



1 opening meditation

noticing your breath
noticing the body of your breath
noticing the movement of your breath, is it slowly and deep or fast and excited
begin to gain control of the breath
start making the inhale and exhale longer and deeper
pose just a moment on the top of the inhale and the bottom of the exhale
as you increase the body of your breath, begin to relax internally
relaxing the muscles of your face
then try to call anything into your life or a feeling you like to dedicate your practise today towards something specific or something large like an idea
begin visualizing that clearly allow it to unfold in your mind field
supported by the slow, steady even inhale and deepful exhale
clearly visualizing
and spend the next 30 seconds just wanting this visualization
slowly opening your eyes
and shifting your weight forward
and bringing your hand on the mat
try to avoid opening your eyes the whole way just open enough to see your mat
and turn your right hand around stretching your right wrist
do your best to signal your practise and your awareness and your dedication towards to the internal landscape
and then turn your left hand around stretching into the wrist



2



down dog



extended puppy pose



dolphin pose



child pose

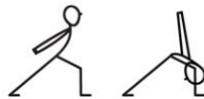


down dog

3



warrior i (heel down)



humble warrior



pyramid pose



extended side angle



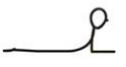
warrior iii



forwar bend



extended puppy pose



sphinx pose



shoulder stretch



finger stance



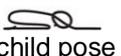
up dog



down dog



4



child pose



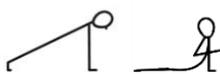
breath of fire (blasebalg)
forceful inhale and forceful exhale



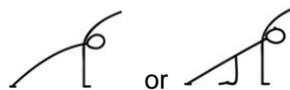
4 yogic breaths



5



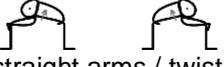
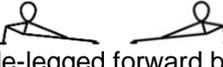
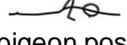
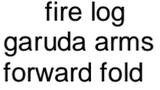
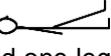
plank / side plank transition



side plank or supported side plank
5 b



draw like a bow

	 shoulder stretch zick zack	 finger stance	 up dog	 down dog walk it	
6	 forward bend 5 b	 goddess squat 5 x		 goddess squat 5 x	 straight arms / twist
	 forward fold 10 b	 back bend	 wide-legged forward bend both sides 5 b	 wide-legged forward bend 10 b	
	 forward fold twist one hand to sacrum	 back bend			
7	 mountain	 lord of the dance	 standing toe hold		
8	 forward fold	 step back to down dog	 extended puppy pose	 neck stretch	
9	 down dog	 transition	 pigeon pose	 head to knee pose	 head to knee leg lift
	 pigeon pose	 walk down dog	 up dog		
10	 down dog	 fire log	 garuda arms	 forward fold	
	 garuda arms forward fold				
11	 thread the needle	 spinal twist	 reclining toe hold	 hold one leg up	
	 happy baby				

shavasana

find your brain, fleshy green matter
feel it as your respond of the unsqueezing
cool light
begin illuminating all the dark places in the mind
places of tension or fear
consciously unsqueezing
unsqueezing comes in waves
squeezing and releasing
and allowing this unsqueezing and this cooling illumination moving down the spinal cord in waves
relaxing the central nervous system
feeling this move in waves
brain, down the spinal cord, fingertips and toe tips
using this praxis of relaxation to consciously unsqueezing the mind
letting go and taking a nice deep breath

have a sensation of returning to the physical world
noticing, how your body feels
naturally awaken yourself as to your own preference
bring yourself slowly up into a comfortable seated position
palms rest on your knees
begin leaning back slightly to the place your spine naturally straightens
slightly draw the chin down
drawing your consciousness to your back scull
noticing any thoughts that are occurring, not following them

with your next inhale lift your arms towards the sky
exhale bring your palms down in front of your heart

to close todays practice we're going to circular "om"ing

namasté