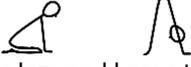
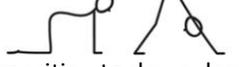
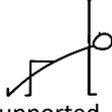
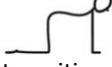
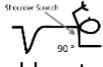
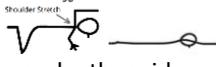
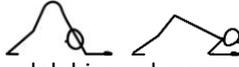
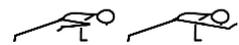
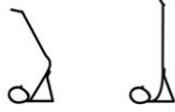




1	 staff pose circle your ankles	 hands half way down your femur bone lift and hold	 reverse hands, palms up lean forward press arms straight	 upward plank squeeze legs	 butt walk
2	 lie on your right side left leg 90° back hoovering above the ground move leg up and down	 staff pose lift left leg up and hold	 staff pose left leg up and down	 staff pose lift left leg up and hold	 upward plank squeeze legs together point feet
3	 transition	 hold ankles crossed hold / lower slowly down stopping two times	 take hands wide lift just a little up and hold 7 x	 locust pose fingers interlaced	 open and close legs
 cobra rolls 3 x	 transition	 extended puppy pose	 sit on feet knees slightly apart chin tucked in neck stretch both sides	 knees together lift right knee up ankle stretch and left side	
 squeeze legs and knees together lift up / toes tucked under weight in the hands / hold 3 x	 same exercise on toe tips 1 x	 transition to down dog on toe tips up and down 3 x	 down dog 10 b		
4	 top of the push up finger stance side to side a few times	 side plank on right hip stack feet project left hip forward	 supported side plank spread fingers	 down dog drop the head all the way through 3 b	
5	 transition	 extended puppy pose	 shoulder stretch right arm / 90° angle project right shoulder down press deeper with finger stance left	 finger stance	 and other side

6	 <p>dolphin push ups / right leg up elbows narrow / palms interlaced pinkie tucked in / parallel thumbs 3 x</p>  <p>pause</p>  <p>dolphin push ups 10 x</p>  <p>child pose</p>
7	 <p>down dog</p>  <p>right leg up left foot heel push ups</p>  <p>right knee to right armpit 2nd position arms bend 3rd position extend right leg</p>  <p>transition right leg up</p>  <p>long lunge left palm on mat twist</p>  <p>hip opener left knee on the ground micro movements side to side</p>  <p>half split</p>  <p>pyramid back foot on ball weight into hands</p>  <p>back bend</p>  <p>half split</p>  <p>pyramid back foot on ball weight into hands</p>  <p>hero pose right leg straight forward bend</p>  <p>lift right leg up grab outer edge of foot with left hand and twist</p>  <p>hold right leg up</p>  <p>transition</p>  <p>warrior III supported</p>  <p>standing forward bend</p>  <p>roll up to mountain</p>  <p>flow through vinyasa</p>
8	 <p>leg in and out 10 x on right foot roll feet out and other side</p>  <p>put left ankle on right leg slowly lower down mantas mudra roll out and other side</p>  <p>lord of the dance hold ankle with both hands draw foot back roll out and other side</p>  <p>leg bend or straight 10 micro squats roll out and other side</p>
9	 <p>rock down and up again 3 times</p>
10	 <p>forward fold knees bend</p>  <p>straighten legs if connection from belly to femure bones stays</p>  <p>interlace fingers neck stretch</p>  <p>thread fingers through toes passiv stretch / be heavy</p>  <p>upward plank</p>  <p>bound angle hold ankles or big toes elbows in</p>  <p>forward bed you can put your hands to your hips and push arms straight</p>  <p>shoulder stretch box (hide thumb) and other side</p>  <p>staff pose lift lengthen spine</p>

11	<p>block between knees, so that the knees are in line with the hips, this gives information on how to hug femur bones parallel.</p> <div style="display: flex; justify-content: space-around; align-items: flex-start;"> <div style="text-align: center;">  camel pose hands to sacrum </div> <div style="text-align: center;">  ralax </div> <div style="text-align: center;">  10 x camel dips point toes or turn them under externaly rotate the arms and grab the inside of the thighs </div> <div style="text-align: center;">  realx </div> <div style="text-align: center;">  camel pose </div> </div>
12	<div style="display: flex; justify-content: space-around; align-items: flex-start;"> <div style="text-align: center;">  gate pose right leg out </div> <div style="text-align: center;">  gate pose back bend left hand to the back heel </div> <div style="text-align: center;">  foot to inside and sit back revolved head to knee hug right elbow to the leg </div> <div style="text-align: center;">  lift hip up back bend </div> <div style="text-align: center;">  boat pose </div> </div>
13	<div style="display: flex; justify-content: space-around; align-items: flex-start;"> <div style="text-align: center;">  transition </div> <div style="text-align: center;">  thread the needle </div> <div style="text-align: center;">  happy baby hold outer edge of the feet pull shoulders down </div> <div style="text-align: center;">  shoulder stand at least 20 b </div> </div> <div style="display: flex; justify-content: space-around; align-items: flex-start; margin-top: 20px;"> <div style="text-align: center;">  plow </div> <div style="text-align: center;">  embryo </div> <div style="text-align: center;">  plow </div> <div style="text-align: center;">  place hands under butt and slowly lower legs down and draw into fish pose </div> </div>
14	<p><u>shavasana</u></p> <div style="text-align: right; margin-bottom: 20px;">  </div> <p>begin unsqueezing the brain when i say unsqueezing the brain i don't mean, relaxing your mind I mean finding that fleshy, fatty mass in the centre of your head and consciously allowing it to expand like a sponge, releasing hold in your mind the idea, that any dark places in that fleshy fatty mass, any congestions or snarls, just unwrinkled release and allow to have illumining quality you are creating a little bit of space in the actual physical tissue and then allow this unsqueezing quality begin to move in waves, as if you were relaxing, releasing with a pulsating quality cultivating waves of relaxation in the brain</p> <p>as you do this practise you clarify, what shavasana is shavasana has been known as corpse pose it's not that yogis are particularly morbid and it's not that we are physically imitating the shape of a dead body we are actually cultivating the attitude of death what does this mean? this means, that during your practise you have made tremendous effort and here you surrender it practising of letting go of all aspects of self who are called prakriti just moving the consciousness back towards the purusha, the part of you, which is undying, has never been born, is always awake and always aware</p> <p>so we are moving through different levels of the self and releasing them, unsqueezing the brain the idea, that for now life does not require your interference and you can just let go ceasing any activity, allowing this unsqueezing to come in waves from the brain moving down the spinal cullum waves of relaxation, unsqueezing the brain</p> <p>relaxing the inner ears allowing these waves of relaxation to move from your brain, down your spinal cord and all the way out to the periphery, fingertips and toe tips</p>

as you do this keep cultivating the idea that the body will take care of the body and for now no more effort no attention is required

just begin moving the signal of your attention away from the physical form

and then noticing any interference that is occurring from the mind field

observing the thoughts without any desire to change them

also releasing any desire to follow them

as if they were air bubbles, moving through very cold honey, just slowing down

as if you realise that the mind is a separate thing from you

just a little bit withdrawing your attention, withdrawing your awareness from whatever the mind is doing

just allowing the mind to take care of itself

keep moving to something behind body and mind, looking for that place, the vast empty stillness, subtle and quiet

for the next little while just let yourself move to that place undisturbed by sensations and signals

and rising up of the physical form

come back into your body, wiggling your fingers and your toes

holding that inner place of vastness

and then naturally begin moving your body

if you like, stretch your hands over your head

or drawing your knees towards your chest and giving yourself a big squeeze, rocking from side to side

then rolling to your right side and pose for just a few moments

having a sense of gratitude, many yogis have come before us, doing their research and their practise so that we

may have the information we do today

and then, when you are ready, bringing yourself up to a comfortable, seated position

we come to our meditation

today let's rest our palms facing down

this is the most relaxed posture in the arms

closing the eyes, allow yourself to lean back to the point, where you think, you might tip over and use that force to

straighten your spine

make your way towards a still place

we want to cease all fidgeting

so this means, that even if you are uncomfortable, don't fidget

the breath is barely moving

with your next inhale, lifting your arms up towards the sky, in invitation of the light into your live

with the exhale drawing your hands down in front of your heart, as symbolic gesture of sharing that with others

I thank you all for coming and doing your best in practise today

namasté