



1

Meditation (6 min.)



Come into a comfortable seated position

Begin to lengthen your breath

Finding each bone in your spine, eventually creating the sense that they are floating upwards
As if you are creating a little bit of space between the vertebrae
And feel that with each inhale you float up a little more and with each exhale you float up a little more
So that you are consciously creating space between the lungs

Breath all the way into the bottom of your lungs
And imagine that underneath your lungs, there are little tiny lungs, the kidneys
And direct your breath all the way down into your kidneys
So that it feels like that you are expanding even more the physical internal room
Using this expansion of the kidneys and the lungs as an object of your meditation
Continue to direct your attention towards that practise

Whenever you notice that a secondary thought comes in
Don't worry, don't follow it and come right back to breathing into your kidneys

And continue to make subtle adjustments to the spine
Little micro movements, creating space from your tailbone all the way up to the skull

And as you elongate your breath at the bottom of your exhale just pause slightly
And at the top of your inhale just pause slightly
as if you were looking for a buoyancy in the breath, a floating quality

Noticing thoughts

Underneath practise the breathing into your kidneys
Begin to feel as if there was an internal feeling of pleasantness
Just the quality of being alive in this moment exactly as it is
You continue resting entirely in your beingness, in that sensation of pleasantness
The feeling of pleasantness starts in your belly
With each breath, it continues to expand and expand, until it balances the entirety of your body
And you're feeling not only the pleasantness of the energy floating the bones higher
But also, feeling joy in feeling that your being is slightly larger

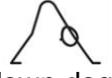
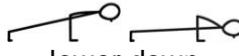
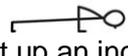
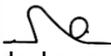
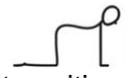
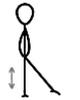
Just noticing that through this practise your mind has become just a little bit more calm
Become aware of the effects of tuning in and doing this breathing and holding of the internal state
Realise that now we can do this practise whenever you like throughout the day

Slowly open your eyes

Throughout today's asana practise, which will be a bit more meditative, see if you can keep coming back to these two things:

Kidney breathing and breathing into this feeling of this internal state of pleasantness

Whenever you start to feel exited in one way or the other
And the consciousness starts to jump in or spinning just immediately come back to this practise

2	 <p>forward fold / slightly bend legs pedal one leg straight then the other</p>	  <p>right hand grabs outside of left foot finger stance / twist</p>	  <p>interlace your fingers underneath the chin bend your knees slightly, arch the spine lift right elbow, lift left elbow</p>
3	 <p>transition</p>  <p>camel both sides</p>  <p>lift knees</p>   <p>wrist stretches lock the elbows / hug the centre line eye of the elbow shines up draw your fingers back hold then up and down several times</p>   <p>wrist stretches lock the elbows eye of the elbow shines up mantas mudra hands in and out</p>  <p>wrist circles both directions</p>  <p>wrist stretches reverse one hand, then the other</p>   <p>wrist stretches turn both hands / little fingers and wrists touch</p>  <p>thumb stretches</p>		
4	 <p>down dog 10 b</p>  <p>plank pose 10 b</p>  <p>lower down</p>  <p>locust pose / open and close legs</p>  <p>lift up an inch 5 x</p>  <p>cobra rolls 3 x</p>  <p>transition</p>  <p>extended puppy pose 10 b</p>  <p>transition</p>   <p>shift weight into hands onto your toes / 10 x</p>   <p>forward fold straight one leg / then the other</p>  <p>step feet together</p>		
5	 <p>one leg to the front circle foot both directions</p>  <p>cross legged side bend</p>	 <p>leg to the side 10 squats</p> 	 <p>hold</p>    <p>cross leg over cross / fold forward</p>

6 Transition (5 times)

fold forward extend arms out let yourself fall inhale up walk hands back

transition cross both ways

7

forward fold
push elbow against knee
create space in spine

cross leg over
twist

rock leg side to side

one foot to ear
relax and again
5 x

knee to nose
lift left / right elbow

core hold

neck stretch

contracted boat pose
cross both ways

8

push up

side plank
any variation

side stretch
push upper hip forward

side plank on elbow
lift lower leg straight

lift hip / bend back

king pigeon pose

half splits or full splits

flying splits

down dog

Vinyasa

splits training with bolster and blocks / both sides (push front hip back / other hip forward)

9

bound angle
knees up and down

lift hip

fold forward

arch back

round back

push hip flexors
shoulder to ears

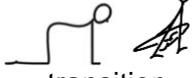
bound angle twist
hold ankle

forward fold

interlace fingers
neck stretch

goddess squats

up and down

10	 <p>shoulder stretch hold heel / bend elbow place elbow on the other knee both sides</p>   <p>arm behind head / fingertips under armpit gyan mudra with other hand lean to the side / side stretch both sides</p>   <p>down dog 10 b</p>
11	 <p>transition</p>  <p>dolphin push ups leg extended to the side 10 x</p>  <p>transition</p>  <p>pigeon pose 10 b</p> 
12	 <p>down dog 5 b</p>  <p>transition</p>    <p>fire log pose / forward fold / twist both sides / 7 min</p>  <p>1 min. squeeze block between knees</p>   <p>1:30 min.</p>
13	 <p>forward fold with blocks (6 min.)</p> <p>Notice what your mind is doing Consciously replace any activity with the meditation we worked on earlier Trying to remember it, as if you were your very own Just drawing the breath consciously all the way to the bottom of the lungs filling up completely You move that prana from the bottom of the lungs into the kidneys Filling them to expand Fresh energy washes inside them The meditation was holding an internal state of pleasantness Keep bringing your mind back to this practise</p> <p>Keep noticing if your mind has drifted off Bring it right back Breathing into your kidneys</p> <p>Slowly rising up</p>



Nadi Shodana (6 min.)

Fold left leg in, then right leg

Left hand (like a cub) rests on top of the cubic bones underneath your belly

Middle 3 finger stay together, levitated in front of ajna chakra

Tilt your face slightly up

Inhale fully, block the right nostril, exhale fully through the left

Finish your pranayama with an exhale on the left side



Lower both your palms down * mudra

Inhale fill the lungs

closing Jalandhara Bandha, squeezing Uddiyana Bandha and contract the pelvic floor

hold the breath

Keeping Mula Bandha activated

exhale fully and hold the exhale, Jalandhara Bandha, squeezing Uddiyana Bandha, root lock



inhale arms over your head

squeeze the muscles of the back of your spine

Hold your breath at the top of your inhale

Touch your tongue to the soft palate



step breathing (4 min.)

inhale 1/3 pause / inhale 2/3 pause / inhale all the way up, holding no tension, very gentle
then you have the option doing same on the exhale or exhaling naturally as to what feels easy for you

inhale 1/3 pause / inhale 2/3 pause / inhale all the way pause

exhale 1/3 pause / exhale 2/3 pause / exhale all the way

now try to create an even rhythm

so that every partition of your breath is the same counting time

your face slightly upturned

noticing thoughts, correct posture

come right back to your practise, to the object of your meditation

finishing your breath practise



at the top of the next inhale join me in a round of 21 Oms

('A' at the root 'U' along the spine to the hart 'M' over the head coming to the front of the face)



Sit absolutely still (4 min.)

15

shavasana

