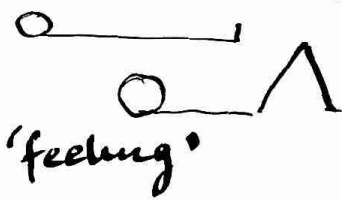


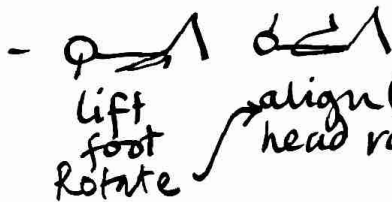
FRIDAY 13th 2018 11-1-30PM

"FINDING CALM"

(FORWARD BENDING)

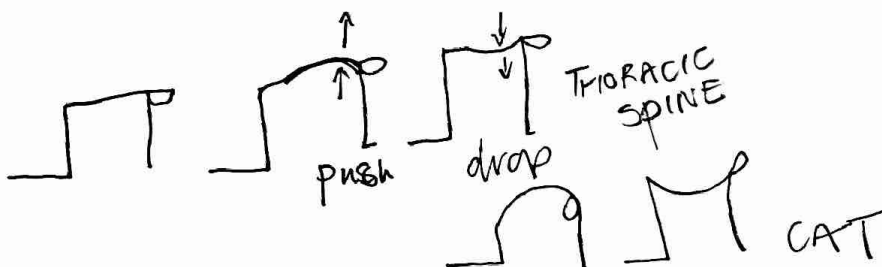
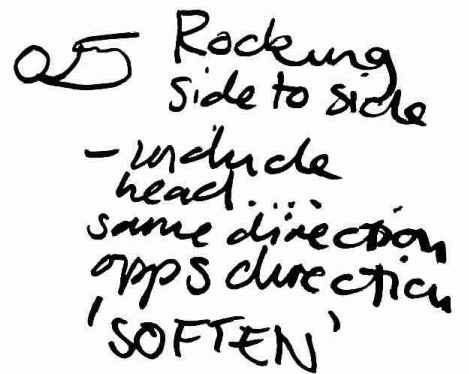
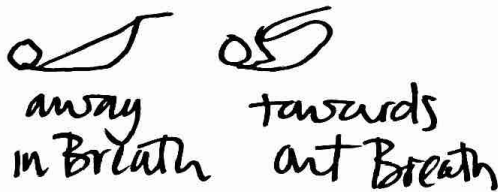


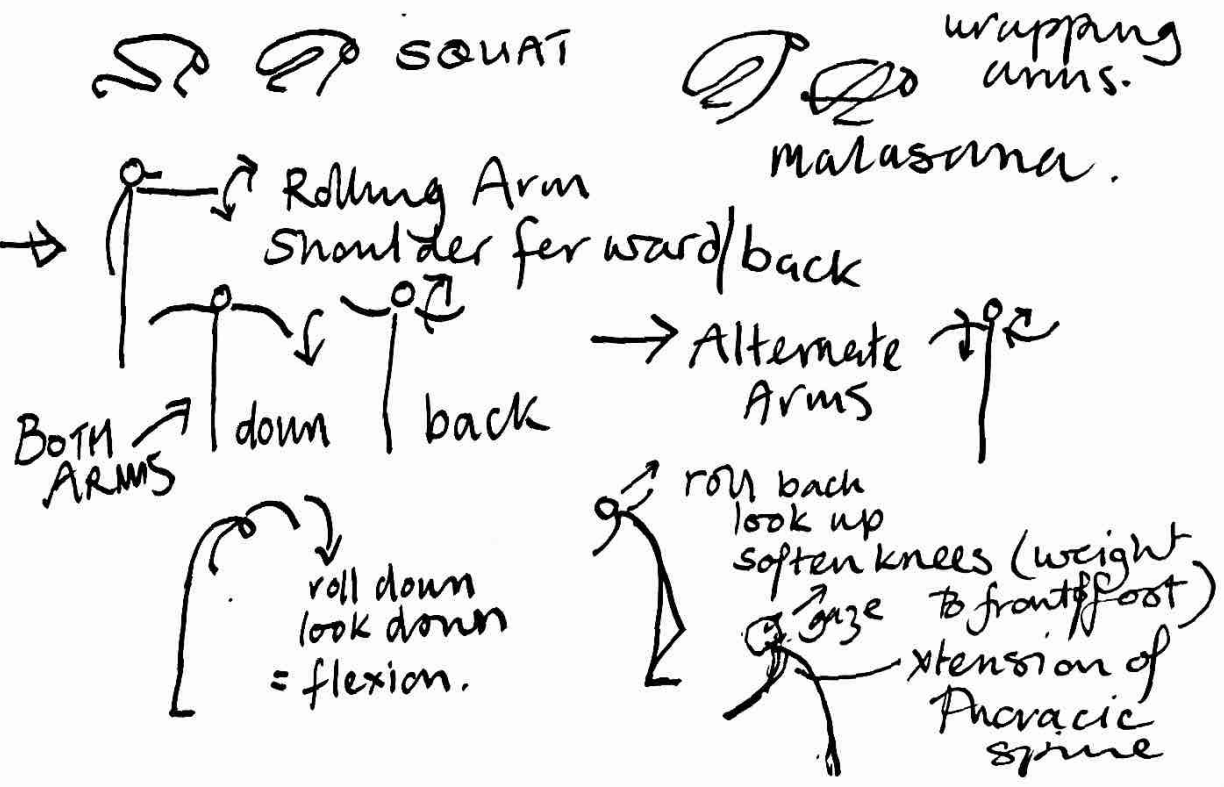
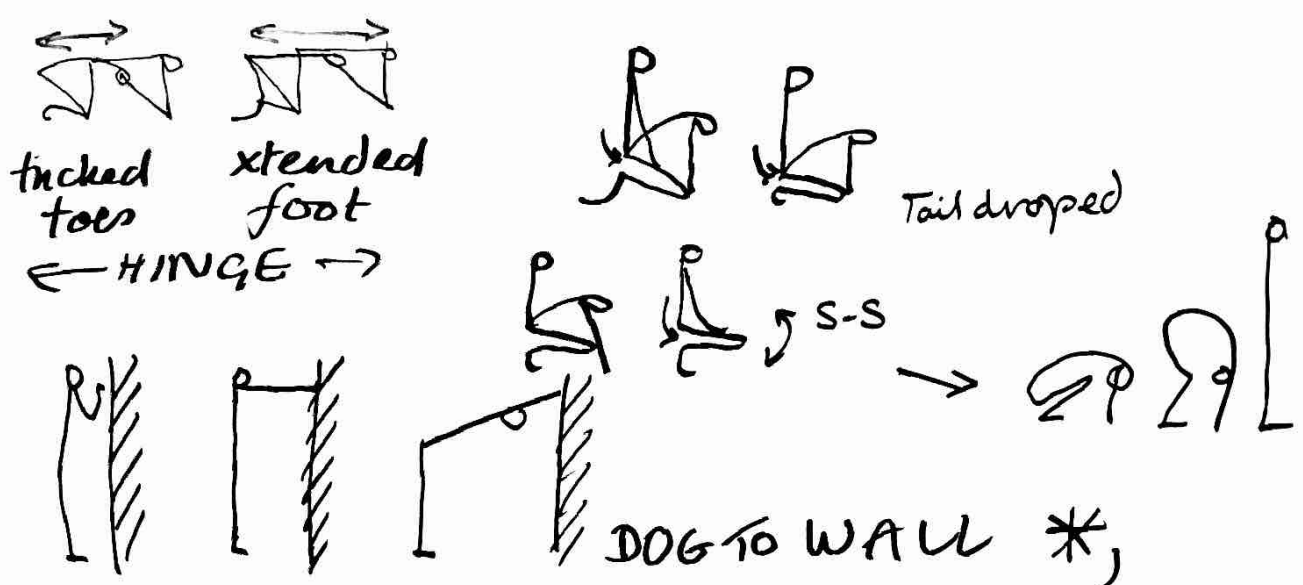
- allow head to follow
- allow pelvis to respond - tilt of weight across pelvis



align (knee to chest)
head rolls to look up.

sequential





squat with counter-balance. Bolster

& chair



-BAKASANA

in squatting, pivot on balls feet



Breathe? Down Cat look forwards

dropping shoulders between knees creating the 'shelf' or relationship between arms & legs

Also



up heels



shifting weight



Vajrasana - hand/wrist/finger exercises one hand @ time!



MONEY POT.



Rolling over head try keeping arms back.



hands under shoulders



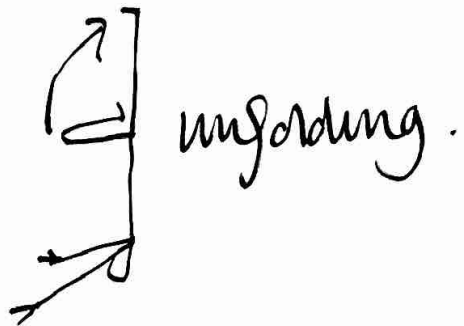
walk feet in/out

Let gravity ground you! Feet float up.

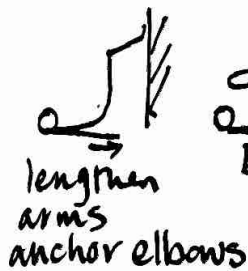
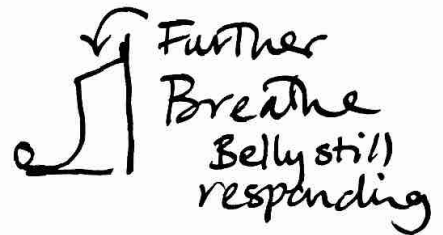


Muka Hasta Sirsana.

arms back, wide hands, back of hands on ground.



exhale "just" pull downwards with heels & let pelvis roll/flex & hang from feet.
'Hammock' feeling



Bend elbows, support pelvis in hands - receive the weight



variation → 'candle'

→ VILOMA in/pause/in/pause/exhale

- inhalations equal.
- not holding breathe
- soft extending exhalation.

