



Begin sitting with easy crossed legs, look gently down
 Feel the sensation of sitting on your mat, keep the face relaxed
 Breathe steadily in through the nose, and out through the nose
 Keep awareness turned inwards to sensations within the body
 Remain with this sensation when you start to move

Warm Ups



Cat posture: look gently down
 Shoulders above wrists
 Hips above knees, feet apart



Breathe in: start to look forwards
 Lift the chest, shoulders roll back
 Feel the abdomen drawing down

← X3 →



Breathe out: start to look back
 Arch the back like a cat
 Draw the abdomen up



Downward facing dog
 Bend each knee in turn
 Gently stretch out legs



Easy forward bend
 Let the head hang
 Relax the shoulders

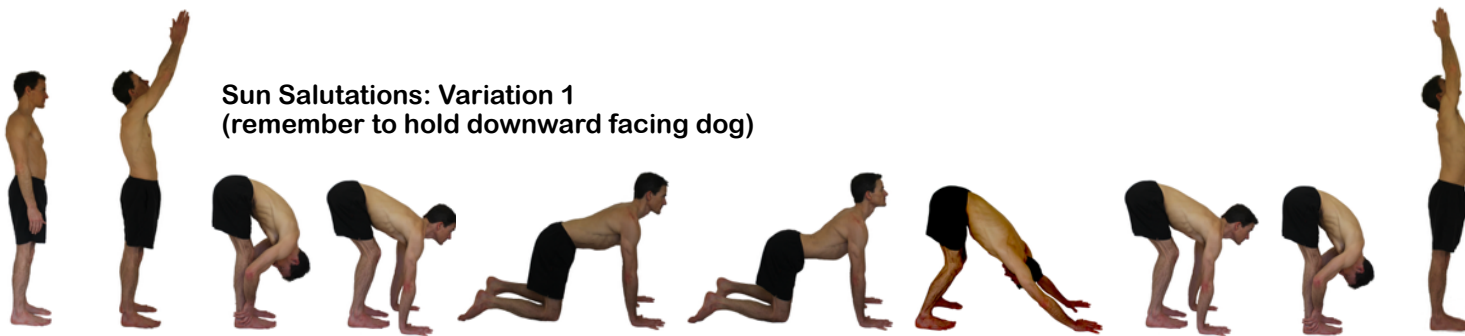


Interlace fingers, reach up
 Shoulders relaxed

Hips square to front:
 Reach out to the left
 Reach out to the right



Sun Salutations: Variation 1 (remember to hold downward facing dog)



From standing Arms up INHALE Fold forwards EXHALE Look up INHALE Step back: Cat posture EXHALE Look forwards, lift chest INHALE Downward facing dog EXHALE: 5 BREATHS Step forwards INHALE Fold forwards EXHALE Arms up INHALE

Variation 2



Fold forwards EXHALE Look up INHALE Step back: lower down EXHALE Cobra: lift chest INHALE Downward facing dog EXHALE: 5 BREATHS Step forwards INHALE Fold forwards EXHALE Arms up INHALE

Variation 3



Fold forwards EXHALE Look up INHALE Jump back: lower down EXHALE Upward facing dog: lift chest INHALE Downward facing dog EXHALE: 5 BREATHS Jump forwards INHALE Forward down EXHALE Arms up INHALE Standing EXHALE