



1 Himalayan kundalini approach with strap

relax your breath, relax your face  
very subtly begin to breathe a little bit deeper  
feel as if each inhale and exhale was experiencing a joy of living

slowly opening your eyes  
extend your right arm up towards the sky  
making sure you have a nice kind of dynamic between your legs  
grabbing the right elbow with your left hand taking a nice stretch  
feel that your opening up the right lung and try to direct your breath just a little bit more towards that  
release and shake it out  
and other side  
rest your arms back on your knees

reach down and grab your crossed ankles with crossed or uncrossed hands  
first exhale rounding the spine  
then inhale using your hands to throw you up  
5 times  
rest your hands on your knees

interlace fingers and press up  
keep your right hand in the air take your left behind you  
then slowly reaching the right hand up begin taking over towards the left side of the body until you can grab the knee  
push your knees out and pull with the arms so that you have a dynamic interplay and take a spinal twist  
come back to neutral  
cross the legs the other way  
and other side



2 working with prana and apana (using asanas like mudras, creating a specific kind of energy)

we're creating micro and macro orbits of energy  
the micro orbits are moving down towards the legs, what we also do with practise stuff  
the macro orbits are like we're taking the spine and we're running a huge circle of energy out into the cosmos



the tongue is touching the soft pallet (way back in the throat)  
draw yourself like a bow and walk your hands down the strap, arms are straight butt relaxed  
begin consciously breathing

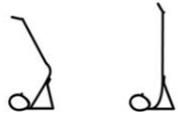
exhale fold forward  
inhale fill the lungs, keep your chin tucked, hold the inhale  
squeezing mula bandha and uddiyana bandha, creating micro orbits  
feel the cycling of energy between your torso, your legs and your arms  
exhale fold forward  
2 more times

inhale hold the breath, deeply arch your back, take your head back,  
squeeze ashwini mudra, squeeze energy up, to the point of shaking  
exhale and relax

release your strap and naturally fold forward  
repeat one time  
and other side

3	 <p>wrist stretch turn hands upside down reverse hands fingers facing back</p>  <p>wide arms hold halfway down 5 half push ups</p>  <p>locust pose</p>  <p>up dog / drop sacrum turn feet, look over one shoulder other side</p>  <p>down dog</p>  <p>plank pose wide arms hold halfway down</p>  <p>down dog</p>  <p>plank pose hold and micro push ups</p>
4	  <p>transition</p>  <p>warrior i</p>  <p>transition</p>  <p>warrior iii</p>  <p>standing split</p>  <p>transition</p>  <p>low lunge twist</p>  <p>dolphin pose</p>  <p>neck stretch</p> 
5	  <p>or</p>  <p>staff pose lift up and hold</p>  <p>forward fold interlace fingers and toes</p>  <p>upward plank</p>  <p>upward plank turn torso / arms one line</p>  <p>or</p>  <p>revolved head to knee</p>  <p>cross ankles and lift up 3 x</p> 
6	 <p>cow face</p>  <p>garuda legs</p>  <p>twist</p>  <p>garuda legs</p>  <p>straighten bottom leg</p>  <p>straighten both legs</p>  <p>upward plank</p> 
7	 <p>shoulder stretch wrists reversed on ribcage squeeze knees together gently project elbows towards each other</p>  <p>shoulder stretch hand holds same heel arm bends deeply, rotates and places on other knee</p>  <p>neck stretch / bend one arm, rotate it &amp; place the elbow onto the other knee tuck chin in and place it in the palm other arm over the head and draw head gently down</p>
8	<p>upward bow</p>  <p>5 times</p> <p>strap your knees hip distant apart or hold a bolster or a block between your knees</p>

9



shoulder stand or legs up the wall

11

## shavasana



as you make your way to shavasana, begin paying attention to withdrawal  
see if you can consciously relax the tension in your jaw and allowing your teeth to separate  
your tongue to rest at the feet of the teeth  
as you release your jaw begin consciously unsqueezing the brain  
creating waves of relaxation  
unsqueezing the brain  
whenever you notice a secondary thought,  
just letting yourself come naturally and easy come back to your practise  
consciously unsqueezing the brain  
releasing the sinuses and the inner ear  
and creating giant waves of relaxation and space in the brain  
allowing this quality to move down the physical spinal column  
like waves of softness  
let this be a conscious relaxation

let these waves of relaxation to move all the way out to your fingertips and toe tips  
completely releasing the physical body  
releasing any effort, you had to still for your practise  
releasing any ideas, thoughts, judgements  
recognizing how often this thoughts and judgements create an unintentional contraction  
just for now let it go realising you can always come back to that feeling at any moment  
and then noticing the thoughts that are appearing without feeling the need to change them  
just have an attitude as if you are uninterested for a while  
whatever your mind is chattering on about  
keep pulling your attention almost as if your moving it towards the back of your skull  
a feeling like stepping back  
withdrawing your attention to the source of attention

slowly bring your consciousness back in to your body  
wiggling toes and hands  
whenever you are ready bring yourself up into a comfortable seated position  
remembering what happens if you lean back just a little bit, using it as a method to straighten the spine  
with your next inhale straighten your arms up and with the exhale draw your palms in front of your heart  
at the top of the next inhale join me in a round of three

oms

thank you everyone for joining me in my practise, for making your way here on a yoga Monday morning

namaste