



1 Meditation (10 min.)



Correct your seating posture

Begin to create a buoyancy in the bones so they feel as if they are floating up.
Lengthen your breath so that you feel as if you were expanding the body of the lungs.
Noticing the thoughts which are occurring. Not feeling any need to change those thoughts. Just observe.

Noticing sounds. As you hear sound in the room and outside. Totally you can say, it is hearing.
Noticing sensations in the body. It is possible, that your legs begin to feel numb and tingling but do not move. You won't be here forever.

Softening your jaw and the inner ear.
You're still observing your breath. You're still watching sounds. You're still watching thoughts.

What about now, are you still watching breath? Are you still noticing the sensations?

Noticing breath, observing thoughts, noticing sensations.

If you feel the compulsion to fidget, don't.

Noticing thoughts, noticing compulsions, noticing breath. Noticing if you feel a like or a dislike.



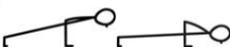
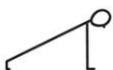
Don't open your eyes and move into downward facing dog keep your eyes closed

direction your attention towards the inner landscape, retaining the meditative quality within your physical practise.
Begin to scan your body, noticing fingers, hands, wrists. Consciously creating space as you move all the way from the hands down the back body into your feet and toes. Noticing thoughts.



Come to the top of the push up, keeping your eyes closed.

Feel the pose, press the ground away from you, three more breaths, pushing the ground away from you, spread your fingers.

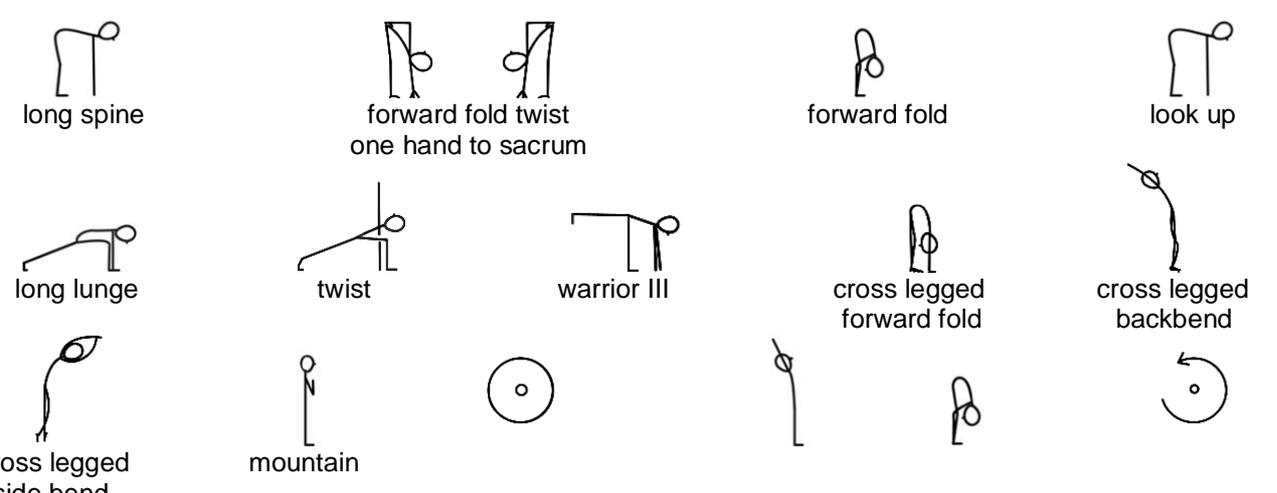
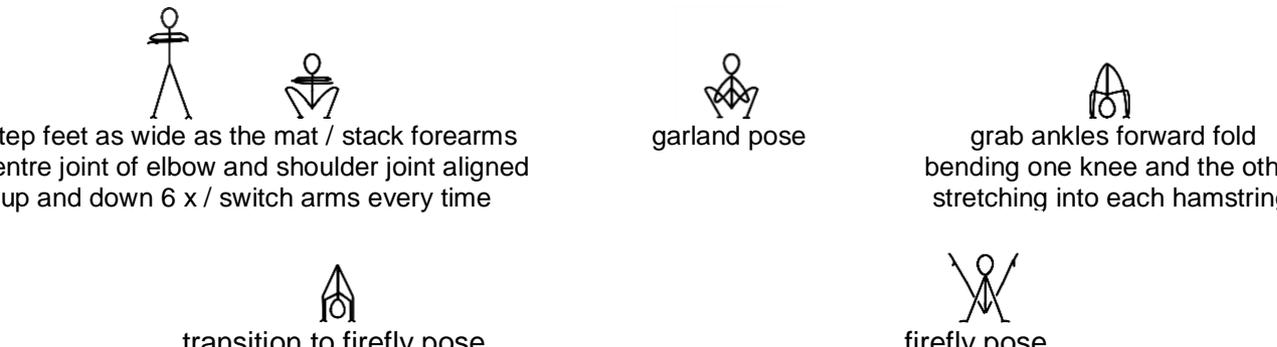


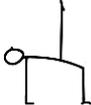
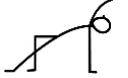
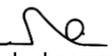
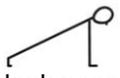
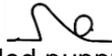
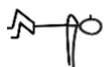
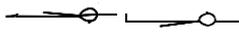
One more, deep inhale, with the exhale navigating down. Inhale upward facing dog, eyes closed.
Two more breaths here, sink your hips, relax your glutes. Pay attention to each vertebra.

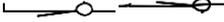


With your next inhale roll over your toe tips back into downward facing dog.



2	 <p>plank 5 b</p> <p>down dog 5 b</p>
3	 <p>down dog 10 b</p>
4	 <p>down dog 10 b</p> <p>chair pose</p> <p>forward fold hands interlaced</p>
5	 <p>long spine</p> <p>forward fold twist one hand to sacrum</p> <p>forward fold</p> <p>look up</p> <p>long lunge</p> <p>twist</p> <p>warrior III</p> <p>cross legged forward fold</p> <p>cross legged backbend</p> <p>cross legged side bend</p> <p>mountain</p>
6	 <p>step feet as wide as the mat / stack forearms centre joint of elbow and shoulder joint aligned up and down 6 x / switch arms every time</p> <p>garland pose</p> <p>grab ankles forward fold bending one knee and the other stretching into each hamstring</p> <p>transition to firefly pose bend knees, walk hands back, place them behind the heels fingers facing forward, place legs on upper arms, lift feet up</p> <p>firefly pose</p>
7	 <p>staff pose</p> <p>place foot on the fibre bone</p> <p>1st position palm grabs heel, twist 2nd position put heel into the elbow 3rd position put the foot into the armpit</p>

	 reverse table pose	 upper foot to the sky	 core lift		 butt walk
8	 bound angle with block knees up and down	 20 back and forward bends still with the block between the feet	 core lift		
9	 wide legged seated forward fold	 boat pose	 transition	 plank pose	
10	 stack feet project top hip forward	 upward plank push hip up	 transition	 down dog	
	 extended puppy pose	 plank pose			
	 stack feet project top hip forward	 upward plank push hip up	 transition	 down dog 10 b	
	 pick up one knee then the other	 jump legs up and down land on feet with pointed toes			
11	 down dog	 pyramid pose	 warrior III supported or grab the ankle	 or	
	 transition	 leg to the side	 down dog	 extended puppy pose	
	 sphinx pose	 draw yourself like a bow front arm out and finger stance	 half frog pose		
	 shoulder stretch	 finger stance	 roll to back	 shoulder stretch hand face down under the ribs roll unto that arm	

	 roll to belly  5 core lifts  reverse push up to dow dog 
12	 down dog  vinyase  tree pose with cow face arms upper hand into armpit straighten other arm with gyan mudra then sidebend  push hands together squat slowly down  crow pose  garland pose
13	 garuda legs twist one foot on floor  garuda legs core lift  soft forward fold  upward plank 
14	<p>Pranayama (4 min.) / Nadi Shodana</p>  <p>easy pose sitting on a block relax your face</p>  <p>3 fingers to ajna chakra right thumb blocks right nostril / inhale left little finger blocks left nostril / exhale right / inhale right right thumb blocks right nostril / exhale left / inhale left and so on</p> <p>noticing thoughts, coming back to the breath fix your posture / niticong thoughts don't become distracted / come back to your practice / don't give up finishing your cicle of breath with the exhale on the left side</p>
15	<p>Focusing (4 min.) / Down Dog (1:30 min.)</p>  <p>easy pose palms facing up thumb touches index finger / gyan mudra lift your chest / tilt your face up slightly resting the awareness in the space between the eyebrows realx the eyes</p> <p>don't fidget without destroying your stillness, keeping the eyes closed take the block from beneath your to into downward looking dog</p>  <p>finding your breath noticing thoughts sensations compulsions consciously directing the attention towards the expansion and control of the pranas</p> <p>keep thinking deeper into the posture focus on your breath</p>

16	 <p>transition keep the eyes closed place block underneath sacrum (2 min.)</p> <p>searching for that meditative space. Tuning your attention into the pranic body, using your breath to expand the inner exuberance and vibration.</p>
17	 <p>happy baby pose</p>  <p>feet to the sky</p> <p>Feel your consciousness, your awareness all the way to your toetips. Do this without the eyes, do it with your feeling. Find the skin on the very tips of the toes. Directing your awareness there and feel, that they start to tingle. Keep direction your awareness to the skin on the tips of the toes. Whenever a secondary thought comes in, don't follow it. Find the skin on the tips of the toes and hold your attention there.</p>  <p>Lowering your left leg down towards the ground keeping it off the ground, so it's lavetatet. Direct your right hand around the right leg then interlace it with the fingers of the left hand and walking your hands down the leg. Keep your left leg off the mat. Direkt your attention to the tips of the toes.</p> <p>Switch, other side.</p>  <p>Both legs up into the air. Directing your attention to the skin on the tips of the toes.</p>  <p>If you like, you may stay here or lifting up to shoulder stand, as to your preference. Noticing any thoughts that ar occuring. Bring your awareness right back to the breath.</p>
18	<p><u>shavasana</u></p> 