
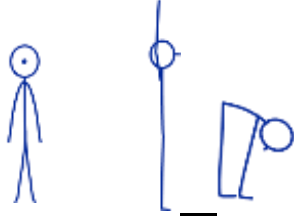
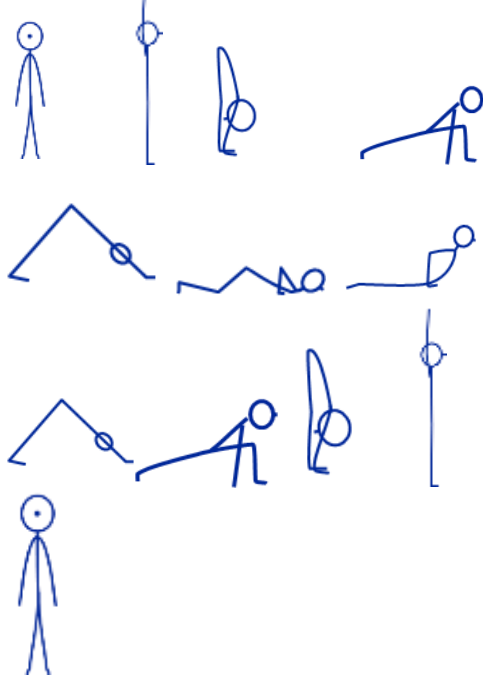







### THREE DAY PRACTICE ROUTINE

<b>Technique</b>		<b>Breathing</b>	<b>Time or no of rounds</b>
<p><b><u>Brief meditation /chanting OM</u></b></p> 	Settle body, observe breath, then third eye centre. Chant Om x 3	Normal, quiet	5 mins
<p><b><u>Churning the mill</u></b> Chakki Chalanasana</p>	Legs wide apart, hands clasped in front, arms straight. Going round and round clockwise then anticlockwise	Normal	5 - 7 rounds each way
<b>STAND UP</b>			
<p><b><u>Salutations to 4 directions</u></b> Chaturdik pranam mudra</p>	As per sheet. 3 OM in each direction. Begin facing EAST	Normal	1 full round
<p><b><u>Spinal rolls</u></b></p> 	Slow forward bending as in class. Exhale and roll down a few inches at a time until reach the floor. Bend knees as go down and keep them bent to roll up again.		2-3 rounds
<p><b><u>Salutation to the sun</u></b> Surya namaskar</p>	As in class 		3 -5 rounds

### THREE DAY PRACTICE ROUTINE

<b>Technique</b>	<b>Breathing</b>	<b>Time or no of rounds</b>
<p><b><u>One legged prayer pose</u></b></p> <p>Eka pada pranamasana Variations</p> 	<p>Stand in Samasthiti. Allow weight to transmit down L leg only. Lift R leg, place foot on inner side of thigh. Turn knee out to side. <b>Variation 1:</b> place foot on inner side of calf OR simply rest R foot on toes, turning hip out. When body feels balanced, place hands in prayer position in front of heart centre. <b>Variation:2</b> raise hands above head palms together.</p>	<p>1 round, hold as long as possible</p>
<p><b>SAVASANA 1 MINUTE THEN SIT UP SLOWLY</b></p>		
<p><b><u>Half spinal twist</u></b></p> <p>Ardha matsyendrasana</p> 	<p>Different versions – one leg straight, both legs folded etc as in class</p>	<p>Normal</p> <p>5 breaths each side</p>
<p><b><u>Seated forward fold</u></b></p> <p>Pascimottasana</p> 	<p>Remember to fold forward from hips; soften knees if necessary</p>	<p>Normal</p> <p>5 breaths</p>
<p><b><u>Gentle seated backbend</u></b></p>	<p>Hands behind you on floor. Gently arch backwards for a brief hold as counter pose.</p>	<p>Normal</p>
<p><b><u>Nadi sodhana alternate nostril breathing</u></b></p> 	<p>Equal length IN and OUT. Two fingers at eyebrow centre. Begin with LEFT nostril, exhale RIGHT, inhale R exhale L. This is one round.</p>	<p>9 rounds</p>
<p><b><u>Shavasana/yoga nidra</u></b></p> 		<p>5-10 minutes or use a CD practice</p>