

FLEXIBILITIES

Base Position



Staff Pose
"Dandasana"
- Sit tall

- Legs outstretched
- Feet hip width apart
- Toes toward ceiling
- Kneecaps lifting
- Tailbone tucked under
- Tummy tucked in
- Shoulders away from ears

Toe Stretch



- Move toes back & forward.
- Keep feet upright & ankles still.

Ankle Rotation



- Legs wider apart
- Slowly rotate feet from the ankles.
- Both directions.

Knee Rotation



- Bend right knee & draw thigh up to chest
- Raise foot off ground & rotate lower leg from the knee.
- Both directions.

Hip Rotation



- Bend right knee & cross right ankle over left thigh, knee falls out to side.
- Right hand on right knee

- Left hand supports right foot
- Use right hand to rotate right knee while left hand supports foot.

Butterfly



- Knees bent
- Soles of feet together
- Hands under feet
- Inhale, let knees fall out to sides
- Exhale - relax.

Shoulder Rotation



- Place fingers on shoulders
- Fully rotate both elbows at the same time in a large circle.
- Bring elbows together at the front.

Neck exercises

- Take chin down to chest then take the head back gently, do not strain.
- Turn the head to look over the right shoulder, then slowly to the left.
- Slowly rotate the head down & to the right, slowly & smoothly, then to the left.

ASANA

① Downward Dog
EXTENDED POSE OF THE CHILD



- Sit back on the heels, knees apart and reach the arms out in front.

CAT/COW POSE



- Start in table-top.
- Inhale, starting from the tailbone, flex the spine to look up
- Exhale, flex the spine to look down

Repeat five times

THUNDERBOLT



- Sit back on your heels
- Hold for five breaths
- Lengthen through the spine
- Shoulders away from the ears.

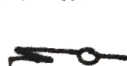
AWAKENING SEQUENCE

3 breaths

- Stand on knees, arms up
- Extended child's pose
- Come upon to hands & knees, arch spine down
- Lift hips, straighten legs, rise into downward dog
- Down on to hands & knees look up
- Extended child's pose
- Stand on knees
- Release into Thunderbolt

② Lunge Sequence

EXTENDED POSE OF THE CHILD



- Sit back on the heels, knees apart and reach the arms out in front.

DOWNWARD DOG



- Lift hips, straighten legs, drop heels, shifting bones to the ceiling.

PLANK



- Activate glutes
- Straight line through shoulders, hips, knees and ankles

LOW LUNGE



- Step right foot up to right hand.
- Torso low, push into back heel.

HIGH LUNGE



Five breaths

- Rest hands on front knee, & bring torso up.
- Front knee tracks over middle toe of front foot.

RUNNER'S LUNGE



Five breaths

- Shift weight back as if to sit on back heel
- Front foot on floor, then lift toes

TWIST



Five breaths

- Take the left hand across to the right knee.
- Right hand rests on tailbone.
- Inhale, lengthen spine, exhale twist to the right, turning to look over right shoulder

REPEAT ON THE LEFT HAND SIDE

VAJRASANA (THUNDERBOLT WITH TOE STRETCH)



Five Breaths

- sit back on your heels, tick your toes under and hold

TABLETOP



Five breaths

- Flex and stretch out the toes again.

EXTENDED POSE OF THE CHILD



Five breaths

- sit back on your heels, arms stretched out in front

② Ardra Matsyendrasana

EXTENDED POSE OF THE CHILD



Five breaths

- Sit back on the heels, knees apart, reach arms out in front.

DOWNWARD DOG



Five breaths

- Lift hips, straighten legs, drop heels, sitting bones to ceiling. - Shoulders away from ears.

SWAN POSE (LYING)



- Slide right knee up to right hand, right foot across to left hand. - Lie forward, sink into right hip.

SWAN POSE (UPRIGHT)



- Bring the torso up. - Press hands into floor & look up.

HALF LORD OF THE FISHES (ARDHA MATSYENDRASANA)



Five breaths

- Bring left foot around beside or past the right knee, hug knee.
- Bend right elbow & take it to outside of left knee.

- Left hand goes next to tailbone.

- Inhale & sit tall. - exhale, turn to look over left shoulder.

THUNDERBOLT



- sit back on your heels

EXTENDED POSE OF THE CHILD



- Sit back on heels. - Reach arms out in front.

REPEAT ON THE LEFT HAND SIDE

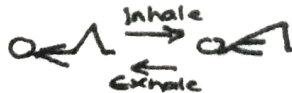
④ Lying Sequence

SEMI-SUPINE



- Relax into the floor.
- Knees bent, feet hip width apart.

BRIDGE (DYNAMIC)



- Inhale → Exhale
- Initiate movement at tailbone
- Roll up one vertebrae at a time.

Repeat Five times

BRIDGE



- Adjust shoulder blades down the back

Hold for five breaths

SEMI-SUPINE



- Hug the knees.

THREAD THE NEEDLE

Five breaths



- Take right ankle to left knee - let knees fall out to the side.
- Interlace fingers behind left thigh, draw thigh to chest

Five breaths

REPEAT ON LEFT HAND SIDE

RECLINING TWIST



- Straighten left leg.
- Take left hand across to right knee, right hand out to side
- Draw right knee over to the left.

Five breaths

- Look to the right.
- Keep shoulders grounded.

REPEAT ON THE LEFT HAND SIDE.