



1 meditation part 1 (5 minutes)



bring yourself in a comfortable seated position
close your eyes and allow yourself to arrive in the room

start noticing the internal qualities:
are they any different from yesterday?
do you feel alert or sleepy, anxious or sad, excited or nothing at all?
begin developing the quality of observation

notice how your physical body feels:
is there soreness, tightness, lightness?
in what areas, it is symmetrical or asymmetrical?
as you begin to direct your attention towards these things, start to lighten your breath

so you're doing two things at one now
becoming aware what's unfolding inside your skin
and increasing the volume there that you're working with

inhale to the bottom of your lungs
and consciously expand the bottom of your ribcage, pushing out
let the exhale be like a relaxation
and just begin to create an aspirate sound of breath
you are constricting the back of your throat slightly
the inhale will sound a little bit like 'so' and the exhale like 'ham'

let your shoulders drop down a little bit more
lean back slightly and straighten the spine up
allow a subtle internal correction
do your best to balance your head evenly on the top of your spine
create some space in the inner ear by allowing your jaw to release slightly
rest the tip of your tongue on the front top teeth
again, lean back ever so slightly
and use that movement back to align your spine just a little bit more
and see, if you can find the most subtle micro movements

notice if you dropped the control of your breath and reintegrate it

yesterday we talked about focused mind on one thing
and I'm asking you to do several things at once
so, what this means in your practise is there is no space for secondary thoughts
allowing secondary thoughts into the mind filed is a habit
you don't fight with the thoughts but you continue drawing your attention back to the practise

2 meditation part 1 (3 minutes each side)



open your eyes a little, extend your right leg out in front of you
rest your hands on your knees, and see if you can find a subtle arch
in your spine and rise
begin consciously expanding your inhale all the way down the right leg
have the idea that you can direct prana wherever you would like, easily and naturally



keeping your eyes closed, take your right hand and let it walk down your leg
like a spider until you reach your right foot
place your palm around the ball of your foot begin making circles with the ankle
directing your prana into the right leg
this is a meditation
circles first to one side and then circles to the other side allowing part of you to just witness this
movement
then holding the ball of the foot and begin to squeeze the muscles in the right leg until the heel is slightly
off the mat
find your breath just noticing the information travelling down the leg
if the hamstrings are tight, feel free to bend your knee



slowly release, allowing your right hand draw all the way up your right leg
lean back and place your hands behind you
keep your right leg straight, bending your left knee
gently lift your hips up, not too high
take a diagonal angle and hold, find the pelvic floor muscles and
consciously contract them up hollowing the belly



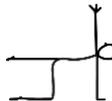
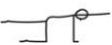
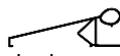
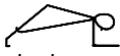
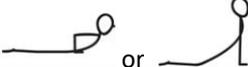
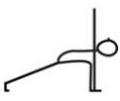
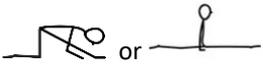
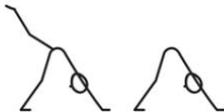
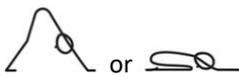
slowly lower your hips down and let the left leg again fall into janu sirsasana stance
interlace your fingers underneath your throat holding your eyes closed the entire time
open the heart towards the sky and take 5 breath on your own
each breath can suddenly increase the volume of air in the inhale and the exhale

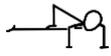
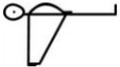
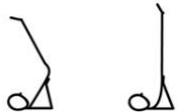
release the arms



cross both legs, rest your palms on your knees
naturally draw your spine back, using the backward moving as a method to create space
re-entering your head
create steady breath into the bottom of your lungs
whenever you have a thought, com back into the practise immediately
slowly open your eyes



3	 wrist stretch right reverse hand move subtly for / back	 wrist stretch right turn hand, palm up move subtly for / back	 balance on one side leg and arm up	 extended puppy										
4	 down dog	 shift shoulders over wrists, hold	 right arm left leg	 balance on one side hold knee to nose	 balance on one side hand holds ankle / bow									
5	 plank pose one elbow down one hand in alinement	 plank pose one elbow down other hand holds ankle	 shoulder stretch	 finger stance front hand	 asymmetrical locust pose legs in and out	 cobra or up dog	 down dog							
6	 one leg up down and to the side	 foot outside hand rock from side to side rock in circles	 one knee down rock all directions	 low lunge twist	 half splits	 pyramid pose	 extended side angle	 rock side to side	 half splits or splits	 pigeon pose	 king pigeon pose		 go through vinyasa 2 x	
7	 down dog or child pose	 neck stretch	 camel dips	 right arm up	 left arm up	 right knee up	 left knee up	 both knees up with wrist stretches						
8	 bound angle / elbows in rock torso up and down	 feet up and rock down and torso forward 4 times	 lift hips up press feet together											

	squeeze hipbones together			
	 semi circles in the lumbar spine whole circle both sides semi circles again	 bound angle forward fold	 shoulder stretch back of hands on ribcage	 shoulder stretch fingers interlaced, palms turned all the way around – slide back
	 legs up belly in and up			
9	 lobster claw one leg grabs around one arm high up hands shoulder distance apart hands turned out lift up	 upward plank	 forward bend	
10	 eight angle pose / start with lobster claw and then thread feet together and lift			
11	 hip opener arm underneath lower leg rock leg side to side	 one knee bend other ankle on top twist elbow into the arch of upper foot	 dragonfly	
12	 bridge pose holding ankle	 bridge pose one leg out both sides	 happy baby	 bridge pose on leg over the other
	 happy baby	 other side	 happy baby	
13	 both legs up	 left hand holds outside of right foot / lower leg down	 back to neutral	 reclining pigeon
	 open to other side	 bridge pose or full wheel		 shoulder stand or legs up the wall

shavasana

fully let go of the effort
you made all the effort today
begin consciously unsqueezing your brain
just like releasing a sponge
consciously unsqueezing the brain
letting yourself cultivate giant waves of relaxation

notice any stories that the mind is telling you
cultivate an attitude of disinterest
allowing yourself to have a positive habit, disengaging the constant thought stream
and turning the signal of your attention towards the internal space
unsqueezing the brain

allowing this unsqueezing to move in waves down the spinal cord
waves of relaxation
and whenever a thought moves through your midfield as it arises so too, let it go
these thoughts will be waiting for you when you're done with practise so don't worry
consciously unsqueezing your brain

allowing these waves of relaxation moving from the brain down your spinal column out to your fingers
and toes
until all effort in you dissipates easily and naturally

as you notice the dissolution of attention towards the physical form
continue drawing your attention back letting the mind become like clouds on the distant horizon

bring awareness back into this body
just naturally moving
using whatever methods you like to bring yourself toward a comfortable seated posture

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

oms

namaste

thank you everyone for joining me on a Sunday morning, it's always a pleasure