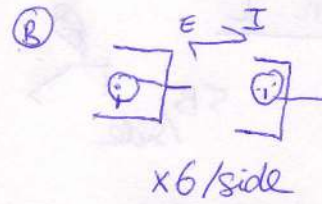
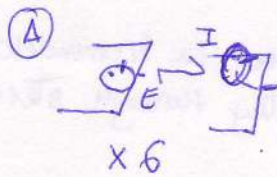


Style: HATHA

Sequence Title: FOCUS ON NECK EXTENSION I

Date: 23/07/2020

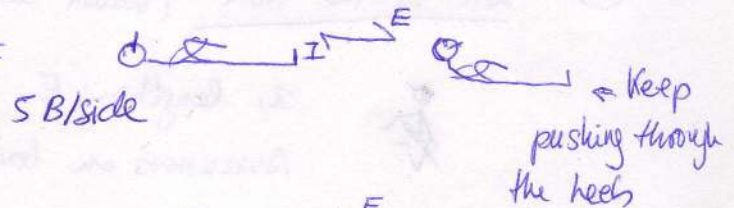
① Neck strengthening



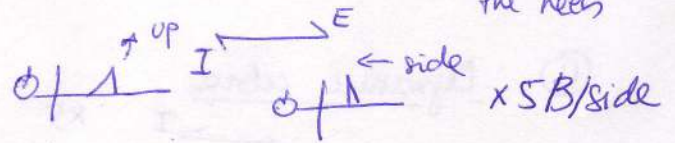
Lift as to look at your elbow

② Ardha pawanmuktasana

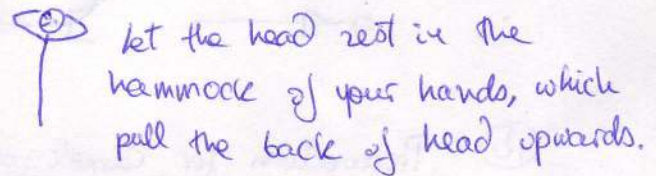
or one knee to chest pose



③ Dynamic spinal twist



④ Tadasana with Neck Awareness (NA)



⑤ Warrior II to Trikonasana (NA)



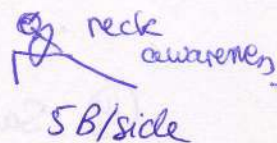
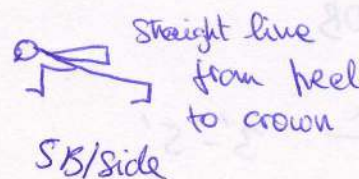
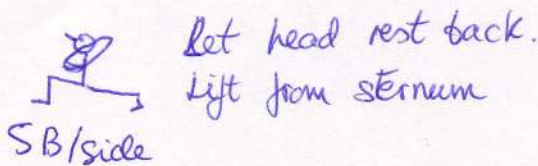
Notice same length on either side of torso. Hand turns head to the side.

⑥ Tree pose



Eyes possibly closed. Feel the back of neck extending

⑦ High lunge sequence: arms up, behind and twist.



⑧ Tadasana with cow's face arms



Neck awareness.
Pushing elbows away.

SB/side

⑨ Warrior I



Hands in hammock behind head
Lifting through sternum.

SB/side

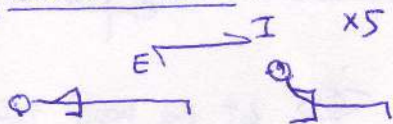
⑩ Lord of the Fish (seated twist)

SB/side



I, lengthen; E, twist.
Awareness on back of neck

⑪ Dynamic cobra



x5
maintain the lengthening at the back of neck.
legs together; back of body active.

⑫ Preparation for camel, and camel

A



6B

Squeezing
shoulder blades.
Chin in or neck
lengthened

B



6B

Raise hips.

C



5-10B

Neck extended or chin in
(don't let head hang back!)
Feet: either toes tucked in or not

⑬ Seated wide-legged forward bend



10B

knees straight or bend
let the head drop - or to intensify stretch, chin to chest.

⑭ Savasana

3'-5'



Notice the effect of the practice on neck and
whole body.

Merdu