

Balanced practice (no kneeling and no support on wrists)

POSE	NOTES
Use this session to bring awareness to steadiness to breath and movement	
Sukhasana	
Supine front body stretch	Lie on back with Knees bent Bend elbows and take elbow in each hand – take arms back and overhead flow with breath in and out then keep stretching legs away until straight
Supine bent single leg raise 30/60/80 repeat 3 times or more on each side	Lie on back bend left knee with foot on floor Stretch right leg along mat On an exhale raise right leg 30 degrees, inhale On next exhale raise right leg 60 degrees On next exhale raise right leg to 80 degrees so knees and thighs are level Slowly lower leg
Supine vrkasana Repeat each side hold for around a minute	Lie on back stretch left leg along mat Bend right knee and take the knee out to the side with right foot on inside of left leg Keep shoulders on floor and left hip down
Supine single knee lock + lift head	Bring right leg to chest with left leg stretch along mat; Place hands around right leg exhale draw knee in; inhale release slightly Additional when exhale lift head and shoulders off floor as you draw the knee to the chest
Lying on side leg lifts	Stretch legs out in line with body; raise and lower top leg 5 times Bend top leg knee place on floor in front of bottom leg; raise and lower bottom leg 5 times
Lying prone (face down)	<ol style="list-style-type: none"> 1. Sphinx – have forearms on floor elbows under shoulders, roll shoulders back and open chest 2. Single leg lifts; rest forehead on hands elbows out to the side. Lift one leg at a time from the thigh, keep leg straight 3. Sacroiliac stabilizer; turn toes under; engage muscles of legs; push into toes; engage buttock & hip muscles and lift legs but keep toes and pelvis on floor
Jathara parivartasana	 <p>Build up strength in abdomen and back</p> <ol style="list-style-type: none"> 1. Start with feet on floor take knees to right then left (keep knees together) 2. Lift feet off floor and repeat above <p>Keep shoulders down on floor; relax face and neck; turn head to face over back arm</p>
Tadasana	<ol style="list-style-type: none"> 1. Urdhva Hastasana; take arms over head stretch arms up to ceiling 2. Badanguliyasana; interlock fingers, push palms away and take arms up to the ceiling

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	<p>3. Gomukhasana; take one arm around and up the back, take other arm up to ceiling bend elbow and clasp bottom hand (use a belt if you can not reach)</p>	
<p>Egyptian Salutation</p>	<p>Tadasana; Stretch arms up; float down to Uttanasana (forward bend); up to Tadasana arms over head; bend to one side and then the other; back to Tadasana then float down to Uttanasana; back to standing with arms at shoulder height; twist one way and then twist the other; take arms wide and back up over head</p>	
<p>Standing Archer</p>	<p>Stand on left leg; bend right knee so foot is off floor and knee out in front; stretch arms out in front at shoulder height; draw right arm back like drawing a bow back; repeat 3 times; in last time take right arm all the way back and stretch out behind you; to release bring arms to centre and release leg down</p>	
<p>Trikonasana</p> 	<p>Parsvokanasana</p> 	<p>Prasritta Padottanasana</p> 
<p>Supta badha Konasana (Reclined cobbler pose)</p>	<p>Place a pillow lengthwise from waist up to head; place a block on end of pillow to raise head slightly; place soles of feet together and allow knees to go out to the side; for extra support place a belt around knees and all legs to completely relax as they are supported by the belt</p>	
<p>savasana</p>	<p>Take a few minutes to lie on your back in savasana to notice how the body feels now</p>	