






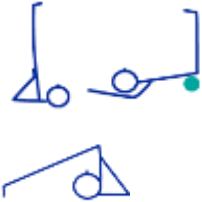





Three day practice schedule DAY 2

Technique	Breathing	Time or rounds
<p>Shavasana</p> 	Normal	1 minute
<p>Side leg raising Meru akarshanasana</p>  <p>Or with belt round foot</p> 	Normal	Either 3-5 rounds per side or stay 5 breaths
<p>Cat pose</p> 	Deep abdominal breaths	5 rounds
<p>Mountain pose Parvatasana</p> 	Normal	5 breaths
STANDING		
<p>Double angle pose Dwikonasana</p> <p>Do a few rounds of shoulder circles first.</p> <p>(Pin man in development)</p>	Stand erect feet one foot apart. Breath IN & interlock fingers behind back. Breathe OUT & fold forwards with hands resting on back Breath IN raise straight arms until hang by own weight palms inwards. OUT lower arms to back again. Breath IN & come upright. OUT release hands let arms dangle	3 dynamic then last one holding. Soften knees if needed
<p>Swaying palm tree pose</p> <p>(Pin man in development)</p>	Clasp hands in front of body. Inhale & raise arms above head. Exhale stretch to one side. INhale to centre. Exhale to other side then IN to centre. EX lower hands down again. This is one round.	Normal 3 rounds
<p>Triangle Trikonasana</p> 	Usual or your favourite version - then lie in shavasana	Normal 1-2 rounds

Three day practice schedule DAY 2

Technique	Breathing	Time or rounds	
<p><u>Shoulder bow</u> Kandharasana</p> 	<p>Inhale. Hold breath IN and raise hips so that weight is held only by feet and shoulders. Exhale lowering spine down vertebra by vertebra. Normal</p>	<p>3 rounds</p>	
<p><u>Shoulder stand or legs up the wall</u></p> 	<p>Choose appropriate version for you. Then Halasana the plough if you know it</p>	<p>Depends which version</p>	<p>Up to 2 minutes</p>
<p><u>Shavasana</u></p> 	<p>Ease out in spine before settling</p>	<p>Normal</p>	<p>1 minute</p>
<p><u>Cobra</u> Bhujangasana (modified)</p>	<p>Lie on front, arms down by sides. INhale, sweep arms forwards so fingers almost touch while lifting head and shoulders. Look down at floor to keep neck long. Exhale sweep arms back and lower to floor.</p>	<p>Normal</p>	<p>5 rounds</p>
<p><u>Kneeling forward fold</u> Shashankasana</p> 	<p>Hips back to rest on heels. If necessary rest forehead on a block or folded fists</p>	<p>Normal</p>	<p>2-3 minutes</p>
<p><u>Seated breathing practice</u></p> 	<p>Viloma pranayama (breath in "steps") Nadi sodhana (alternate nostril breathing) 1: 1 no retention</p>		<p>3 rounds each stage 9 rounds</p>
<p><u>Relaxation on front</u> Advasana or jyestikasana</p>	<p>Lying on front, arms either softly extended or clasped behind back of neck</p>	<p>Normal</p>	<p>5 minutes</p>