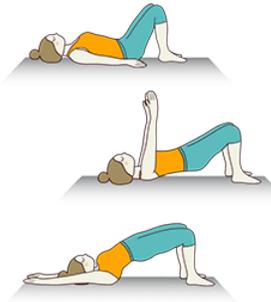




Exhale, press the spine into the floor, inhale, arch the spine away from the floor, 6x



Place feet wider than hip width apart. Alternate sides, bringing one knee down across the midline.



Inhale, lift the hips and the arms, reaching the arms all the way behind you, exhale lower the hips and the arms. 6x



Roll head side to side



Hold feet together, knees apart. After few breaths, fold right knee over left knee, twisting to one side. Hold for 2 br, repeat on the other side.



Supine tree pose. Reach arms over head.



Exhale as you round the spine and feel the belly draw in, inhale as you arch, still maintaining the abdominal support.



Keep the hips and back level, alternate sides,. Draw opposite arm and leg out on the inhale, down on the exhale.



Rest for 4 breaths.



Tuck the toes under and straighten the back leg. Keep weight even in both legs and out of the hands.



Ground one leg, lifting the other. Both sides



Ground leg, lift arm. Both sides



Keep feet grounded, descend the hips, keeping spine upright. Hold for 6 br.



Step legs wide apart, turning the feet to the right, bend the knee over the heel, chest facing the long side of the mat. Stretch the arms out to the sides. Hold for 2-3 breaths, then reverse as in the following picture and hold for 2-3 breaths. Repeat on the other side.



Variation of the Warrior pose, reversing the arms



Step legs wide apart. Turn feet to one side, reach arm out to the sides and hinge at the hip reaching over the right leg. Keep both sides of the torso long, chest facing forward. Roll the top shoulder back, arm in line with shoulder.



Step legs wide apart, fold from the hips. Hold for 3-4 breaths, then take a few small steps in and stand up.



Bring arms around the knees and lift the feet. Draw up through the core to balance. Repeat switching the arm cross.



Lean back to balance, hold for 2-4 breaths



Press foot into the strap. Hold for 4-6 breaths.



Repeat the pose above, then open leg out to the side,



Repeat the two poses above add this one. Bring leg across the body, let hips turn reaching the shoulder back. Lengthen the side of the waist.



Press the feet and the shoulders into the floor, inhale, roll the spine up, exhale, roll down. Bring movement into the upper back. 6x



Bring knees into the chest, relax the back gently rocking side to side.



Support back and knees, relax the body



Rest in a comfortable position, eyes closed. Progressively relax the whole body from the feet up. 1-2 min