






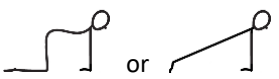




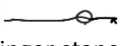

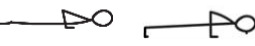








<p>1</p>	<p>Pranayamas (10 min.)</p> <p><u>Ujjayi Pranayama - victorious breathing</u> (combination of the spirit sound of SoHam with bandhas – gain control of the internal pranas in your physical practise) Inhale fully – exhale haaaaaa (open mouth) 3 x Inhale fully – exhale haaaaaa (closed mouth) 20 x Inhale fully, not in your nose, take it to the back of your throat, like you're lifting the soft palate and slightly constrict it. don't think, breath find your diaphragm, with the inhale push it out, with the exhale it draws in and up fill the entire bottom of your lungs hint of a smile</p>  <p><u>Bhastrica Pranayama</u> 50 Forceful inhale, forceful exhale, right thumb covers right nostril 3 full yogic breath and other side</p>  <p><u>Squeeze Energy up</u> inhale fully, filling your lungs with as much air as you can lift arms up, take your head back, arch your spine, touch tip of your tongue to the soft palate hold inhale and contract the muscles of the pelvic floor (micro contractions) contract diaphragm and squeeze energy up 2 full breath repeat 2 times</p>  <p>4 full yogic breath (SoHam)</p>		
<p>2</p>	 <p>wrist therapy turn hands and wave</p>  <p>thumb stretch put palms together put hands between knees thumbs facing down and sit back</p>	 <p>toe stretch sit on heels, tuck toes under</p>  <p>finger stance on all fours</p>	 <p>reverse hands, wrist and little fingers together</p>  <p>ankle stretch first right, than left side</p>  <p>ankle stretch both sides together</p>
<p>3</p>	 <p>wide arms push ups</p>	 <p>Shoulder stretch</p>	 <p>finger stance</p> 
<p>4</p>	 <p>crocodile pose pelvis on the floor, hands below the ribcage and up and hold 3 x</p>  <p>up dog sway a little from side to side</p>  <p>cobra hood to down dog</p>		

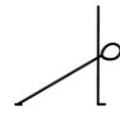
5




down dog
10 breath




plank




side plank




side plank



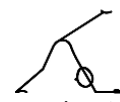
side stretch
feet and legs are stacked



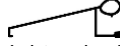
transition



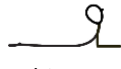
dolphin pose



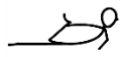
leg to the side




dolphin plank



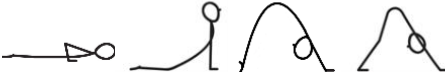
sphinx pose




frog pose (bow)
draw foot back



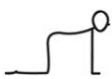
frog pose
draw foot forward
and press it down




cobra roll back to down dog




6




transition



extended puppy pose




transition




neck stretches

7



cross ankles


or




lightning bolt
forehead touches the knees

daily 3 times 25 breath to create a change


8




gate pose
hold wrist and side stretch




right hand grabs heel
open front




forward bend and twist
right hand holds left leg
left arm up to the sky



untwist and rotate shoulder
chest to the ground, look up



finger stance, straighten the back leg
and hold



9



camel dips as low as you can
10 x

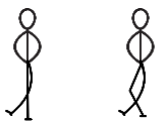


sit on your heels
turn toes under





squat, balance on heels
arms to the front
toes turned under


10




balance on one leg
cross other leg in front
squats












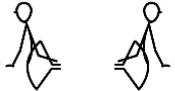


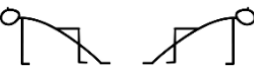
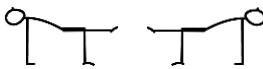
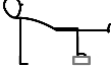










hold ankle with both hands
cross fibre bone behind standing leg
squats and warrior III





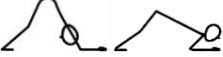



eagle pose



float down as low as you can and hold
internally rotate the shoulders / mantas mudra

11	 <p>goddess squat shift from side to side hands on knees</p>	 <p>shift to the right side turn feet to warrior II and put elbow on the knee straighten other arm over your head and look up</p>		
12	 <p>goddess squat</p>	 <p>shift from side to side</p>	 <p>forward fold</p>	 <p>backbend</p>
13	 <p>rock down and up again 5 times then go down and stop in the sitting position don't touch the floor</p>			
14	 <p>bound angle pose hold big toes or ankle flap the knees up and down</p>  <p>grab left ankle with right hand finger stand with left hand behind you and twist / and other side</p>	 <p>lift hips up lower down close to the feet</p>	 <p>hands to the hips and straighten arms shoulders can come up / rock forth and back</p>	
15	 <p>supported upward plank both sides</p>	 <p>upward plank / lift one leg up both sides</p>	 <p>hamstring strengthener put a block underneath standing foot lift the other leg and lift hips up and down</p>	
16	 <p>wide legged seated forward fold</p>	 <p>and if your body allows you can pull back the legs to splits</p>	 <p>upward plank</p>	
17	 <p>fire log pose</p>	 <p>shake the legs out</p>		
18	 <p>rock up and down a few times and come up to standing</p>			
19	 <p>step left foot behind right fold forward walk feet further apart</p>	 <p>shake it out</p>	 <p>roll back down to seated</p>	

20	 <p>extended puppy pose 3 x 10 b preparations for full wheel pose</p>	 <p>camel pose 2 x</p>	or	 <p>5 x full wheel 5 b If you can do extended puppy pose and camel pose</p>
21	 <p>shoulder stand 20 b</p>	 <p>dolphin push ups</p>	or	 <p>forearm stand</p>
22	<p><u>shavasana</u></p> 