

## Home Practice



### Easy Cross Legged Posture 3 - 5 minutes

Sit tall on a cushion. Close your eyes and begin to lengthen and deepen your breath. Relax the body without collapsing through the spine.

Try going into Ujjayi Pranayama(ocean breathing).



### Cat/Cow Stretch 4 - 6 rounds

Come into a table top position. On your exhalation, drop your head and round the back. As you inhale, arch your back and lift your head and sit bones up.

Try to move with your breath, slowly and paying attention to the movement of your spine

### Half & Full Surya Namasar A (see Hand Out) 4 - 6 rounds



### Triangle Pose 8 - 10 Long Breaths Repeat on the other side.

Stand with feet your leg width apart. Turn right foot 90 degrees and left foot turned in slightly. Keeping your legs strong, start to lengthen your spine. Lean your torso over your right leg and reach your left hand upwards. Keep your tailbone tucked and abdomen drawn in.

Try to lengthen your spine evenly from tail bone all the way through to the head.



### Tree Pose 8 - 10 Long Breaths Repeat on the other side.

Stand in tall with your feet together. Begin to shift your weight on your right leg.

Bend your left knee and place your foot either ankle, shin or thigh height.

Try to stabilize your hips by keeping your tailbone tucked and abdomen drawn in.

Lengthen your spine upwards to the ceiling and keep your chest opened and relaxed.



### Diagonal Stretch 4 - 6 rounds

From a table top position, as you inhale lift the opposite arm and leg up parallel to the floor. Exhale, come back to the original position. Repeat on the other side.

Try to stretch long throughout and use your abdomen and back to support you effectively.



### Child Pose 6 - 8 Long Breaths

Bend your knees and lean over your legs. Allow your head to rest down and wrap your arms around your body. Allow your arms to rest down onto the floor.

Let your body relax.



### Revolved Belly Pose 6 - 8 Long Breaths Repeat on the other side.

Lie down on your back with your feet together and hands extended at shoulder height.

Bend your right knee and twist over both your legs to the left handside. Keep your right upper arm bones down and use your left hand to assist you gently. Turn your head the opposite side to your legs. Repeat on the other side.



### Corpse Pose 5 - 10 minutes

Lie down evenly and in a balanced way.

Relax your whole body and mind and observe the flow of your breath