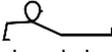
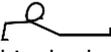
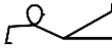
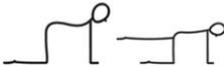
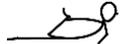
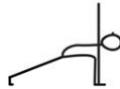




full moon practice: practice between 60 and 80 % of capacity (there is a tendency to push further and overdoing)

| | |
|---|---|
| 1 |  palms facing down full yogic breaths notice internal landscape  circle ankles  walk hands back round lumbar spine project elbows together  chin do chest project one shoulder forward look over the other head heavy to front and to the sides  leg slowly up and down hover leg over the ground and other side  wrist stretch press arcs straight  contracted boat pose cross ankles stretch arms out  camel  cat cow 2 times |
| 2 |  transition  knee bend  2 times push up to down dog one leg up  |
| 3 |  transition  neck stretch / tuck chin  dolphin pose  transition  extended puppy dog pose |
| 4 |  sphinx pose  frog pose – draw foot away – bow  frog pose – pull foot in  |
| 5 |  up dog  down dog  plank pose  side plank project upper hip forward  side plank supported elbow on the ground  knee to nose elbow on the ground  bow elbow on the ground  shoulder stretch  |
| 6 |   up dog  down dog  heel push ups  foot outside hand project back heel forward  twist  transition  half split  transition  standing split micro squats with standing leg  forward bend feet hip with apart |

standing flow
hands interlaced
inhale down
exhale through mouth up

low squat

transition

lower down slowly

7

one leg across
micro squats on standing leg

roll foot out

one leg out
micro squats on standing leg

roll foot out

slowly lower down
arms outstretched
mantas mudra palms turned up

8

wide legged forward bend

goddess squat
micro squats up and down

wide-legged back bend

wide legged forward bend

put weight into hands
hand stand preparation
a few times and hold

turn one hand
wrist stretch wave
then other hand

slowly from side to side
hold in between

reversed forward fold
on outer edge of feet

wide legged forward bend

rock down and up again 3 times

9

staff pose
lift and hold 3 x

thread fingers through toes
put other hand on top

half lord of the fish
hold outer edge of foot

arms crossed
both hands around foot

hold one leg up

upward plank

interlace hands
back bend – chest to the sky

staff pose lift 3 x

10

cow face
place hands on ankles
lift middle up to settle in

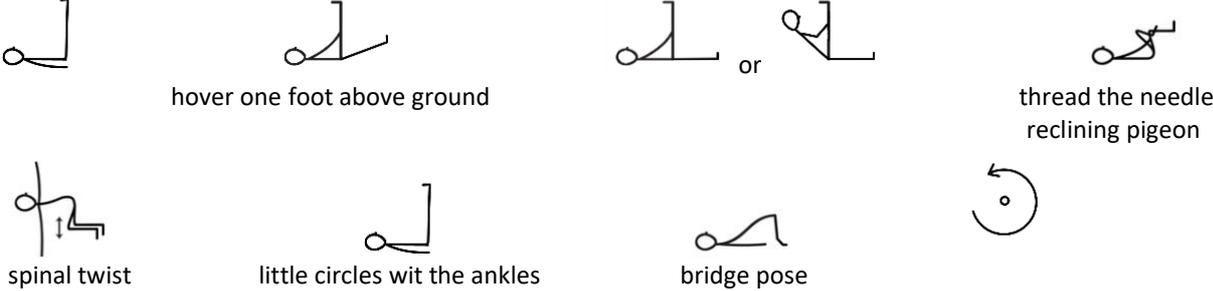
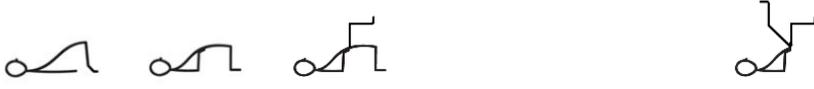
spinal twist with woven legs
opposite elbow to the top knee

core
with woven legs

straighten the lower leg
hold

boat

upward plank - point toes - squeeze legs together

| | |
|----|--|
| 11 |  <p>turtle pose - with lots of props to support the head tha asana / surrender / cease any movement (5 minutes)</p> |
| 12 |  <p>hover one foot above ground thread the needle reclining pigeon</p> <p>spinal twist little circles with the ankles bridge pose</p> |
| 13 |  <p>put hands on sacrum – lift heels – lift left leg than the right one shoulder stand</p> |
| 14 | <p>shavasana</p>  <p>for the duration of our practise today, I've been asking you to make effort but this is the moment when you cease all effort don't think about if you did good or bad or ok just letting it go, because at the end of the day it's only asanas and you don't want to become attached in our pursue of non-attachment we don't want to become attached to the methods of non-attachment</p> <p>just relaxing consciously begin to withdraw your attention from the external stimulation even though we can hear the river running, allow it to become distant even though you can feel the vital force flowing in your body, become uninterested in such things and even though the mind is continuously loud and chattering on about something, our idea, our things, our stories get the attitude, that the mind can take care of itself it's almost as if for this one moment you're not so interested in that story</p> <p>begin consciously unsqueezing the brain as if it were a sponge, being released creating waves of relaxation in the body, unsqueezing the brain whenever your mind creates a secondary thought, just come back to the practise recognizing that the signal of your attention is something you can control but the mind especially in the beginning is not very controllable</p> <p>so unsqueezing the brain allowing waves of relaxation to move from your brain down the spinal cord like a subtle decompression allowing these waves of relaxation to move from the brain down the spinal cord all the way out to the fingers and toes letting go of the nervous system, allowing all of the muscles to release externally release the sinuses, the inner ears, the shoulders, the belly, hips, knees, ankles, feet the entirety of the physical form</p> <p>letting yourself have the sensation that the body will take care of itself and for once allowing the whiteness, the part of you that is pure presence to dwell within its own pure presence returning the signal of your attention to the source of your attention</p> <p>drawing the awareness back into your body bring life in your fingers and toes and then naturally awakening your body draw your arms over your head or your knees to your chest, whatever feels good to you doing your best to retain the feeling of stillness if you would like to roll to your left or your right side, as is your preference or just rocking up to a seated position</p> <p>all of this asana is done purely for the purpose to allow to resign a calm still state of meditation so we end in the same place that we began, placing our palms on our knees in a comfortable seated position</p> |

begin drawing the weight of your body back, so you can use that to straighten the spine longer
just create a little bit more space
relax your face

as you come into your seated meditation practise, decide that no matter what, you will not fidget
your breath is barely moving
continuously bring the signal of your attention back to the source of attention
with the feeling of shifting your awareness towards the back of your skull
become uninterested in the thoughts and the external world

with your next inhale lift your arms over your head in a symbolic invitation to the light in your life
with the exhale drawing your hand in front of your heart
with the idea of sharing this with others and be of service

at the top of the next inhale join me in a round of three

oms

namaste

thank you everyone for being here and joining me in my morning practise

namaste to each other