

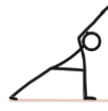


1	<div style="text-align: center;"> <p>or</p> </div> <p>lengthen your bones in space – lengthen the front body – creating a slight arch in the spine see, if you can find the mussels that sit underneath the ribcage and begin consciously breathing there and pushing the diaphragm out, broadening the entirety of the ribcage see, if you can make your breath longer and if there is any obstacle to this being aware of what this obstacle might be let your eyes rest closed listen to the contents of your thought stream and for today's practise keep reminding yourself, that whenever thoughts are coming put those down to the left of your mat and return your awareness to your breath, you can pick the thoughts up, when we're done open your eyes and remove any blocks</p>
2	<div style="display: flex; justify-content: space-around; align-items: flex-start;"> <div style="text-align: center;"> <p>staff pose circle feet / spread toes wide</p> </div> <div style="text-align: center;"> <p>upward plank pose</p> </div> <div style="text-align: center;"> <p>contracted boat pose extend arms to front</p> </div> </div>
3	<div style="display: flex; justify-content: space-around; align-items: flex-start;"> <div style="text-align: center;"> <p>arms around legs give yourselves a squeeze</p> </div> <div style="text-align: center;"> <p>one arm around one knee 10 x leg up and down</p> </div> <div style="text-align: center;"> </div> </div>
4	<div style="display: flex; justify-content: space-between; align-items: flex-start;"> <div style="text-align: center;"> <p>bound angle pose / flap your wings</p> </div> <div style="text-align: center;"> <p>move up and down</p> </div> <div style="text-align: center;"> <p>forward fold</p> </div> </div> <div style="display: flex; justify-content: space-between; align-items: flex-start; margin-top: 20px;"> <div style="text-align: center;"> <p>upward table pose</p> </div> <div style="text-align: center;"> <p>lift left leg / lift right leg</p> </div> <div style="text-align: center;"> <p>transition</p> </div> </div> <div style="text-align: center; margin-top: 20px;"> <p>wrist therapy:</p> <div style="display: flex; justify-content: space-around; align-items: flex-start;"> <div style="text-align: center;"> <p>turn one hand - eye of elbow forward move hip back and forth</p> </div> <div style="text-align: center;"> <p>reverse both hands - little fingers and wrists touch move hip back and forth</p> </div> </div> </div>

5



extended side angle on one knee



extended side angle sweep arm to the front and up



hip opening lunge move hip in all directions



lizard pose



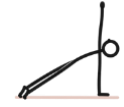
knee to elbow, hold



down dog



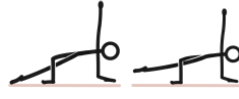
transition



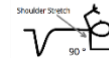
side plank



reclining side plank stretch side of the body



side plank supported lift straight leg up



shoulder stretch 90 degree angle



finger stance



alligator pose – lift 5 x up and down



upward facing dog



cobra hood to down dog



walk it out



transition



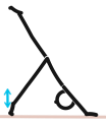
extended puppy pose



transition



6



10 heel push ups



Warrior I



forward leaning warrior



pyramid pose



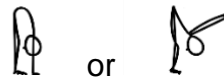
10 supported warrior II squats cross upper leg a little bit over



supported warrior III



bring upper foot forward cross over to the front and hover it over the standing foot



cross legged forward fold move your hands down and up alongside your head and body



cross legged mountain



cross legged side bend



cross legged half forward fold / push hands into the crease of your hips / straighten arms out



hold ankles



bring back foot forward and hover it over the front foot



10 breaths



Flow through vinyasa




child pose

7




flow through vinyasa


8




goddess



extended side angle




goddess




extended side angle


sweep extended arm down forward and up




move a few times side to side



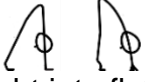
extended leg squat side to side




forward fold hold




wide-legged forward fold



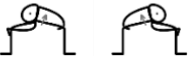
shift weight into flat hands  
and put feet onto toes 5 x




wide-legged forward fold




goddess



straight arms spinal twist




transition




wide-legged back bend

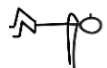
9




flow through vinyasa




10 spider push ups




shoulder stretch




finger stance




other side




finger stance




transition



extended puppy pose



transition






ankle stretch

10

A-symmetrical Bhastrika Pranayama (hero pose - palms on knees)

Be careful, if there are issues with the inner ear or pressure in the head  
this pranayama clears both channels nicely


If both sides are done together, one side might be more open than the other and create a misbalance




1:00 min. bhastrika left channel  
right hand thumb covers right nostril

3 full clearing breath



11



dolphin  
toe tips touch

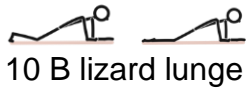
3 x extend one leg back – float it out to the right  
take it back in, cross the fibre bones  
rolling the hip into alignment

12



3 x shift forward, round back, knee to nose



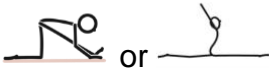
10 B lizard lunge



half splits



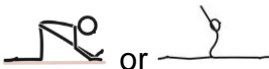
low lunge reversed



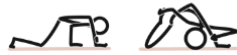
half or full splits



right elbow on right knee / sink hips down option pick up the back foot  
right thumb covers the right nostril / 8 breaths on the left side



half or full splits



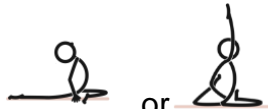
crawling under the right leg



put your right hamstring onto the right elbow, straighten back leg, then front leg



pigeon long hold



one- legged king pigeon



flow through vinyasa



13



transition



shoulder opener  
fists to the ribcage, squeeze knees in



3 min. "Tha" bound angle diamond  
with bolster/blocks underneath the head for support  
notice if you use any muscular activity / everything becomes soft and heavy / you want to be  
able to not fidget / place the arms somehow, that you can totally let go

14



put your right leg on top of the left – push feet against each other  
place block underneath the belly button, push it into your belly  
put your elbows in front of it, hold your chin with your palms  
cross fibre bones and squeeze your legs



garuda legs twist



straighten bottom leg, then both legs



15



4 min. block underneath sacrum (decompression of the lumbar spine)  
Rest, with your palms facing up  
become aware of any stories, ideas, sensations that are playing out in your mind field  
becoming aware, that something changes without having the need to do anything  
just watch the unfolding of the psychic emotional body  
observe from the part of you, that is untouched by  
when you're ready lifting your hips off the block, we're headed towards shavasana so if you  
would like to do happy baby pose or any kind of poses before you tuck yourself in...

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## shavasana



unsqueezing your brain – waves of relaxation from your brain down your spinal cord  
allowing these waves of relaxation to move all the way out your feet and hands  
having the sense, that for the next little while, the body can completely take care of the body  
while watching thoughts arising in the mind, look for the spaces in between  
expand those spaces allowing your awareness to be between these gaps of the thoughts  
in the vast empty night sky



gyan mudra - 5 Oms



inhale arms over your head in invitation of light into our lives  
exhale hands in front of your hart in gesture of sharing with all beings  
Namasté