



krya preparation

(micro movements of the spine – creates energy – ideal before practice)



lower body circles  
2nd chakra  
energy-playful-red smoke ball  
hand on knees  
both directions



inhale arms up  
hold breath  
arch in spine  
tongue to soft palate  
squeeze energy up



4 b

bhastrica pranayama



3rd chakra  
breath of fire (blasebalg)  
forceful inhale and forceful exhale  
both sides



4 b



ribcage side to side  
3rd chakra  
glowing yellow ball  
hands around ribs – thumb on back  
shift ribcage from side to side  
project other hip to the ground



ribcage half circles  
in front  
chest high up  
hands on knees



ribcage half circles  
in back



full circles



inhale arms up  
hold breath  
arch in spine  
tongue to soft palate  
squeeze energy up



4 b



inhale open up  
elbows in  
4th chakra  
heart chakra  
green colour



exhale round back  
elbows out



inhale arms up  
hold breath  
arch in spine  
tongue to soft palate  
squeeze energy up



4 b



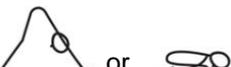
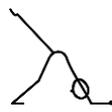
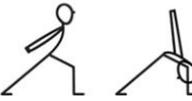
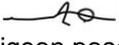
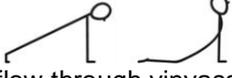
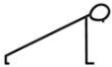
spinning from side to side  
head moves with the arms  
hold elbows up  
breath naturally



inhale arms up  
hold breath  
arch in spine  
tongue to soft palate  
squeeze energy up



4 b

1	 wrist stretches both sides	 dolphin pose 10 b	 transition	 neck stretch		
2	 down dog 10 b	 heel push ups 5 b	 knee to shoulder 5 b	 transition	 revolved side angle	
	 plank 5 b	 wide arms push ups 5 x	 push ups / elbows hug in 5 x	 locust pose		
	 3 cobra rolls	 up dog				
3	 down dog or child pose 10 b	 dolphin pose	 one leg up 5 b	 child pose		
4	 shoulder stretch project shoulder down 15 b	 finger stance		 up dog	 extended puppy pose 10 b	
5	 down dog 10 b		 warrior I 5 b	 humble warrior 5 b	 low lunge rocking side to side	
	 half splits	 low lunge twist oposit leg/arm	 half splits	 low lunge hold foot same leg/arm	 half splits	 low lunge crawl under leg
	 half splits	 pigeon pose	 king pigeon	 flow through vinyasa		
6	 plank pose	 side plank shift top hip forward		 child pose knees apart		
7	 fire log with arm asana with forward bend	 core leg lift		 core (palms down) hip up and down 10 times		

8	 bridge pose  happy baby  leg off the ground  slide hands up the leg ankle  shin to forehead 
9	 bridge pose  happy baby     any lunar inversion / 20 full b
10	<p><u>shavasana</u></p> <p>consciously unsqueeze the brain  like a sponge releasing  allowing that sensation to be moving down the spinal like waves of relaxation  unsqueezing the brain  down the spinal cord  and all the way out to your fingers and toes  and no matter, what thoughts arise  the next 15 minutes don't follow those thoughts just let them drift away like clouds in the sky</p> <p>slowly bring the awareness back into your body  wiggling fingers and toes  stretch your arms over your head and release them down to your chest</p> <p>bring yourself up to a comfortable seated position  straighten your back  become completely still  bring your arms over your head  exhale bring your hands in front of your chest</p> <p>ooooooomm  ooooooomm  ooooooomm</p> <p>thank you all for joining me in practise</p> <p>namasté</p> 