yoganista.ch

Franziska's notes of the 300/500 h YTT with Rae Indigo
Part 4: The Awakened Path

2017 Zürich
Morning Practice Day 2
Balanced Flow

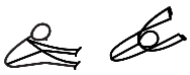
1

easy pose (palms down)

Begin to elevate your chest and lengthening the spine by leaning back just a little bit
Noticing our breathing / start to check in / take stock of any physical sensations
Just noticing sounds and you can label them as they come in (I am hearing…)
Notice if there is any constriction in your breath and consciously create space
Noticing if you're holding any tension in your face, behind your eyes, on your forehead
Have the sensation, that you're consciously dissolving any tension
At the same time that you create an internal softness, feel as if the bones are floating higher
That with each breath in, is an expansion to float your bones a little higher
And that with each exhale using that in drawing quality to also create more space
Millimetre by millimetre just a little bit more space

Slowly remove all blocks or bolsters and put them to the

2



gentle forward fold

interlace fingers / neck stretch
lift right and left elbow just a little bit
creating space in the ribcage

press palm up
circles with the ankles

bound angle / flap knees
2 min.

3

hold ball of the left foot
pick up the right leg
square your shoulders forward

take left leg out to the left
keep the right one floating up
extend right arm out / palm facing up

forward fold
right leg on the ground / left on top
push feet against each other

baby cradle

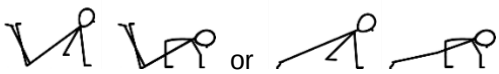
core hold
straighten bottom leg up

forward fold

neck stretch

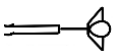
4

transition



or
10 wide arm push ups

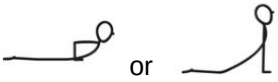
lower down bit by bit



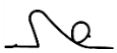
sleepy crocodile

transition

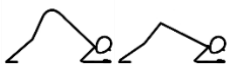
5 cobra rolls



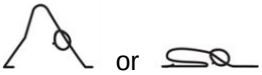
cobra or up dog



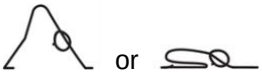
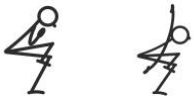
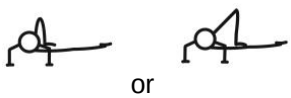
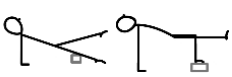
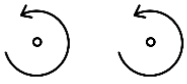
extended puppy pose

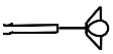
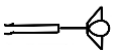
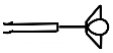
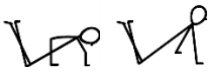
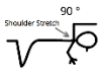
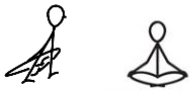


10 dolphin push ups



or
down dog or child's pose

5	lift right leg 10 heel push ups right leg forward 10 b half split right knee into armpit and hold pigeon pose right leg in front king pigeon draw foot back king pigeon draw foot in hold outer edge of right (lower) foot and lift up wild thing left hand up flow through vinyasa  or 5 b flow through vinyasa 5 b
6	walk feet wide forward fold keep ribcage to thighs shift weight to one side pick one foot up and hold / other side
7	ankle on knee  squat down arms to the side / mushti mudra internal rotation of the shoulders roll it out fold down make a shelf with your elbow flying pigeon
8	baby cradle pose twist foot into the armpit or dragonfly pose from standing squat down turn to one side  or dragonfly pose
9	forward fold  toes on the ground hip 10 x up and down cross legged forward fold 

10	fire log pose 5 min. shake it out grab armpit with fingertips press arm back with head / gyan mudra
11	transition extended puppy pose sphinx pose bow pose rock forth and back  sleepy crocodile bow pose rock forth and back  sleepy crocodile frog pose  sleepy crocodile
12	 10 wide arm push ups  shoulder stretch finger stance
13	5 cobra rolls transition down dog 10 b  transition to sitting back
14	5 x wheel pose or thread the needle or block underneath the ribcage
15	<u>shavasana</u>