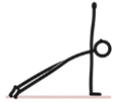




<p>1</p>	<p>activate bandhas feet / pelvic floor / belly in &amp; up</p> <p>3 b plank pose</p> <p>lower down slowly</p> <p>3 cobra rolls</p> <p>move side to side angelate your spine</p> <p>cobra roll to down dog</p> <p>3 b down dog</p> <p>float forward</p> <p>check your bandhas</p>
<p>2</p>	<p>5 b padding your feet lifting one leg, then the other</p> <p>float forward</p> <p>take a moment to check in, check your feet, toes</p>
<p>3</p>	<p>5 b</p> <p>pay attention to your armpits as if you want to take them down towards your mat hollow the belly at the bottom of every exhale, lifting prana, the feet and the arches, toes are alive</p> <p>float forward</p> <p>check in, soften your face, setting any thoughts to the left of your mat</p>
<p>4</p>	



3 b  
side plank



reclining side plank  
draw upper hip forward



2 b / wild thing  
upper palm facing up



3 b  
down dog



5



wrist stretches  
reverse your hands, tops of the hands on the mat  
shine the eyes of the elbow forward  
rocking back and forth



wrist stretches  
flip your hands the other way  
pinkies touch  
rocking back and forth



thumb stretch  
bring hands, thumbs together, take them  
(thumbs down) in between your knees, not too far back  
squeeze your hands together and sit back

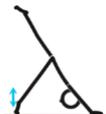


finger strengthening  
finger stance  
fingers arch (no bends)

6



downward dog



right leg up  
10 heel push ups



long lunge  
wide (box) stance



5 b / warrior I  
both hips facing forward



namaste mudra  
straighten right leg



5 b / put your left elbow  
on top of the right knee  
align yourself



5 b  
hip opening high lizard lunge  
lift all arches of your right foot



pranayama (8 b)  
place your right elbow onto the right knee, right thumb covers the right nostril  
8 deep breaths through the left side channel  
see if you can feel it all the way down, to your left toe tips



5 b lizard lunge  
sink your hips nice and low  
rock a little bit side to side



high lizard lunge



knee to shoulder  
1 push up



plank



7



down dog



extended puppy



sphinx



10 spider push ups



shoulder stretch



finger stance



other side



finger stance



10 dolphin push ups  
elbows narrower than the shoulders



thunderbolt / cow face arms  
fingers to armpit / straighten the arm out



lift knees / stretch feet



core hold



garland pose walk to the front of the mat



forward fold / feet wide / hold ankles  
shift weight from side to side by  
bending and straightening legs



bend one knee, pick up other foot  
torso is resting on standing fibre bone  
switch sides 3 x



5 b / hold elbows slight movements



slide arms up your legs

8



standing baby cradle squat and hold (rotate shoulders / mantas mudra)



cross legged half forward fold



cross legged forward fold



9



feet hip distance apart  
core engaged continuously  
grab the inner thighs



inhale arm up



3 b  
chair pose



roll back and down



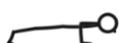
to garland



5 x roll back and up to garland  
massaging your spine



place hands on the mat  
jump back to plank

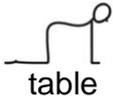


lower down



inhale up

10



table



low lunge



extended baby side angle



crawl under the right leg, place the right hand behind right foot  
squeeze your arm and lift the right leg a little up  
hold your foot with the left hand and play around with extending

extended puppy



transition



walk feet forward to  
garland pose



place blocks shoulder distance apart a little behind your heels  
place hands flat on the blocks, bend elbows like a shelf and sit down  
squeeze your knees toward your shoulders, squeeze core  
straighten one leg, then the other, then both or cross your legs

11



thread fingers through toes on both feet to the base  
lift one leg hold, then the other hold / lift standing foot up too and hold / and other side



balancing happy baby



straighten one leg, then the other, then both



put hands in the crease of the hips  
lengthen the spine by pushing your arms straight



bound angle forward fold  
hold ankles rock forth and back 5 x



push feet together lift hips up

12



forward fold foot to calve



right elbow to the ground  
rest chin on the hand lift left leg up and down 10 x



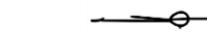
transition



3 min. / pigeon pose



pigeon back bend



roll onto your back, right arm up



shoulder opener

right palm (facing down) underneath  
the ribcage and roll onto your right side



press knee to your torso  
and gently roll back into



pigeon



take your hands slightly off the mat  
make circles with your upper body  
as dramatic as possible  
angulating the spine both directions



right elbow to the ground  
rest chin on the hand lift  
long hold



transition



forward fold foot to calve



twist and draw leg straighter

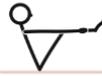


3 min. fire log pose  
forward folding if you like

1)



staff core hold



forehead to knees  
core hold



2)



shoulder stretch  
walk hands back



project right shoulder forward  
look over the left / and other side

13



10 x legs up and down



spinal twist  
step left foot up turn legs to the left  
until right foot steps on the ground  
left hand pushes the right knee away



happy baby

14



block underneath the sacrum

or



shoulder stand flow

## shavasana

Shavasana is translated as corpse pose.

With this posture, is the attitude of corpse, it means a systematic shutting down of the koshas of the external and internal veilings of the self.

This means, that you withdraw the attention from the physical form, the energetic form, the mental form, the karmic wisdom form.

And allow us to leaving the bliss body, to return your attention to resign in atman.



So begin unsqueezing your brain, creating waves of relaxation to move from your brain, down the spinal cord. Feeling like a sponge releasing, waves of relaxation

Unsqueezing the nervous system all the way out to your fingers and toe tips.

Relaxing the tongue, behind the eyes, shoulders, belly, pelvic floor, knees, ankles, the arches of the feet.

The sense that for just the next little while, the body can take care of the body, just leave it.

Allowing yourself to observe the thought stream, without feeling the need to interfere, just watching how one thought falls into another thought, falls into another thought.

See if you can find the little spaces in between each thought.

Keep looking for those spaces.

Allow your awareness to begin to slip through these spaces between each thought.

Bringing your awareness more into the vast empty night sky.

Inside of which all the creation unfolds.

Put yourself in vast spacious presence, as if the entire world, the entire star system, the entire universe is unfolding in your presence.

15 min.



Rest with your palms facing up and touch your thumb and your first finger together

Lengthen the front body, creating a little arch in the spine

And tilt your face slightly up, like a flower in the sun

Allow yourself to become absolutely still

Breath barely moving

Allow the world to just pour around you

1 min.



with your next inhale, lifting arms over your head in invitation of light to your life

with the exhale drawing that in front of your heart in gesture of sharing with all beings

thank you for joining me in this morning practise today

Namasté