

B: Breaths      I: Inhale      L: Left  
 ' : minutes      E: Exhale      R: Right  
 " : seconds      R: rounds

Style: HATHA

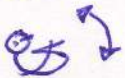
Sequence Title: GENERAL

Date: 16/7/2020

① The Hourglass Mindfulness Meditation

② Logic breath & Coherent Breath 15" + E5" for 5'

③ Rolling aparasana / knees to chest

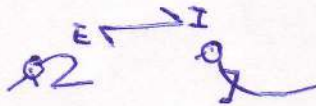


④ Side padachakrasana / leg circles x 5<sup>R</sup> direction / side



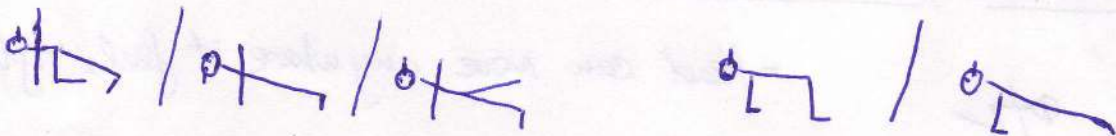
- Pushing through the heel
- The widest circles possible

⑤ Shashanka-bhujangasana / Rabbit-cobra



- From child's pose scoop forward to low cobra
- And then through table top to child's pose

⑥ Vashtasana / side plank + Purvottasana / reversed plank



⑦ Vatayanasana / horse pose + swinging



⑧ Trikonasana / triangle



⑨ Pasvottasana / side chest stretch



Rest poses

◦ Child's pose / balasana



◦ Tadasana / Wuji



10 Tadasana / Palm tree



12 Anjaneyasana / low lunge with venus lock + with twist



- knees low but can also be up (back knee)

13 Somukasana / cow's face or shield



14 Upavista Komhasana / wide-legged seated forward bend or dragonfly



15 Jathara parivritta / twist



- Head can move anywhere it feels 'right'

16 Shavasana / corpse



- Eyes closed
- Legs hip-width apart
- Arms half way to shoulder level

Prechay