

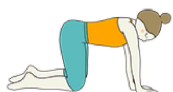
1. Wide Child Pose • Prasrita Balasana

Bring intention into your practice in Child's Pose. 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.



2. 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.



3. 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.



4. Downward Facing Dog Pose Variation Knees Bent • Adho Mukha Svanasana Variation Knees Bent

For your first down dog, keep the knees bent, work to lengthen the spine, peddle out the feet, and then work towards straightening the legs.



5. Standing Forward Fold Pose Variation Knees Bent • Uttanasana Variation Knees Bent

Walk to hands and fold forward with the knees bent. Rise up to Mountain Pose.



6. Mountain Pose • Tadasana

Stand feet hip distance apart and parallel to each other. Imagine grounding to earth through the four corners of the feet. Engage the fronts of the thighs. Engage the abdominals. Shoulders gently back and down. Crown of the head reaches up while the tailbone reaches down. Strong arms. Head into half sun salutations...





7. **Volcano Pose** • Urdhva Hastasana

Inhale reach up...



8. **Standing Forward Fold Pose** • Uttanasana

Exhale - Fold forward tipping at the hips. Keep knees bent if the hamstrings are tight.



9. **Upward Forward Fold Hands On Shins** • Ardha Uttanasana Hands On Shins

Inhale - halfway lift. Bring hands to shins - lengthen the spine.



10. **Standing Forward Fold Pose** • Uttanasana

Exhale - Fold forward tipping at the hips. Keep knees bent if the hamstrings are tight.



11. **Volcano Pose** • Urdhva Hastasana

Inhale reach up...



12. **Mountain Pose Namaste** • Pranamasana

Exhale, hands to heart centre

13.

Repeat half sun salutation 3 times

Repeat half sun salutation 3 times



14. **Volcano Pose** • Urdhva Hastasana

Inhale reach up....



15. **Standing Forward Fold Pose** • Uttanasana

Exhale - Fold forward tipping at the hips. Keep knees bent if the hamstrings are tight.



16. **Upward Forward Fold Hands On Shins** • Ardha Uttanasana Hands On Shins

Inhale - halfway lift. Bring hands to shins - lengthen the spine.



17. **Half Forward Fold Hands On Floor** • Ardha Uttanasana Hands On Floor

Exhale, plant the hands on the ground and step back to high plank...



18. **Plank Pose** • Phalakasana

Inhale, and exhale to lower down to low plank... keep the elbows tucked in close to the body...

19. **Four Limbed Staff Pose** • Chaturanga Dandasana

...place the knees down whenever you need to...



20. **Upward Facing Dog Pose** • Urdhva Mukha Svanasana

Inhale baby cobra, cobra or upward facing dog. Keep length through the spine, shoulders away from ears.



21. **Downward Facing Dog Pose** • Adho Mukha Svanasana

Exhale - to down dog - tailbone moves up - move chest towards thighs. Spread the fingers wide - press through fingertips and knuckles. Hold for three to five breaths. Inhale and exhale to walk or hop to the hands...



22. **Standing Forward Fold Pose** • Uttanasana

...into forward fold...



23. **Upward Forward Fold Hands On Shins** • Ardha Uttanasana Hands On Shins

Inhale - halfway lift. Bring hands to shins - lengthen the spine.



24. **Standing Forward Fold Pose** • Uttanasana

Exhale - Fold forward





25. **Volcano Pose** • Urdhva Hastasana

Inhale rise up!



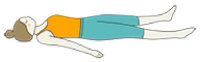
26. **Mountain Pose Namaste** • Pranamasana

Exhale hands to heart centre. Pause and reflect on how the body feels.

27.

Repeat Sun Salutation A 3x

Repeat Sun Salutation A 3 times.



28. **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.