



prop practise / works with fascia / creates feeling of floating on a magic carpet for the rest of the day

1



supported pigeon pose /
close right nostril with right thumb / breath only through one nostril / 5 min



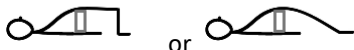
3 full clearing breath

2



supported forward bend / 5 min.

3



block underneath sacrum (fleshy part of the upper butt)
choose height with bolster or block / 4 min.
direct breath into the space which is being created



bridge pose
5 b

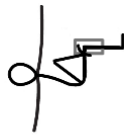


pull knees in towards your chest
rocking from side to side

4



place block / bolster on your left side
put right foot on left ankle
twist towards prop



supported twist / 2.5 min.
head in neutral
both feet on the ground if possible



drain legs
5 b



bridge pose
5 b



5



supported turtle pose / 4 min.
let back round



supported wide legged forward bend / one knee bend
let back round / both sides 4 min.



shake legs out

6



supported fish pose / 5 min.
extend legs out in front / lean back / make sure to centre your block
adjust block above floating ribs, below the shoulders
arms can be on the belly, at the sides or above the head

natural stretches

7

supported shoulder stand instead of shavasana



supported shoulder stand / 15 min. / sacrum on bolster or on ground

in the beginning of this practise you started to feel like a slight drain sensation
but eventually your legs will feel cold, that's what we want
see if you can notice how far down the movement of this blood draining has gone
you want it to go all the way down into the hips so that the body is able to cleanse the blood the lymph
and get the information for a reset on the hormonal system
so even if this becomes a little uncomfortable don't worry we'll come out of it nice and slow

slowly come back into your body
begin by moving your feet gently
if your sitting on a bolster just try to lift your hips off and remove it
then drawing your knees to your chest and rolling over to one side
just pause here, allowing the blood to flow back, back into your legs

whenever you are ready pressing yourself up to a comfortable seated position

and from that position, just notice how you feel
what might be different from when we did a little bit more active practise
see if you can feel the results from today working with energy and internal web
see if the mind is silent

and with your next inhale lifting the arms up in invitation of the light into your life
with the exhale drawing your hands down in front of your heart

reminding to share that with others

thank you everyone for joining me in practise this morning

namasté