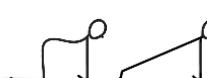
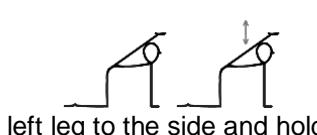
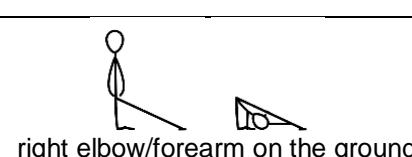
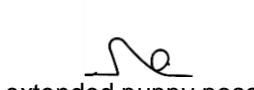
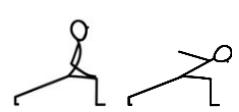
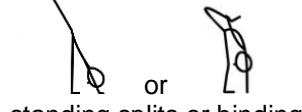
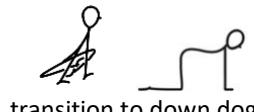
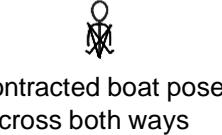
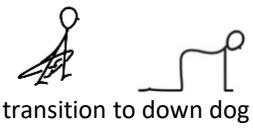
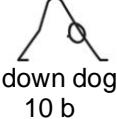
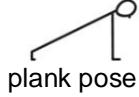
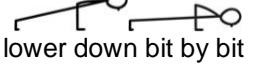
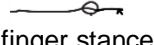
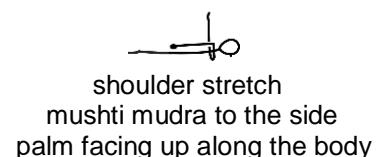
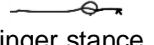




**Franziska's notes of the  
300/500 h YTT with Rae Indigo  
Part 3: The Awakened Mind**

2017 Zürich  
Morning Practice Day 1  
Balanced Flow

1	 comfortable seated position	 wrist stretches reverse and turn the hands	 finger stance	 cross ankles coming to all fours
2	 plank pose rock forth and back	 wrist stretch turn hands	 wrist stretch reverse hands	 finger stance
3	 left leg back and hold	 left leg to the side and hold up and down	 right elbow/forearm on the ground left hand holds ankle	 transition
4	 down dog	 lower down bit by bit	 3 cobra rolls	 extended puppy pose
	 sphinx pose	 dolphin plank forearms and hands flat	 dolphin pose forearms and hands flat	
	 down dog	 10 heel push ups	 long lunge / fists out	 open hips
	 twist	 pyramid pose	 standing splits or binding the other / forward fold	 step foot across cross legged forward fold
	 side stretch legs crossed	 rock down and up again 5 times don't touch the floor	 stop in a seated position	
	 transition to down dog			

<p>5</p>  <p>contracted boat pose cross both ways</p>  <p>boat pose</p>    <p>core holds both sides</p>     <p>hand to outside edge of the foot hold to ear</p>    <p>boat pose</p>
<p>6</p>  <p>place right foot on the left calf</p>  <p>lift left leg up shin towards forehead</p>  <p>hands free</p>  <p>upward plank</p>
<p>7</p>  <p>bound angle feet away</p>  <p>grab ankles and round back ruck chin in and lean back</p>  <p>elbows in and arch spine draw yourselves like a bow</p>  <p>head on block and rest</p>  <p>contracted boat pose cross both ways</p>  <p>transition to down dog</p>
<p>8</p>  <p>down dog 10 b</p>  <p>plank pose</p>  <p>lower down bit by bit</p>  <p>5 push ups</p>  <p>up dog</p>
<p>9</p>  <p>shoulder stretch</p>  <p>finger stance</p>  <p>shoulder stretch mushti mudra to the side palm facing up along the body</p>  <p>finger stance</p>  <p>5 core lifts</p>

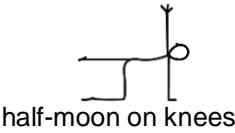
10



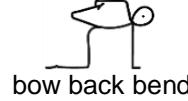
down dog



transition



half-moon on knees



bow back bend

take leg out  
hold outside of foot

half splits



hip opening low lunge



front leg lies on the upper arm



half splits



boat pose



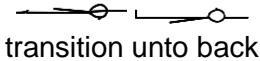
extended puppy pose



sphinx pose

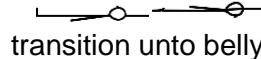


shoulder stretch

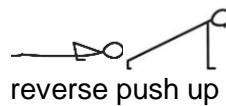


transition unto back

shoulder stretch  
face down under the ribs  
roll unto that arm



transition unto belly



reverse push up

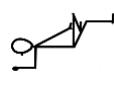


vinyasa



transition

11



twist prana mudra (squeezing index finger toward the palm)  
right foot on the ground / left hand presses the right leg away from



thread the needle



legs up



slide hands down the legs



reversed forward fold rocking vinyasa



12

shavasana