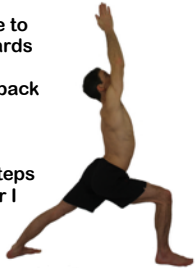


Standing Postures (5 breaths each)



From Fierce Posture to Warrior I, fold forwards (exhale), look up (inhale), step/jump back and lower (exhale), cobra/upward dog (inhale), down dog (exhale), right leg steps forward into Warrior I

Fierce Posture
Bend knees, arms up



Warrior I
Right side first, then turn left



Warrior II
Left side first, then turn for right



Reverse Triangle Posture
Left side first



Eagle Posture

From last standing posture, arms up (inhale), fold forwards (exhale), look up (inhale), step/jump back and lower (exhale), cobra/upward dog (inhale), down dog (exhale), come through to sitting (inhale)...

Seated Postures (5 breaths each) with a Vinyasa movement between postures



Sit tall, hands by sides, look down (option to sit on block/bend knees)



Reach arms forward
Keep shoulders relaxed



Lift arms up
(go as far as feels ok)



Forward bend over time take toes
Don't overstretch: option to bend knees



Practice lift up X2 (INHALE)
Cross ankles both ways

Vinyasa: keep breathing as you move through



Ankles cross, knees in
INHALE: lift and lean in



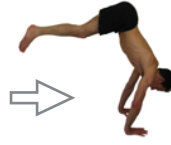
Tilt forward, press down to lift hips
EXHALE: jump or step feet back to lower



Upward Facing Dog
INHALE (or Cobra)



Downward Facing Dog
EXHALE (just 1 breath)



Look up, more weight though hands
INHALE Step or jump back through to sit



Front stretch posture
(option to bend knees)

Vinyasa. . .

Keep breathing as you move
Link breath with movement



Camel posture
Lift chest



Child's pose
Arms behind

Vinyasa. . .



Tortoise posture
Round head down

Vinyasa. . .

Finishing Postures (5 breaths each)



Lie down, breath



Lift legs
Preparation



Shoulder stand
Weight off neck



Legs slowly back down



Draw knees in
Roll gently



Sitting, both sides
Easy crossed legs



Option of half lotus
(both sides)



Lift up!
5 breaths



Relaxation
Release and let go