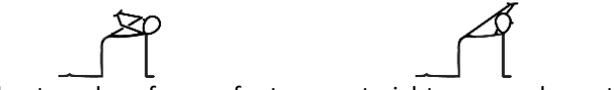
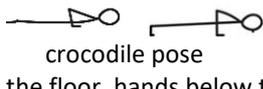




1	<p>Pranayama standing</p> <ul style="list-style-type: none"> - Go through Bandhas: Pada Bandha (lift all 10 toes, butt big toe down) Mula Bandha (press pelvis and draw belly button in an up) - Breath into Diaphragm Place one fist to the middle of the ribcage, cover it with the other hand (flat) and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

6



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



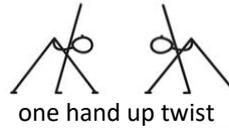
7



goddess squats



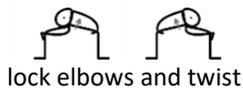
forward fold



one hand up twist



wide legged back bend



lock elbows and twist



wide legged forward fold

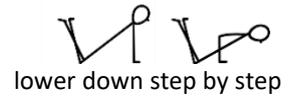


wide legged back bend

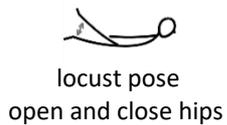
8



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

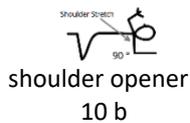


lower down step by step



locust pose
open and close hips

9

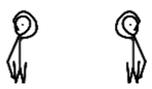
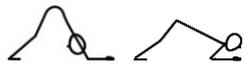
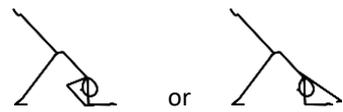


shoulder opener
10 b



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>