



1 meditation (5 minutes)

allow yourself to arrive in the room and get into a comfortable seated position  
rest your palm down on your knees or your thighs  
begin to redirect your awareness towards the internal landscape  
taking stock of what's occurring inside of self



relaxing your jaw  
a hint of a smile, as if you know a secret, but you're not going to say  
find the inner ear and just relaxing the hearing channel  
feeling the heaviness of your own body

begin just drawing your spine back slightly  
use this drawing back as a mechanism to straighten  
reposition your head so that it feels balanced and even

begin lengthening your breath all the way to the bottom of your lungs  
creating just a slight increase in the body of air going in  
and intentionally squeezing just a little bit more out on the exhale

(little pause)

begin arching your back a little bit  
if it feels good, take the hands back or leave them in front of the chest



with your next exhale, deeply round your back, tucking your chin towards the chest



and with your next inhale take your palms together in front,  
interlace the fingers and press up  
tuck your chin down towards the chest and take the arms back  
moving gently from side to side just stretching into the armpits and the side body  
keep the pressure in the hands moving up  
let this movement be natural and buoyant



lowering your hands down, placing them somewhere on your legs  
using the pressure of your palms to draw yourself a little bit deeper  
into a back bend, hug your elbows in

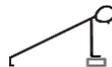
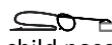
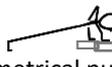
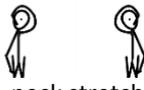
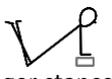
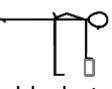
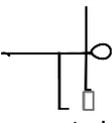


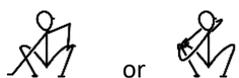
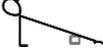
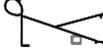
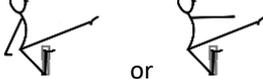
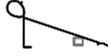
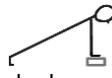
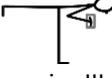
with your next exhale take your hands out in front of you and reverse,  
wave at yourself, stretching the outside of the wrists

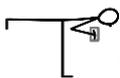
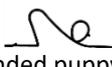
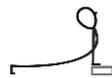


from there reverse your hands backwards, come onto your knees  
just begin moving naturally to create a stretch in the wrist



2	 <p>fingers stance right left</p>  <p>child pose</p>  <p>lower slowly down until the belly is on the mat slide blocks lower to the ribcage</p>  <p>plank pose activate core</p>  <p>supported cobra pose moving back and forth</p>  <p>down dog</p>  <p>child pose</p>  <p>asymmetrical push ups 5 x</p>  <p>sit back cow face push head back</p>  <p>asymmetrical push ups other side 5 x</p>  <p>sit back cow face other side</p>
3	 <p>transition</p>  <p>right foot up heel push ups</p>  <p>step right foot forward little squats</p> 
4	 <p>down dog</p>  <p>transition</p>  <p>activate core and hold</p>  <p>camel pose</p>  <p>child pose fill kidneys with fresh prana</p>  <p>neck stretch both sides</p>  <p>finger stance right than left</p>  <p>let hips drop through rock slightly for and back</p>  <p>down dog</p>
5	 <p>transition big toes touching</p>  <p>standing splits lift left foot up heel pus ups</p>  <p>place left toes on achilles tendon of right foot straighten right leg, lengthen spine</p>  <p>press left hand down / right to sacrum little squats with right leg</p> 
6	 <p>forward fold</p>  <p>put both blocks together left hand on block / right hand on sacrum lift right leg up</p>  <p>half moon twist</p> 

7	 forward fold	 garland pose	 twist look up or full bind		 garland pose	
8	 place blocks together / forward fold achilles tendon is past the block pressing into the calf muscles press one leg straight, then the other		 upward plank pressing into the calf muscles	 left leg up		
9	 shoulder stretch feet on blocks make a box	 shoulder stretch shoulders look forward one hand walks back	 table pose lift hips up	 lift one leg squeeze butt		
10	 one calf on the block lift other leg with both hands arms crossed	 release leg and hold it up with core	 both calves on blocks core lift			
11	 bound angle grab ankles lift chest up go back and forth	 hands behind lift hips up	 grab ankle and twist both sides	 lift legs up		
12	 substitute for box pose (fire log) place one ankle and lower leg on the blocks straighten other leg out and forward fold		 or core lift	 lift hips up		
13	 down dog	 plank pose	 project upper hip forward		 plank pose	 other side
 transition		 down dog	 forward fold	 rise up with one block press it between hands	 take it to the heart and press	
 warrior I press block between hands		 warrior III				
14	 forward fold	 rise up with one block press it between hands	 take block in front of the heart press it between hands	 step back warrior I		

	 <p>float up to warrior iii press block between the hands</p>	 <p>vinyasa / exhale up inhale down 10 x without block</p>			
15	 <p>arm balance on blocks wide stance, walk hands with blocks back hug shoulders with knees and lift</p>				
16	 <p>head to knee pose with block in front of the foot</p>	 <p>asymmetrical upward plank</p>			
17	 <p>asymmetrical push ups 10 x each side</p>	 <p>extended puppy pose</p>			
18	 <p>shoulder stretch</p>	 <p>finger stance on blocks</p>	 		
19	 <p>butterfly pose with props to let go of all efforts / 4 min.</p>				
20	 <p>transition</p>	 <p>thread the needle 15 b</p>	 <p>hug knees in</p>	 <p>transition</p>	
	 <p>3 x bridge pose</p>				
21	 <p>happy baby pose / 10 b</p>				 <p>any lunar inversion for 10 b</p>

## shavasana ( 7 – 10 % of the length of our class)



as you move into shavasana, remember what we talked about the other day  
shavasana is the time to shut down the levels of yourself,  
to withdraw your intention and back towards the atman  
by releasing the physical form, a very nice technique to release the body

begin unsqueezing the brain, this creates a subtle relaxation of the nervous system  
as if your brain was a sponge  
begin unsqueezing it, creating a little bit more space  
as you do this, there are most likely secondary thoughts arising  
don't follow the secondary thoughts  
and keep unsqueezing the brain cultivating a wavelike feeling

a secondary practise  
imagine that there was a cooling menthol eucalyptus  
slowly moving inside your head, cooling down the entirety of your super computer  
allowing that cooling and unsqueezing begin moving down the spinal cord  
allowing that unsqueezing to move all the way to the fingers and toes

slowly begin drawing back your awareness into the physical form  
and turning on the light into all the levels of self  
as you return your conscious into the ration of the limited with the unlimited aspects  
wiggling toes and fingers  
lengthen the breath  
stretching all the ways that feel good to you, the arms then the legs

slowly bring yourself up to a comfortable seated position  
as you get into your seated position let your palms just rest naturally  
do any final micro movements and adjustments before you let go completely  
not following any of the signals of the physical body  
not following any of the thoughts  
or moving  
taking your attention to the source of your attention

(little pause)

with your next inhale extending the arms up in invitation to the light into your life  
with your exhale drawing that down to share with all beings

thank you all for joining me in this Friday morning practise

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