

















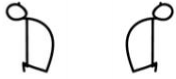


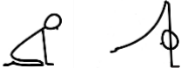










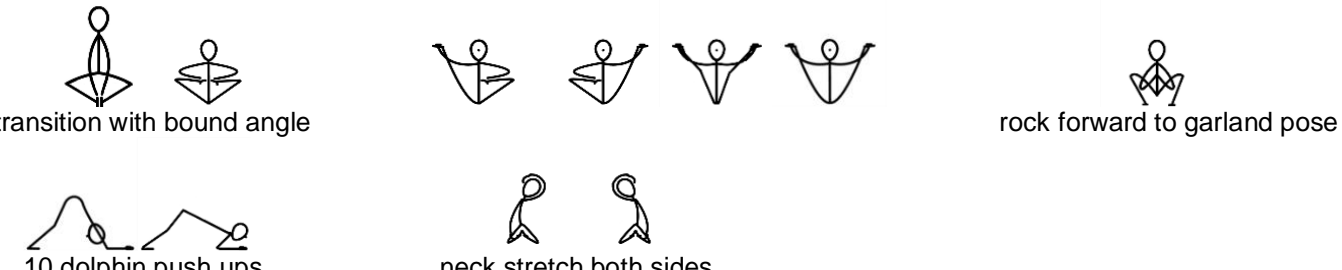
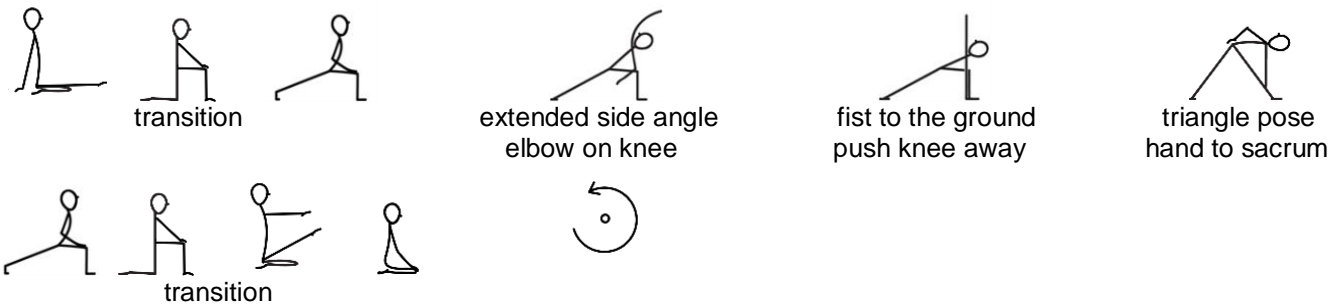
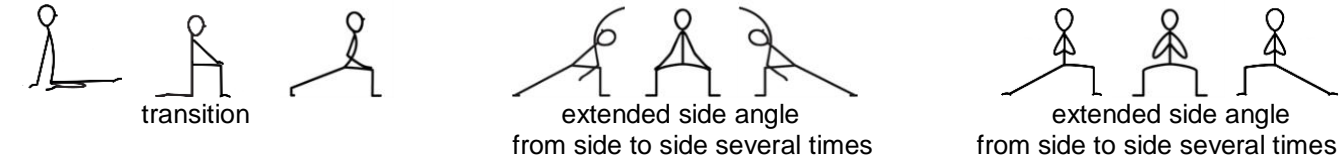
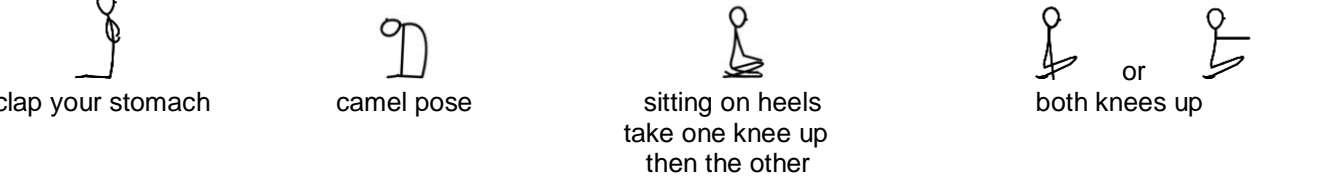
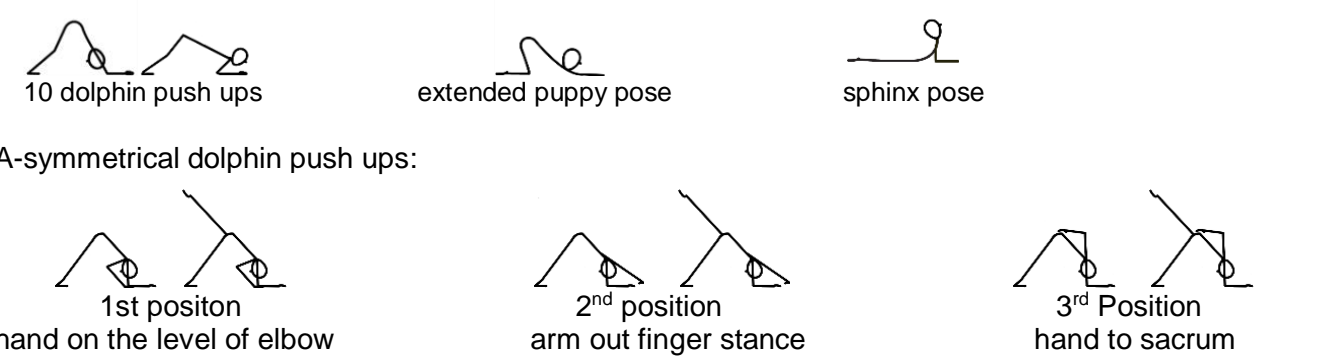
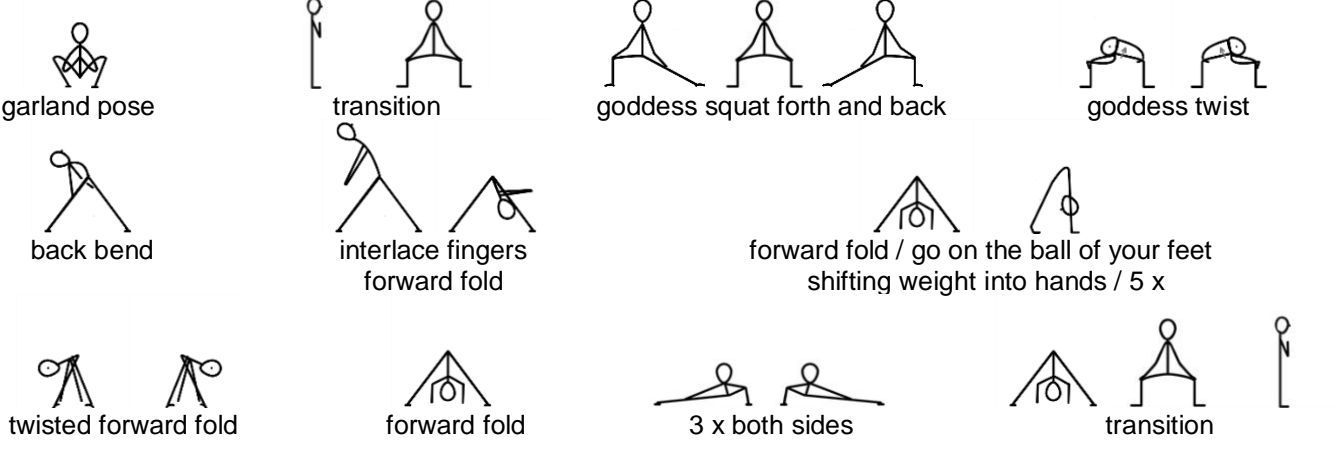










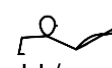


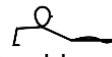






**Franziska's notes of the
300/500 h YTT with Rae Indigo
Part 3: The Awakened Mind**

**2017 Zürich
Morning Practice Day 3
Balanced Flow**

<p>1</p>	    <p>step feet as wide as the mat / stack centre joint of elbow and shoulder joint aligned up and down 20 x / switch arms every</p> <p>20 x Pranayama interlace fingers inhale down / exhale up not as low down as a forward fold</p>      <p>roll up and down 10 times</p>
<p>2</p>	  <p>forward fold feet apart / hold ankles</p>  <p>look up</p>  <p>lift heels up and shift weight into finger stance 10 times</p>  <p>plank pose hold push the mat away round your shoulders</p>  <p>wide hands push ups 20 x</p>   <p>shoulder stretch both sides</p>  <p>bow pose pull left foot back pull right foot back</p>  <p>roll to the sides and look up several times</p>  <p>roll to bridge pose</p>  <p>back to bow pose</p>  <p>jump up and down activate core / point toes land on the back of your feet</p>  <p>boat pose grab inner tights</p>  <p>straighten legs</p>  <p>hands free</p>
<p>3</p>	 <p>place right foot on the left calf</p>  <p>pigeon pose align your hips with micro movements</p>  <p>king pigeon pose</p>  <p>pigeon pose</p>  <p>core lift</p>  <p>contracted boat pose both sides</p> 

<p>4</p>	 <p>transition with bound angle</p> <p>rock forward to garland pose</p> <p>10 dolphin push ups</p> <p>neck stretch both sides</p>
<p>5</p>	 <p>transition</p> <p>extended side angle elbow on knee</p> <p>fist to the ground push knee away</p> <p>triangle pose hand to sacrum</p> <p>transition</p>
<p>6</p>	 <p>transition</p> <p>extended side angle from side to side several times</p> <p>extended side angle from side to side several times</p>
<p>7</p>	 <p>clap your stomach</p> <p>camel pose</p> <p>sitting on heels take one knee up then the other</p> <p>both knees up</p>
<p>8</p>	 <p>10 dolphin push ups</p> <p>extended puppy pose</p> <p>sphinx pose</p> <p>A-symmetrical dolphin push ups:</p> <p>1st position hand on the level of elbow</p> <p>2nd position arm out finger stance</p> <p>3rd Position hand to sacrum</p>
<p>9</p>	 <p>garland pose</p> <p>transition</p> <p>goddess squat forth and back</p> <p>goddess twist</p> <p>back bend</p> <p>interlace fingers forward fold</p> <p>forward fold / go on the ball of your feet shifting weight into hands / 5 x</p> <p>twisted forward fold</p> <p>forward fold</p> <p>3 x both sides</p> <p>transition</p>

10	 <p>knee to nose variations</p>  <p>leg behind the head variations</p>	 <p>spinal twist / finger stance hold outside of foot</p>  <p>reversed table</p>	 <p>put ankle on fibre bone rock from side to side</p>  <p>boat pose</p> 
11	 <p>cross legged forward fold feet push against each other</p>  <p>core hold / garuda legs</p>	 <p>twist garuda legs</p> 	 <p>shoulder stretch walk hands back / round shoulders</p>  <p>forward fold</p>
12	 <p>full wheel</p> <p>or</p>  <p>fire log pose</p> <p>or</p>  <p>shoulder stand</p>		
13	<p><u>shavasana</u></p> 