

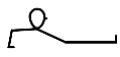
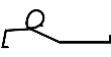
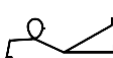



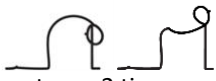
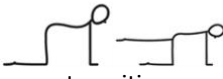



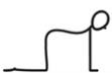



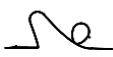

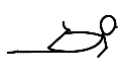









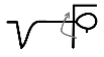






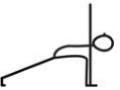










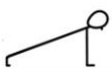

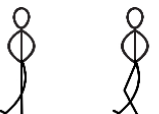
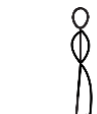


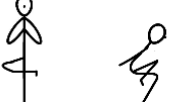




















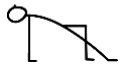











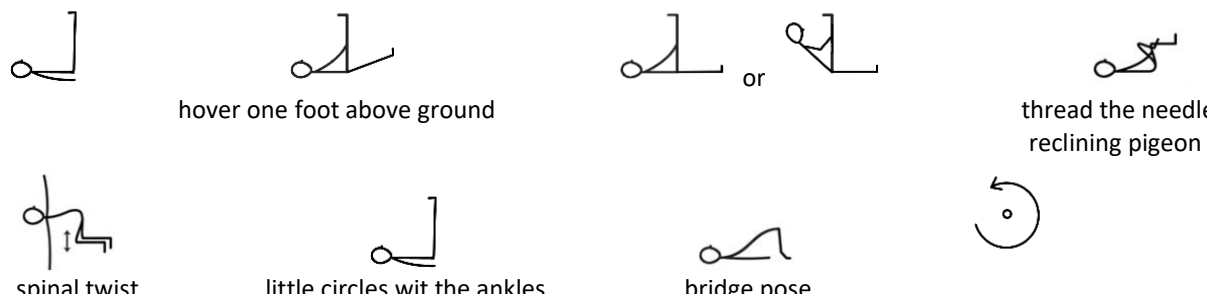
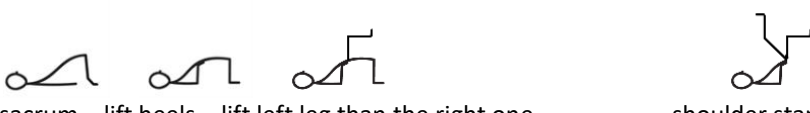





full moon practice: practice between 60 and 80 % of capacity (there is a tendency to push further and overdoing)

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

	   <p>standing flow hands interlaced inhale down exhale through mouth up</p>  <p>low squat</p>  <p>transition</p>  <p>lower down slowly</p> 
7	 <p>one leg across micro squats on standing leg</p>  <p>roll foot out</p>  <p>one leg out micro squats on standing leg</p>  <p>roll foot out</p>  <p>slowly lower down arms outstretched mantas mudra palms turned up</p>  <p>roll foot out</p> 
8	 <p>wide legged forward bend</p>  <p>goddess squat micro squats up and down</p>  <p>wide-legged back bend</p>  <p>wide legged forward bend</p>  <p>put weight into hands hand stand preparation a few times and hold</p>  <p>turn one hand wrist stretch wave then other hand</p>  <p>slowly from side to side hold in between</p>  <p>reversed forward fold on outer edge of feet</p>  <p>wide legged forward bend</p>     <p>rock down and up again 3 times</p>
9	 <p>staff pose lift and hold 3 x</p>  <p>thread fingers through toes put other hand on top</p>  <p>half lord of the fish hold outer edge of foot</p>  <p>arms crossed both hands around foot</p>  <p>hold one leg up</p>  <p>upward plank</p>  <p>interlace hands back bend – chest to the sky</p>   <p>staff pose lift 3 x</p>
10	 <p>cow face place hands on ankles lift middle up to settle in</p>  <p>spinal twist with woven legs opposite elbow to the top knee</p>  <p>core with woven legs</p>  <p>straighten the lower leg hold</p>  <p>boat</p>  <p>upward plank - point toes - squeeze legs together</p> 

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 wit 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 thought 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 mid 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