

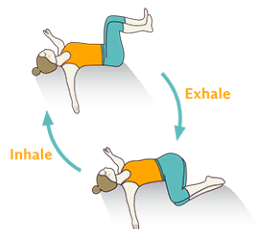
## 1. Constructive Rest Pose • Savasana Variation Bent Legs

Lay on your back with your knees bent and feet flat on the floor.



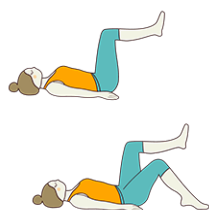
## 2. Belly Twist Flow • Supta Matsyendrasana li Flow

Start in constructive rest. Extend the arms out. Bring the knees over the hips, shins parallel to the sky. Inhale at center, exhale lower the legs about six inches towards one elbow, inhale back to center, exhale to the other side. Continue this flow for five to 10 breaths on each side.



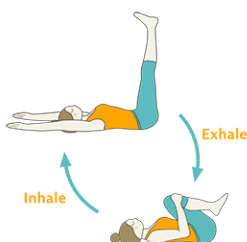
## 3. Supine Toe Taps Flow

Start in constructive rest. Bring the knees over the hips, shins parallel to the sky. Inhale, exhale to lower one leg towards the ground, lightly touching your toe, inhale back up, exhale, other side. Continue for five to 10 toe taps on each side. Move slow and easy with the breath. If the back arches, do not lower the legs as far down.



## 4. Wind Release Pose Flow • Pawanmuktasana Vinyasa

From constructive rest, inhale and reach the arms overhead and the legs up towards the ceiling; exhale, hug the knees into the chest. Do five to ten of these, moving with your breath.



## 5. Easy Boat Pose • Sahaja Navasana

Come to a seat on your mat. Bend your knees bring the soles of your feet to the mat. Sit up nice and tall. Extend your arms straight ahead. Inhale to find length exhale to sit back keeping the spine long. Hold 3 to 5 breaths. Play with this pose when it feels good to do so by lifting one leg at a time, or lifting both legs with bent knees, or extending one leg at a time or both.



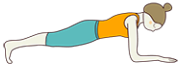
## 6. Locust Pose • Salabhasana

Extend the arms alongside the body, palms facing the body pinky finger up. Lift the arms, lift the shoulders, lift the head, lift the heart, lift the legs from the hips. Notice if the feet are splaying apart...bring them back in line with the hips. Hold 3 to 5 breaths and gently release. Rest the head on the forearms.



### 7. Forearm Plank Pose • Phalakasana II

Align elbows under shoulders. Forearms on the mat. Palms pressing into the mat. Find length through the body as the heels reach back and the crown of the head reaches forward. Find strength in your plank. Option to lower the knees to the mat. Hold 3 to 5 breaths.



### 8. Forearm Side Plank

From forearm plank, shift your weight to one side of the body, resting on the side of the lower foot, and the elbow and forearm. The elbow is lined up under the shoulder. Option to place opposite hand on the hip or extend upwards. Option to bend the knee of the lower leg for more support. Hold 3 to 5 breaths. Repeat other side.



### 9. Wide Child Pose • Prasarita Balasana

From table top, bring the toes together and the knees wide, take the tailbone towards the heels. Arms can reach forward, rest on the mat, or reach back. Aahhh.



### 10. Table Top Pose • Bharmanasana

Align wrists under shoulders. Knees under hips. Shins parallel - hip distance apart. Crown of the head reaches forward while the tailbone reaches back. Spread the fingers wide - press through fingertips and knuckles.



### 11. Cat Cow Pose • Bitilasana Marjaryasana

Inhale look forward, lower the belly towards the ground into cow pose; exhale round the spine look towards the thighs into cat pose. Repeat 3 to 5 times. Moving with the breath. Feeling the articulation of the spine.



### 12. Balancing Table Pose • Dandayamana Bharmanasana

From table top. Extend the left leg back and the right arm forward. Find length through the spine. Breathe 3 to 5 breaths. Gently release. Repeat other side.



### 13. **Supine Spinal Twist Pose II** • Supta Matsyendrasana II

Lay on your back. Pull the knees into the chest extend the arms out wide from the shoulders palms facing up. Inhale, exhale lower the legs to the right side. Hold 3 to 5 breaths. Inhale legs to center, exhale to the left side. Hold 3 to 5 breaths. Inhale legs to center. Release and set up for savasana.



### 14. **Corpse Pose** • Savasana

You can lay out long or put a cushion under the knees. Do what feels comfortable.

Come to a place of stillness and surrender. Connect with the natural rhythm of the breath. Take your attention inwards and feel the sensations of the body. Listen to the breath. Nothing else matters in this moment except the sound of your breath. Stay here for at least 5 minutes. Always do savasana. This is your most important yoga posture.

