



Find this point on the top of the heart and take it to the direction 'up' as you lift this point up, you see, that the front body will expand and you have a little bit more space to breath into the bottom of your lungs.
Begin lengthening your breath to the bottom of your lungs let your eyes resting closed.

Begin to remind yourselves, why you are here.
Maybe you don't have an answer and that's ok. Maybe the answer is 'I just want to be here'.
But if there is a reason, remind yourself, why you are here.

Slowly open your eyes.



bring your palms together,
interlace your fingers and press them away



arms over your head, tuck your chin
and move arms side to side
extend the spine and arms up and create space



press your arms out and tuck your chin
stretching the back of your neck



stretch wrists (eyes of the elbows shine forward)
reverse hands / turn hands (each side)
move gently back and forth

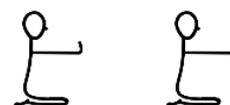
wrist stretches / lock your elbows straight (eyes of the elbows shining up)



palm facing down
10 x up and down



palms facing each other
10 x in and out



palms facing up
10 x up and down

Stretching side lines of the wrists / lock your elbows straight (eyes of the elbows shining up)



palms facing down
10 x side to side



palms facing each other
10 x up and down



palms face up
10 x side to side



wrist rolls all the way down and up



place hands (palms together) between kneecaps, not far down, thumbs to the ground, lean back gently stretch thumbs and inside line of the wrists



table pose extend one leg



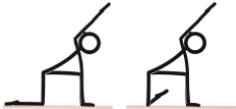
look for your foot



knee to forehead



transition



step back leg forward
turn back foot 90°
version of extended side angle



both palms to the ground
straighten back leg

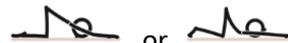


lift right foot up
hold knee to upper arm



down dog & paddle your feet
lengthen armpits and spine

I.



extended puppy pose
forehead or chest and chin to the mat



II.



transition



plank pose slowly lower down



3 cobra rolls



reverse push up to down dog



10 heel push ups



transition



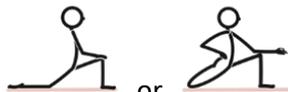
high lunge – hands on knee



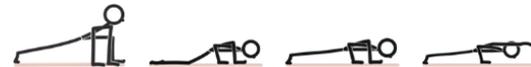
lean forward



transition



low lunge



lizard pose to supported flying splits



flow through vinyasa

I.



child pose



inhale forward to cobra
with bend knees



child pose



inhale forward to cobra



down dog



II.





down dog



shift forward to plank pose



side plank



side stretch



supported side plank – lift foot up



shoulder stretch



finger stance

I.



10 wide arm (spider) pus ups



spider man (toes touch)



roll up to cobra or up dog



child pose



inhale to cobra with bend knees (toes touch)



II.



a-symmetrical push ups
5 x each side



shoulder stretch



shoulder stretch



finger stance



5 x alligator



shoulder stretch



shoulder stretch



finger stance



5 x alligator



sleepy crocodile



roll up to cobra or up dog



child pose



inhale to cobra with bend knees (toes touch)



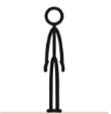
cross legged side stretch



slide your arms down your body



half forward fold



come up to mountain

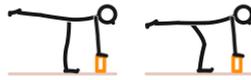


gentle back bend





start with your feet together, toes touching



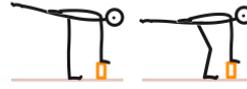
20 micro squats
extend one leg up and back (hips on the same height)
cross upper leg slightly behind standing leg,
squeezing inner thighs together (toes lifted on standing foot)



hold supported warrior III

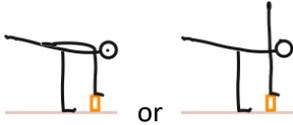


pause



supported half moon

20 micro squats



hold supported half moon



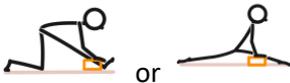
pause



lunge on blocks



slight back bend



half split or full splits with blocks



come up to mountain



slight back bend



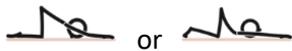
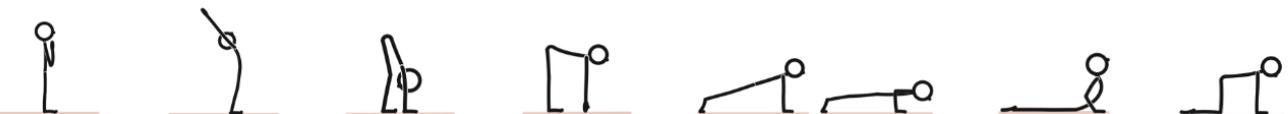
fibre bones crossed
arms out push mushti mudra back



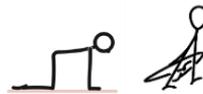
baby cradle pose standing - hands in prayer, squat down
arms out and turned with mantas mudra



option to transition to dragon fly pose and back up again



extended puppy pose
forehead or chest and chin to the mat



transition



wide legged forward fold - lengthen inside line of the legs
spread toes - chest upright - shift weight forward
option elbows on the blocks - heels off the mat - release



hands behind back, lift hips up



revolved head to knee pose
with or without block



rest your chin onto the fist
outer foot like a blade – leg 20 x up and down



hold



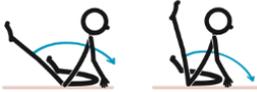
transition straight leg back



pigeon pose 3 min.



slight back bend



transition straight leg to front



straight leg up and down 5 x



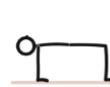
fire log pose 3 min.



staff pose circle feet



6 x vinyasa



hold



arms in cactus pose block between legs
let your legs lower down to the left and right
back and forth 10 x
then hold each side for 5 counts



reclining twist (block between thighs) side to side
hold each side
then 5 x side to side



bridge pose with block
interlace fingers walk shoulders in



happy baby

block underneath the sacrum

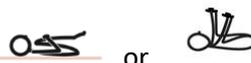
5 min.



softening down and allow the mind to become spacious
as if you are increasing the gaps between thoughts
feeling how the ground hugs you down, towards the centre of the earth
imagining that this gravity was like love, hugging you down, relax into

relaxing the inner ear and face

slowly lift your hips off the mat



knees into the chest or happy baby

Shavasana
Legs up the wall 10 min.



As you come into the pose, scan your body to make sure, that feel as if you can completely let go
So that you don't have to use the muscles of your legs
you can rest your palms facing up on the ground

begin consciously unsqueezing your brain
waves of relaxation

you're going to be in that pose about 10 minutes
scan your body and make sure, that you can let go
the blood is going to drain from your feet through your calves, knees up towards the body
your feet may begin to feel a little bit tingly, it's ok, we will come out slow
this pose allows for a very nice reset of the endocrine system
and will help to balance you throughout the day

just for the next 10 minutes do your best to let go completely
of course, if something happens and you need to come out early
then just come into shavasana and lie quietly

Naturally allow your body to become awake
wiggling fingers and toes and lengthening your breath
remove your blocks or bolsters and set them aside
when you're ready come into a comfortable seated position



palms facing up in a receptive gesture
find the top of the heart and lift it up
widening and lengthening your front body

today we're going to close with a round of 5 Om's
A = project your voice down to the root - try to vibrate your coccyx, sacrum & hip bones
U = bring the sound up your spine – allow the U sound resonate in your chest
M = bring the vibration up the back of your neck, around the head, coming to rest in front of your face

do the best to harmonize and sing with the voices around you



inhale, your arms over your head in invitation of clarity into the life
exhale in front of your heart in gesture of sharing with all sentient beings
thank you
Namasté