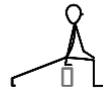
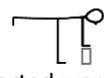
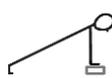
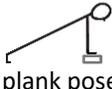
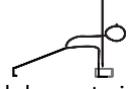
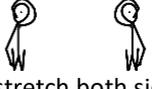
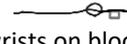
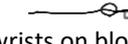
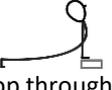
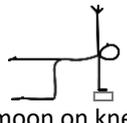
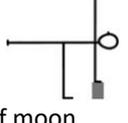
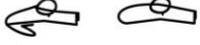
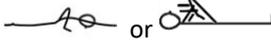




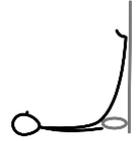
<p>1</p>	<div style="display: flex; justify-content: space-around; align-items: flex-start;"> <div style="text-align: center;">  <p>block core lift</p> <p>blocks slightly in front of the sits bones lift belly / lift up / press arms straight</p> </div> <div style="text-align: center;">  <p>throat stretch</p> </div> <div style="text-align: center;">  </div> </div>
<p>2</p>	<div style="display: flex; justify-content: space-around; align-items: flex-start;"> <div style="text-align: center;">  <p>blocks in front of the knees push up / press arms straight</p> </div> <div style="text-align: center;">  <p>side bend sitting on heels fist / hold wrist</p> </div> <div style="text-align: center;">  </div> </div>
<p>3</p>	<div style="display: flex; justify-content: space-around; align-items: flex-start;"> <div style="text-align: center;">  <p>revers hands / wrist stretch wave at yourself</p> </div> <div style="text-align: center;">  <p>plank pose hold and shift forward and back</p> </div> <div style="text-align: center;">  <p>push ups on knees slowly up and down pull shoulders back / head up</p> </div> </div> <div style="display: flex; justify-content: space-around; align-items: flex-start; margin-top: 20px;"> <div style="text-align: center;">  <p>down dog</p> </div> <div style="text-align: center;">  <p>plank pose</p> </div> <div style="text-align: center;">  <p>up dog let hips drop through and rock from side to side</p> </div> </div>
<p>4</p>	<div style="display: flex; justify-content: space-around; align-items: flex-start;"> <div style="text-align: center;">  <p>down dog</p> </div> <div style="text-align: center;">  <p>step right foot forward behind block straighten hips forward / lift back heel</p> </div> <div style="text-align: center;">  <p>place left foot on top of right forward fold</p> </div> </div> <div style="display: flex; justify-content: space-around; align-items: flex-start; margin-top: 20px;"> <div style="text-align: center;">  <p>lift left foot to the side</p> </div> <div style="text-align: center;">  <p>place feet next to each other lift heels / weight into hands</p> </div> <div style="text-align: center;">  <p>down dog</p> </div> <div style="text-align: center;">  <p>plank pose</p> </div> </div> <div style="display: flex; justify-content: space-around; align-items: flex-start; margin-top: 20px;"> <div style="text-align: center;">  <p>let hips drop through to up dog</p> </div> <div style="text-align: center;">  </div> </div>
<p>5</p>	<div style="display: flex; justify-content: space-around; align-items: flex-start;"> <div style="text-align: center;">  <p>transition / place blocks behind you</p> </div> <div style="text-align: center;">  <p>camel pose / fingers facing forward / 3 x</p> </div> <div style="text-align: center;">  <p>down dog</p> </div> </div>
<p>6</p>	<div style="display: flex; justify-content: space-around; align-items: flex-start;"> <div style="text-align: center;">  <p>high lunge micro movements up / down</p> </div> <div style="text-align: center;">  <p>low lunge back bend</p> </div> <div style="text-align: center;">  <p>supported warrior iii with squats</p> </div> <div style="text-align: center;">  <p>slight backbend press block between hands</p> </div> </div> <div style="display: flex; justify-content: space-around; align-items: flex-start; margin-top: 20px;"> <div style="text-align: center;">  <p>forward fold</p> </div> <div style="text-align: center;">  <p>half forward fold</p> </div> <div style="text-align: center;">  <p>down dog</p> </div> <div style="text-align: center;">  </div> <div style="text-align: center;">  </div> <div style="text-align: center;">  </div> <div style="text-align: center;">  </div> </div>

7	 asymmetrical push ups one elbow bends out, one bends back both sides	wrist stretches  camel pose fingers facing forward 3 x
8	 down dog  take right foot outside right block low lunge / right hand on right knee push knee gently out  plank pose  let hips drop through to up dog	 high lunge twist  down dog 
9	 down dog  neck stretch both sides  spider push ups take blocks outside mat  shoulder stretch  wrists on blocks  shoulder stretch  wrists on blocks  3 push ups  plank pose  let hips drop through to up dog	 dolphin pose / 8 b press one block between hands  child pose
10	 down dog  on all fours  half moon on knee  forward fold 	 down dog  half moon
11	 draw one heel down stretch achilles  push both heels up and down 5 x / strengthening feet	 tree on block  roll foot out 
12	 forward fold  low squat  forward fold  ankle on fibre bone lower slowly down  roll foot out  ankle on fibre bone lower slowly down	 heels up and down keep heels together  roll foot out

13	sit down and massage your feet thread fingers through feet	 boat pose	 bend knees and straighten	 take feet together
<p>you can work all around your body with the following massage technique</p>				
14	 massage hamstring with block or use a Blackroll ball, tennis ball or a rock begin with sit bone on the block and roll it back massage all the way down the back side of your upper leg	 forward bending	 up plank	
15	 core straighten arms / lift up	 asymmetrical push ups 5 x both sides	 extended puppy dog pose 10 b	
16	 massage the buttocks with block begin with sit bone on the block and roll it to the front of the block working attachment points / massage all around your butt	 forward bending	 up plank	
17	 core straighten arms / lift up	 asymmetrical push ups 5 x both sides	 down dog 10 b	
18	 gate pose one fist / hold wrist 10 b	 tuck back toes under take one hand to the heel each up / bend back	 1st round core lift straight feet	 2nd round tuck toes under and sit back
19	 down dog	 transition	 pigeon pose or reclining pigeon pose 20 b	
20	 supported bridge pose relax sacrum on block	 pull knees to chest rock in circles to massage the spine		

21 shavasana (legs up the wall)

make sure you're in a position that you feel you can completely
let go of your beautiful legs
cover your body, tuck yourselves in, if you have something
to cover your eyes, it's nice



remember, your feet are going to get a little cold
and your legs might start to feel a little numb and tingly
this is ok, it's expected
we're trying to drain all the fluid out of the feet, out of the ankles, out of the knees
so that your body can cleanse and process

so as you settle in this lunar inversion
you made a lot of effort today
this is the moment when you begin to release effort
release judgement, any ideas that you happen to have about your practise or your body
just allow them to dissolve towards the external
allow your natural heaviness feeling the cavity of the bones as the earth hugs us ever closer
noticing anything that is occurring in the midfield
and see if you can consciously speed up your thoughts
like traffic moving in a movie and see if you can consciously slow down your thought
like bubbles of air moving through cold honey
and see if you can let your thoughts become distant
like a sunset occurring in the vast plane and watching the distant clouds change colour
how far away the thoughts can become
then just leave them there
cultivating the understanding, that the mind can take care of the mind
and just for this little bit of time that you don't need to attend to it
letting your presence like the blue-sky empty and vast
not to need to force or change anything unfolding

begin drawing your awareness slowly back into your body
as if you are awakening from a most restful now
wiggling fingers and toes
and whenever you are ready, drawing your knees into your chest
and lifting yourself off of any props by pressing your feet against the wall, that's save to do
turn yourself really slowly and bring yourself up into a comfortable meditative position

gliding your spine back into the place, where you redirect gravity to create just a little bit more length
draw the signal of your attention on the sensory channels
taking your attention to the source of your attention

with your next inhale lifting your arms over your head in invitation of light into your life
with the exhale drawing your palms in front of your heart
so we may be compassionate towards all beings

we had a nice long practise this morning thank you for joining me

namasté