

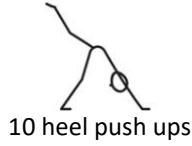


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|----------|---|
| <p>1</p> | <p>Pranayama standing</p> <ul style="list-style-type: none"> - Go through Bandhas: Pada Bandha (lift all 10 toes, butt big toe down) Mula Bandha (press pelvis and draw belly button in an up) - Breath into Diaphragm Place one fist to the middle of the ribcage, cover it with the other hand (flat) and push the fist in and out by breathing - SoHam |
| <p>2</p> | <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;"> hand therapy turn hands upside down and reverse reverse hands and draw them to the middle </div> <div style="text-align: center;"> plank with finger stance </div> </div> <div style="display: flex; justify-content: space-around; margin-top: 20px;"> <div style="text-align: center;"> down dog 10 b </div> <div style="text-align: center;"> plank pose rock forth and back </div> <div style="text-align: center;"> lower halfway and hold and a little lower </div> <div style="text-align: center;"> cobra rolls 3 x </div> </div> |
| <p>3</p> | <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;"> shoulder stretch </div> <div style="text-align: center;"> finger stance </div> <div style="text-align: center;"> </div> <div style="text-align: center;"> cobra rolls 3 x </div> <div style="text-align: center;"> up dog </div> </div> |
| <p>4</p> | <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;"> half moon on knee </div> <div style="text-align: center;"> place upper hand on hip knee to nose </div> <div style="text-align: center;"> upper hand still on hip straighten leg to the side </div> <div style="text-align: center;"> draw yourself like like a bow </div> </div> <div style="display: flex; justify-content: space-around; margin-top: 20px;"> <div style="text-align: center;"> hold outer edge of upper foot draw knee to nose </div> <div style="text-align: center;"> straighten upper leg out and let go </div> <div style="text-align: center;"> wrist stretch </div> <div style="text-align: center;"> </div> </div> <p style="text-align: center; margin-top: 20px;"> 1st time reverse both hands and draw them to the middle 2nd time turn both hands upside down and reverse </p> |
| <p>5</p> | <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;"> extended puppy pose 10 b </div> <div style="text-align: center;"> locust pose open and close legs </div> <div style="text-align: center;"> crocodile pose pelvis on the floor, hands below the ribcage and up and hold 3 x </div> </div> <div style="text-align: center; margin-top: 20px;"> up dog </div> |

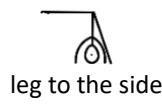
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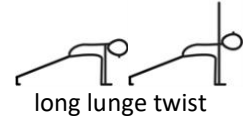
down dog



10 heel push ups



leg to the side



long lunge twist



hip opener 10 b
rocking forth and back
and side to side

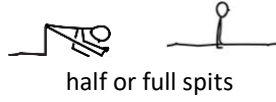


half splits
thread finger through toes



right hand on left knee
hold right ankle and twist

Pranayama
right elbow on left knee
cover right nostril
8 b through left nostril



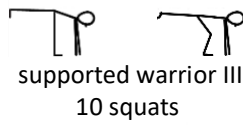
half or full splits



elbow on knee
or lift arm up (gyan mudra)



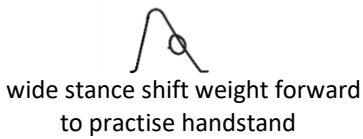
pyramid pose



supported warrior III
10 squats



forward fold



wide stance shift weight forward
to practise handstand



down dog



extended puppy pose



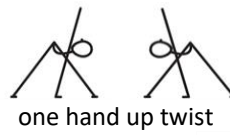
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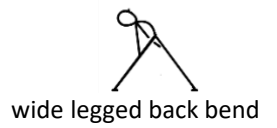
goddess squats



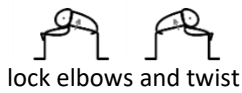
forward fold



one hand up twist



wide legged back bend



lock elbows and twist



wide legged forward fold



wide legged back bend

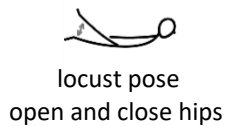
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plank on one arm
left hand touches right shoulder
switch each side 2 x

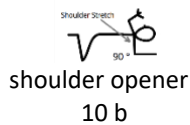


lower down step by step

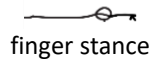


locust pose
open and close hips

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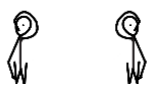
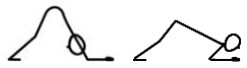
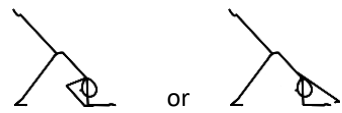



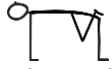












shoulder opener
10 b



finger stance



| | |
|----|--|
| 10 |  <p>knees slightly apart chin tucked in neck stretch both sides</p>  <p>dolphin push ups 10 x</p>  <p>A-symmetrical / left forearm flat on mat right hand to the right, wrist in line with left elbow straighten legs and lift right leg up</p>  |
| 11 |  <p>hip opener</p>  <p>hand or elbow to the sole of the feet and twist</p>  <p>reverse table fingers facing forward ankle still on top of other knee</p>  <p>boat variations scissor the legs</p>  |
| 12 |  <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>  |
| 13 |  <p>turtle pose - with lots of props to support the head</p> <p>tha asana / surrender / cease any movement (5 minutes)</p> |
| 14 | <p><u>shavasana</u></p>  <p>legs up the wall</p> |