



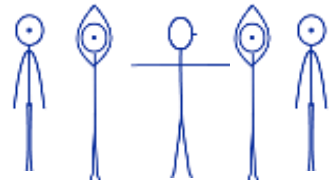










Day 1 Practice

Practice 1	Technique	Breathing	Time or rounds
<u>Shavasana</u> 	Relax and focus on breath. Consider what kind of practice you need at this moment.	Extend exhale	5 mins
<u>Lying twist</u> 	Bend knees up, feet on floor. Arms out at sides or hands clasped under neck. Inhale then exhale allow legs to fall to right. Inhale come back to centre. Exhale legs to left. Exhale lower leg	As in instructions – OUT breath for going into twist; IN for coming back to centre.	3-5 rounds
<u>Leg lock pose</u> 	Stage 1 one leg at a time (Stage 2 both legs)	Inhale Hold breath as lift nose to knee Exhale returning to ground	X 3 each round
<u>Rocking and rolling</u> And come up to stand 	Hold behind thighs. Rock elbow to elbow then lengthwise to sitting	Normal	Up to 5 each way
<u>Arm raising with breath</u> 	One hand on top of the other. Inhale raise arms to above head. Exhale arms to shoulder height, palms up. Inhale arms back to above head. Exhale arms down.	Full yoga breath, perhaps focus on mid-chest	3 rounds with one hand on top then change. 3 rounds with other hand on top.
<u>Warrior II</u> 	Stand with legs 4 feet apart. Turn feet in usual way. Inhale & raise arms to shoulder height. Exhale bend front knee. Hold, while breathing steadily. Repeat other side	Slow, deep.	Hold each side 5-8 breaths.
<u>Pada hastasana – standing forward fold</u> 	Feet closer together. Can bend knees slightly if hamstrings tight	Exhale while bending forwards Inhale coming up	Up to 5 rounds or perhaps 3 dynamically then hold. Soften knees

Day 1 Practice

Practice 1	Technique	Breathing	Time or no of rounds
<p><u>Waist rotating pose</u></p> 	<p>Stand with feet about half a metre apart. Arms by sides. Breathe IN and raise arms over head and turn palms out. Breathe OUT hinge forward from hips to horizontal. Holding breath OUT twist body to L and R. Breathe IN lift up, OUT release. Keep head and neck in straight line</p>		
LIE ON FRONT			
<p><u>Bhujangasana the cobra</u></p> 	<p>Remember to lengthen tail bone so as not to pinch in the spine</p>	<p>Inhale rising up</p>	<p>3-5 rounds</p>
<p><u>Half locust pose</u></p> 	<p>Raising head, one leg and opposite arm at a time. Repeat other side. This is one round</p>	<p>Inhale to raise leg & arm. Exhale to lower.</p>	<p>3 rounds</p>
<p><u>Moon pose</u></p> 	<p>Kneeling forward fold. Hips on heels if possible. May have to put fists under forehead.</p>	<p>Normal</p>	<p>3 minutes</p>
<p><u>Breath awareness</u></p> 	<p>Meditation Follow quiet breathing with total attention</p>		<p>5 minutes</p>
<p><u>Shavasana</u></p> 	<p>Lying in stillness; make a dedication</p>	<p>Normal</p>	<p>5 minutes</p>