Seated Postures, 5 breaths each:

- Dandasana (staff)
  Sit on a block if more comfortable
- Paschimottanasana (back stretch)
  Soften knees if appropriate
- Purvottanasana (front stretch)
  Bend knees if necessary
- Vinyasa Preparation
  (1 breath inhale, press down)
  Don’t worry if nothing much happens!

Take a Vinyasa- the linking series of movements between seated postures:

VINYASA:

- Ankles cross, knees in
  Inhale: lift and lean in
- Tilt forward, press down to lift hips
  Exhale: step or jump feet back to lower
- Inhale: Upward Facing Dog
- Exhale: Downward Facing Dog
- Look up, step or jump feet up
  Inhale: come back through to sit

- Lift between each side then take a vinyasa
- Take last vinyasa!

Finishing Postures, 5 breaths each:

- Urdhva Dhanurasna X 3
  (or preparation: bridge posture X2 variations)
- Full posture
- Paschimottanasana
  (easy forward bend)

- Full deep breathing
  Padmasana X 2
  (Easy cross legs or half lotus- 5 breaths each side)
- Completely relax and let go
  Savasana
  (take rest- 5 minutes)