



STANDING POSTURES CONTINUED

(5 BREATHS)



Warrior 2, left side
Arms parallel to ground



Side stretch posture option for left arm underneath
Left elbow to knee roll right shoulder back



Forward bend, legs wide
Interlace fingers, relax shoulders

Repeat:
Warrior 2 then
Side stretch
posture on
RIGHT SIDE



Standing twist and balance continue lifting leg, face forwards
Repeat right side



Eagle posture
Repeat right side

SEATED POSTURES 5 BREATHS EACH



Janu Sirsasana
Left side first
REPEAT RIGHT SIDE



into
Ardha Matsyendrasana
Twist to the right
REPEAT LEFT SIDE



practice lift
INHALE: 1 breath

THE VINYASA: between seated postures



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



Shalabhasana
Keep legs active, lift chest



Take rest in Crocodile posture
Reconnect to steady breathing



Bhujangasana: Cobra
Keep arms active, lift chest



Child's Pose
Easy forward bend



Bakasana: Crow posture
Active arms, lift chest



Supta kurmasana
Round gently down



Side stretch posture
Repeat both sides



Forward bend, feet wide
Chest towards mat



Padmasana
Or easy crossed legs
5 breaths each side



Savasana- relaxation (5 minutes)