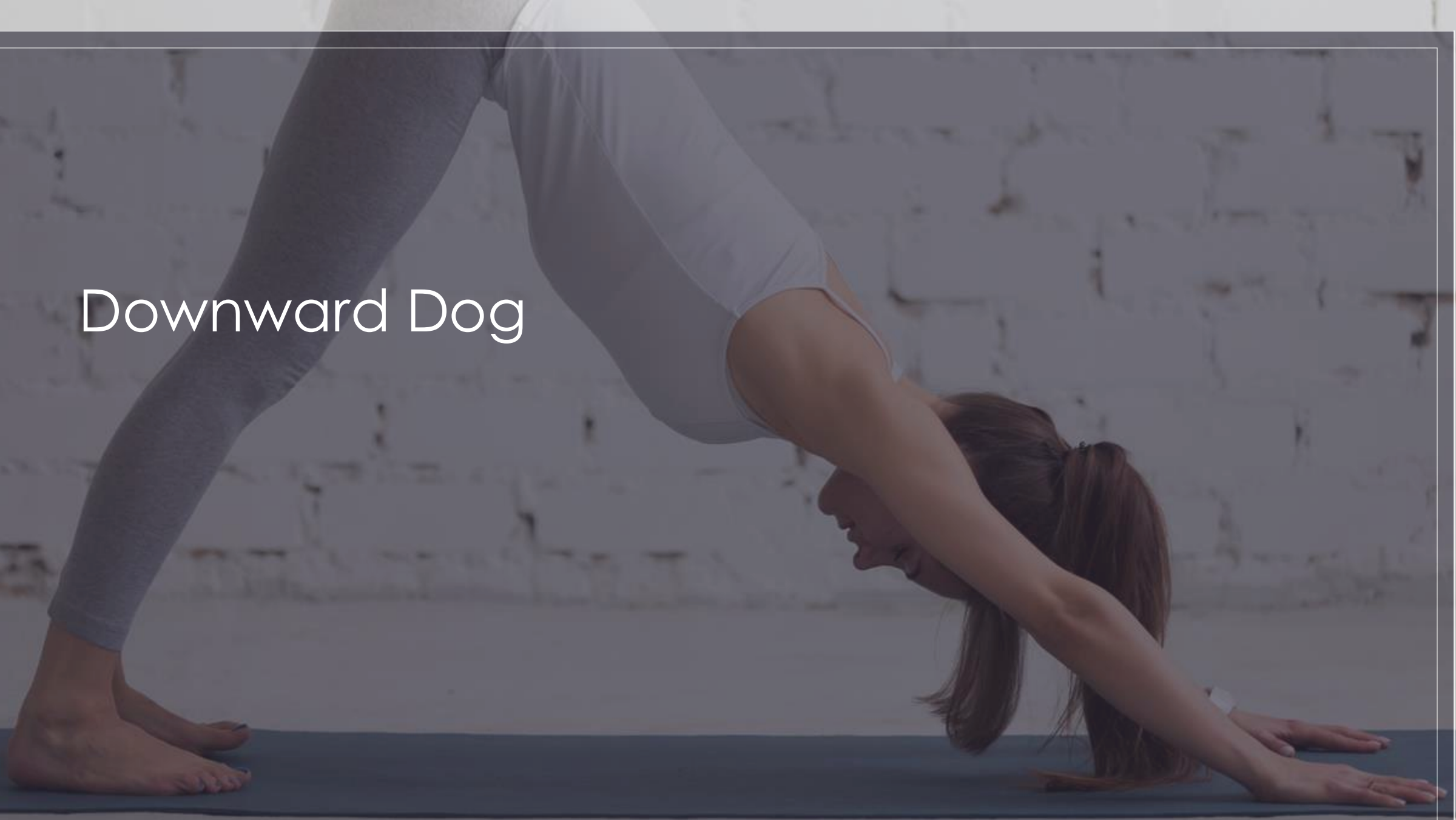


YOGA FOR DEPRESSION & STRESS



Bridge Pose

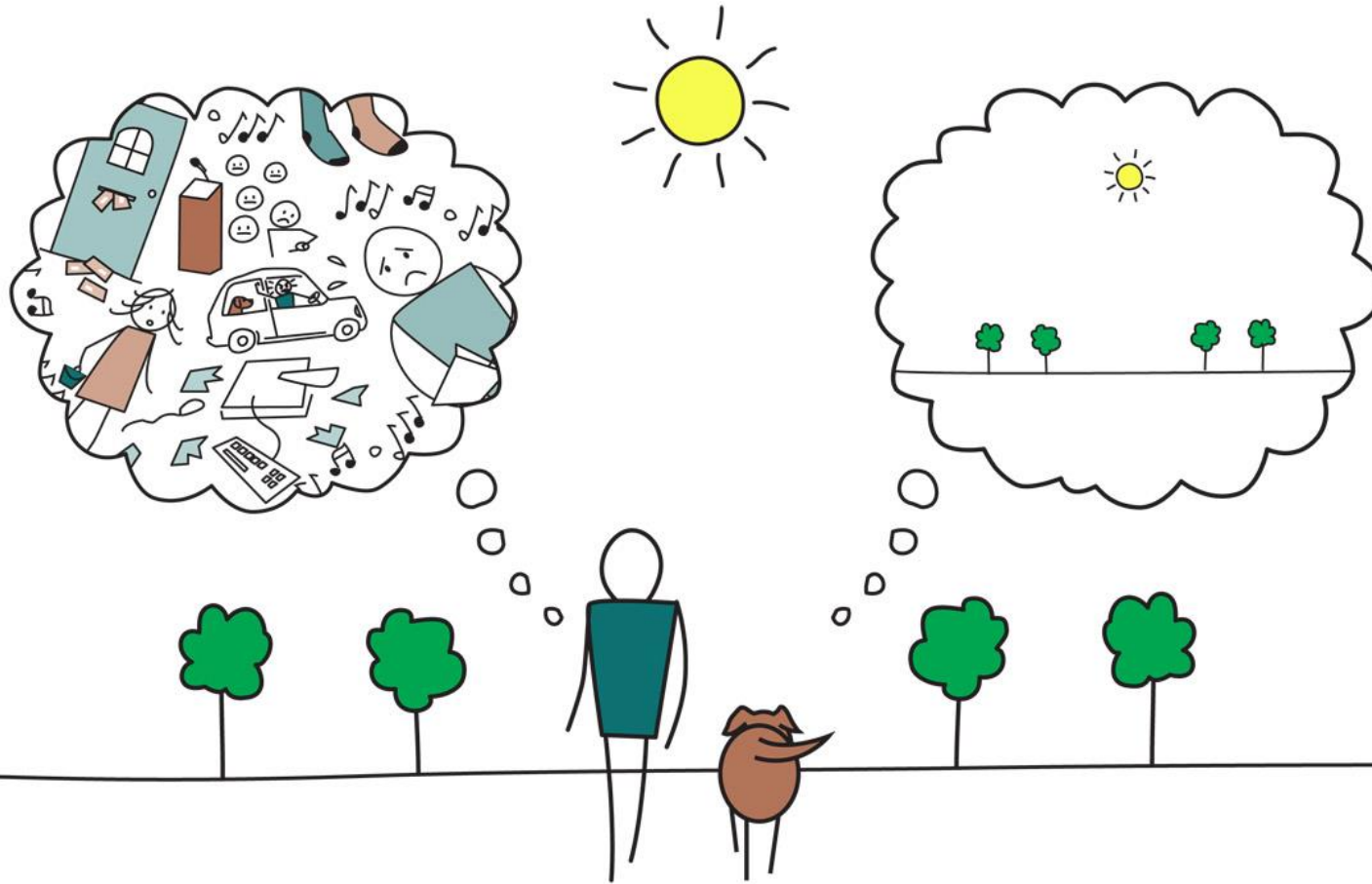
Downward Dog



Child's Pose



MINDFULNESS



Mind Full, or Mindful?

Mindfulness

Cued relaxation apps





Take a Mindful Minute

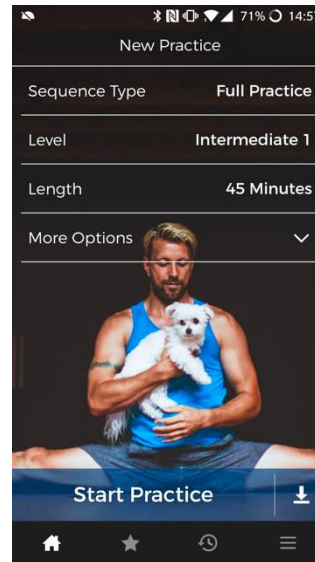
Set a timer for one minute, close your eyes

and ask yourself

- What Can I Hear?
- What Can I Smell?
- What Can I Feel?
- What Can I See?
- What Can I Taste?



HOME YOGA PRACTICE



DOWN DOG APP

THE YOGA
COLLECTIVE

YOGA
COLLECTIVE



TIPS FOR YOGA AT HOME

- Remember it is a Practice
- Only do what feels good/safe
- Modify for your body
- Put on your calendar like an appointment
- Only takes 10-15 minutes a day



SDSU

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Questions?

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