

Seated Postures, 5 breaths each:



Dandasana
(staff)
Sit on a block if more comfortable



Paschimottanasa
(back stretch)
Soften knees if appropriate



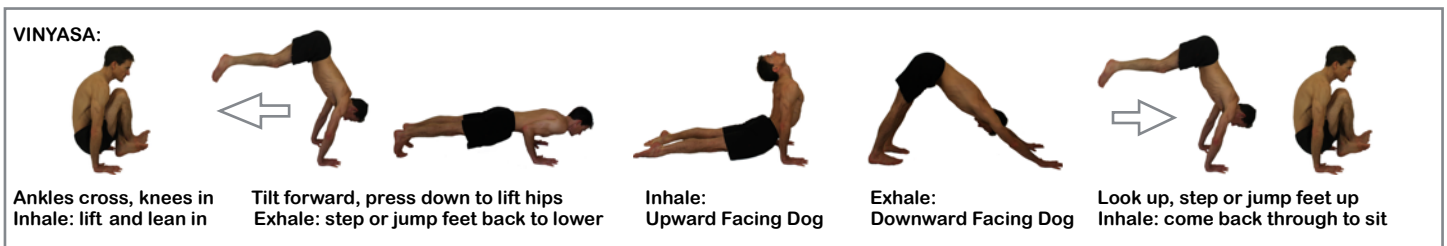
Purvottanasa
(front stretch)
Bend knees if necessary



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



Marichyasana C
(side twist- both sides)

Lift between each side then take a vinyasa



Navasana
(boat X 3)



lift up between each navasan



Supta Kurmasana
(sleeping tortoise)

Take last vinyasa!

Finishing Postures, 5 breaths each:



Urdhva Dhanurasna X 3
(or preparation: bridge posture X2 variations)



Full posture



Paschimottanasana
(easy forward bend)



Padmasana X 2
(Easy cross legs or half lotus- 5 breaths each side)

Full deep breathing



Savasana
(take rest- 5 minutes)

Completely relax and let go