

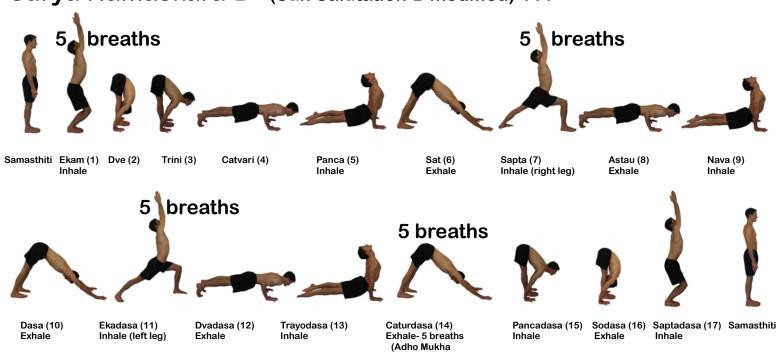
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(Short 30 minute practice)

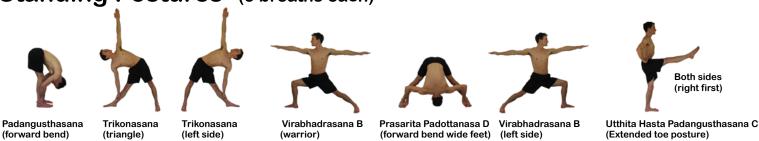
Begin standing at the front of your yoga mat, feet close, arms by side, palms face in Keep the face relaxed and with awareness to the abdomen breath through the nose Think of this practice as a moving meditation, use the breath to anchor you to "now"



Surva Namaskara B (Sun Salutation B modified) X1



Standing Postures (5 breaths each)



Seated Postures (5 breaths each)

2 times **Both sides** 2 minutes

Dandasana (Staff posture) **Paschimottanasana** (forward bend)

Marichyasana C (twisting posture)

Navasana (boat posture) Urdhva Dhanurasana Paschimottanasana (upside down bow)

(easy forward bend)

Finishing Postures (5 breaths)

Padmasana (sitting)

Savasana (relaxation)