



Each of these 3 yoga practices begins with this page of the same Warm Ups and Sun Salutations accompanied by 3 separate standing, seated and finishing sequences



Begin in Child's Pose, knees apart, feet together, arms in front
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



Stay here and breathe
Keep lifting the chest



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

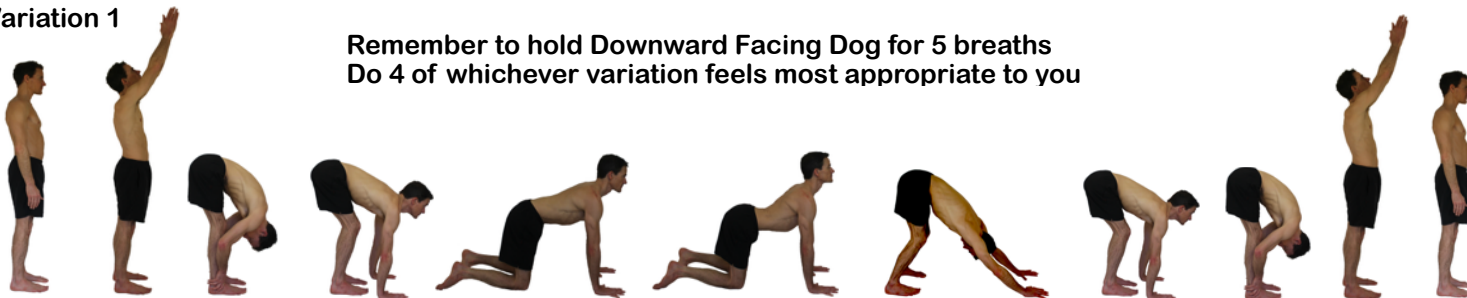
Hips square to front:
Reach out to the left
Reach out to the right



Sun Salutations

Variation 1

Remember to hold Downward Facing Dog for 5 breaths
Do 4 of whichever variation feels most appropriate to you



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

Variation 2



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

Variation 3

From standing:
Arms Up (INHALE)
Fold forwards (EXHALE).....



..... Look Up INHALE



Jump back: lower down EXHALE



Upward facing dog: lift chest INHALE



Downward facing dog EXHALE: 5 BREATHS

Options to jump back to "plank", lower down (slowly) and move through Upward Facing Dog to Downward Facing Dog (5 breaths), and then jump back through to standing