

Seated postures- 5 breaths each- with a vinyasa (or a lift) between postures:

VINYASA:

Ankles cross, knees in
Inhale: lift and lean in

Tilt forward, press down to lift hips
Exhale: jump or step 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

Seated postures:



Dandasana
(staff)



Paschimottanasa A and B
(back stretch X 2)



Purvottanasana
(front stretch)



Janu Sirsasana A
(head to knee- both sides)



Marichyasana C
(side twist- both sides)



Navasana
(boat X 3)



Supta Kurmasana
(sleeping tortoise)



Baddha Konasana
(bound angle)



Upavistha Konasana A
(forward bend, feet wide)



Upavistha Konasana B
(upward facing)



Supta Padangusthasana A
(lying down big toe posture- both sides)



B

Finishing Postures- 5 breaths each, unless stated otherwise



Urdhva Dhanurasna X 3
(or preparation for upside down bow posture)



Full posture (X 3)



Paschimottanasana
(easy forward bend)



Lie down and preparation



Savangasana
(shoulder stand)
(10 breaths)



Halasana
(plough)



Karnapidasana
(ear press)



Matsyasana
(fish)



Padmasana X 2
(lotus or easy cross legs)
(5 breaths each side)



Utplutih
(lift up!)



Savasana
(take rest- 5 minutes)