

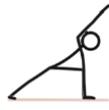


1	<div style="text-align: center;"> <p>or</p> </div> <p>lengthen your bones in space – lengthen the front body – creating a slight arch in the spine see, if you can find the mussels that sit underneath the ribcage and begin consciously breathing there and pushing the diaphragm out, broadening the entirety 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



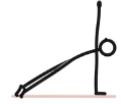
knee to elbow, hold



down dog



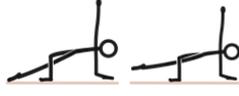
transition



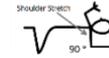
side plank



reclining side plank stretch side of the body



side plank supported lift straight leg up



shoulder stretch 90° angle



finger stance



alligator pose – lift 5 x up and down



upward facing dog



cobra hood to down dog



walk it out



transition



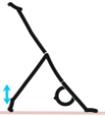
extended puppy pose



transition



6



10 heel push ups



Warrior I



forward leaning warrior



pyramid pose



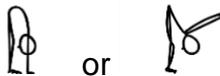
10 supported warrior II squats cross upper leg a little bit over



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





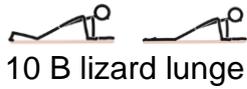
3 x extend one leg back – float it out to the right
take it back in, cross the fibre bones
rolling the hip into alignment




12



3 x shift forward, round back, knee to nose



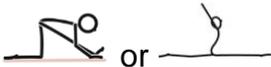
10 B lizard lunge



half splits



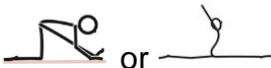
low lunge reversed



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



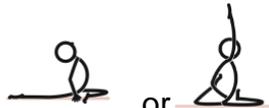
crawling under the right leg



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



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...

16

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