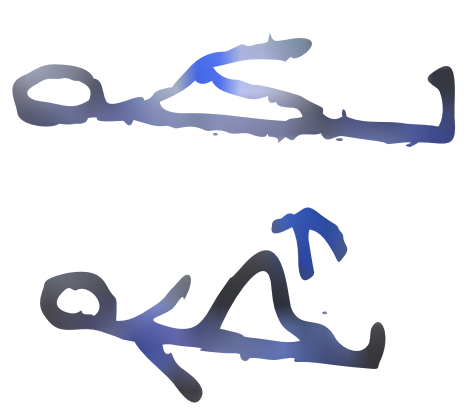
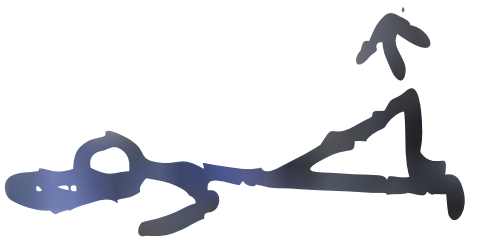


Am. Standing Poses, being present
arriving: ground / breath



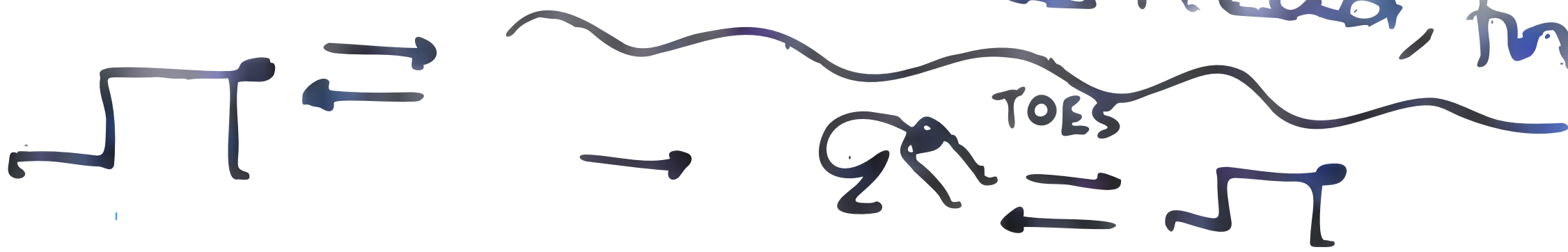
tuck pelvis under, then release, notice what happens in hip

- tilting knee out to side, tree pose in supine, notice what happens in pelvis
- circling / mobilising hip

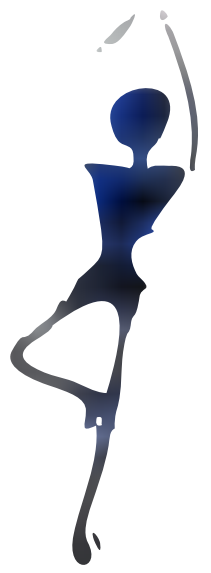


Anantashana - tree pose leg

- take arms overhead, find balance



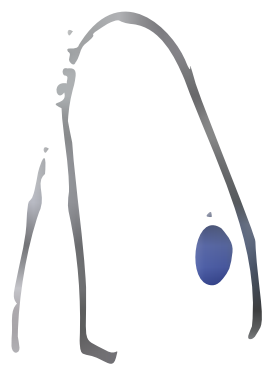
Standing - arm swings / Tadasana



Vrikshasana (tree) against the wall

Uttanasana

' " "

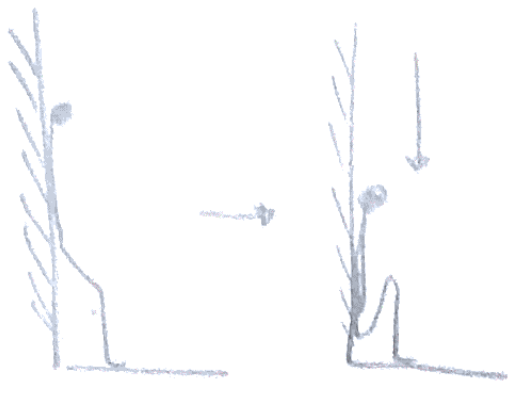


Parsvakonasana, there will be some rotation in pelvis, head + neck move with spine

Prasarita Padottanasana



hip bones in line with heels



Utkatasana



Without wall.

block wedge under heels
belt looped to big toes

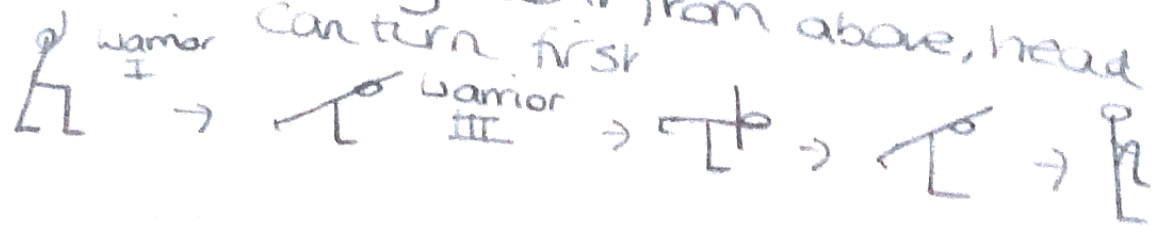
Puppy dog pose



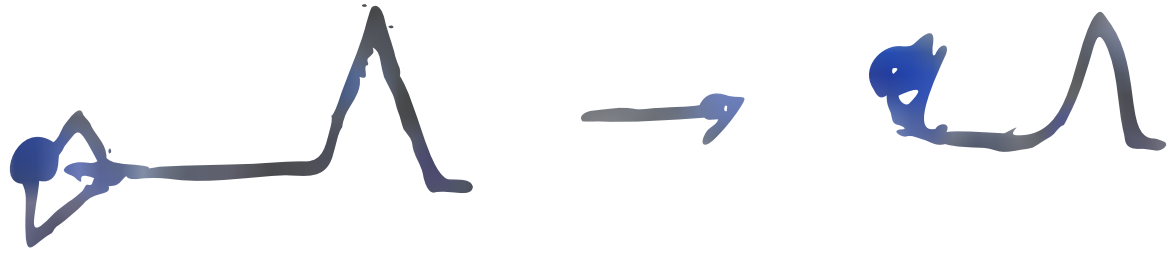
Ardha Chandrasana - from floor



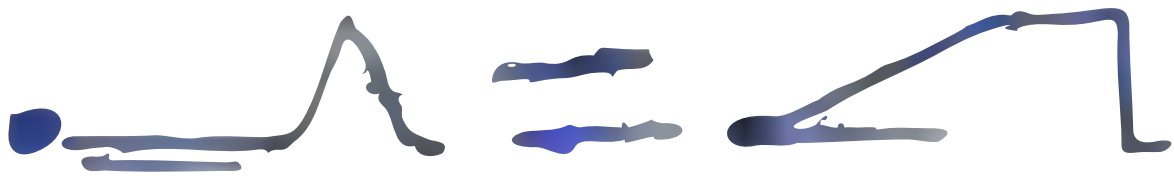
- Practise taking leg up, + rotating in hip
- notice what foot does on floor
- coming into it from above, head can turn first



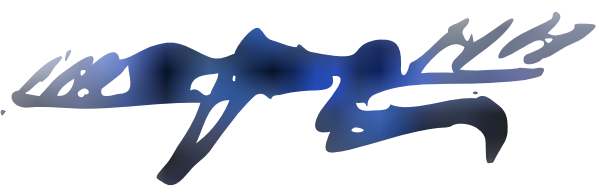
Neck release relaxing jaw, mouth etc



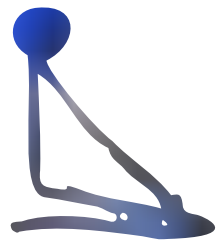
Setu bandha



Supine baddha konasana
(blocks) under feet if necessary



Spinal rotation starting from
trailing top hand across arm & chest,
rotating

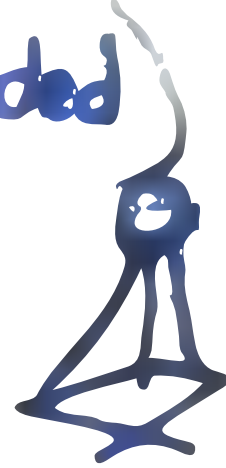


Vajrasana →
(blocks
if needed)



Virasana

Kumbhaka



Ratios:

1 : 0 : 1

1 : 0 : 2

1 : 1 : 2

1 : 2 : 2

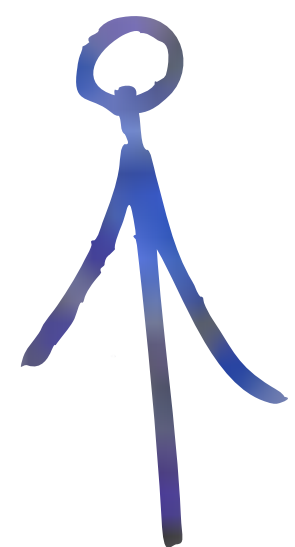
1 : 3 : 2

1 : 1

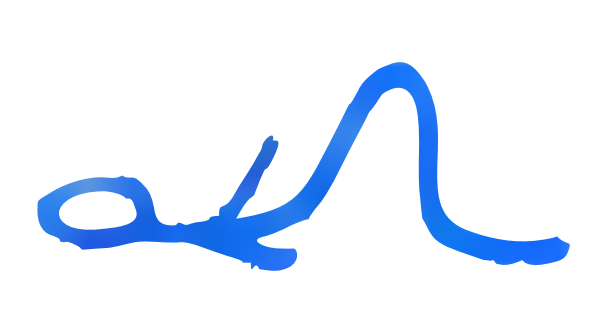


letting the breath just be

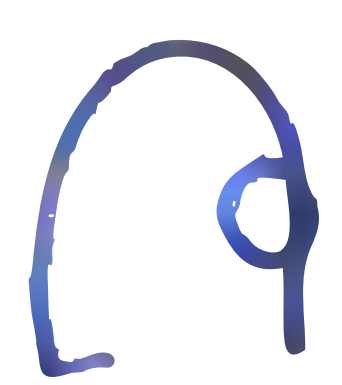
Ujjayi v rashtil



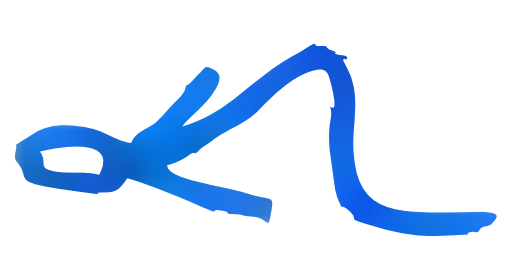
Tadasana



pressing into feet, pelvis coming up



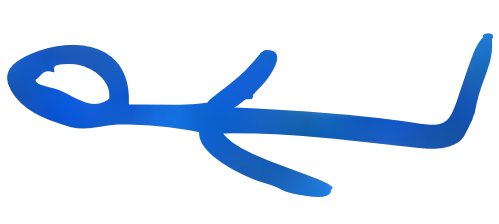
Uttanasana



seno bhanda



Balance 1 leg

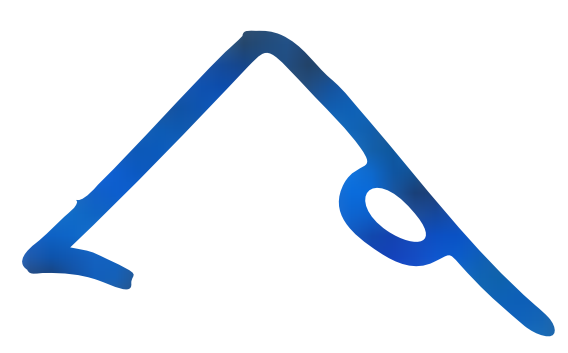


Savasana



side bend

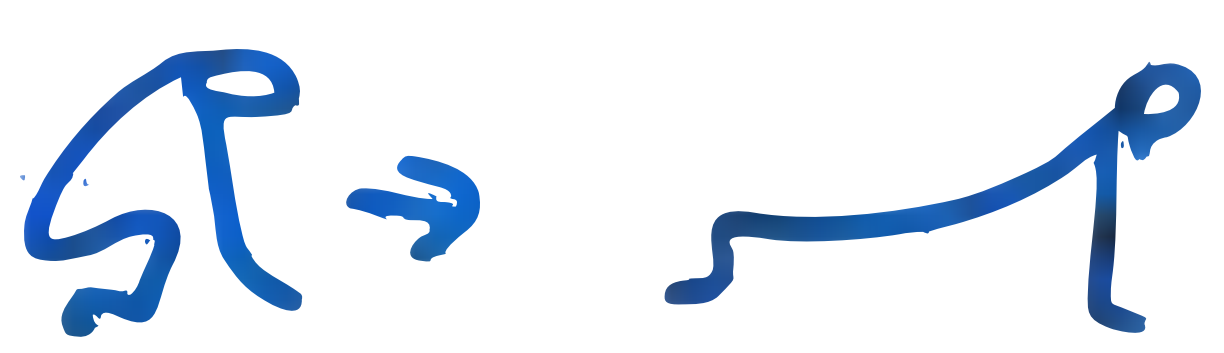
Cat



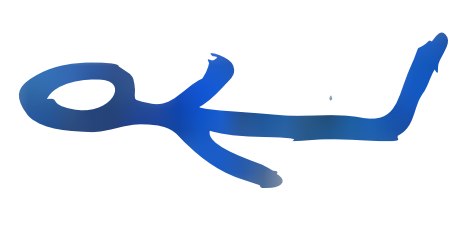
Dog



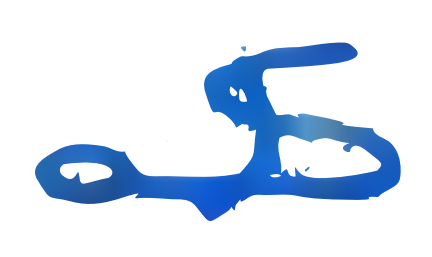
child



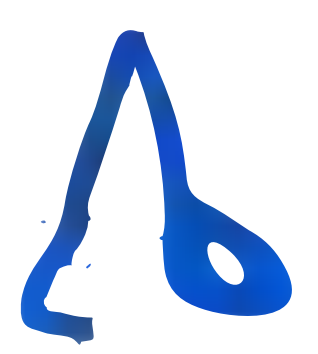
Vajrasana + breaking



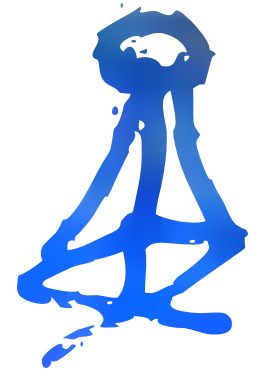
Savasana



circling knees



Head balance prep



Sitting twist