
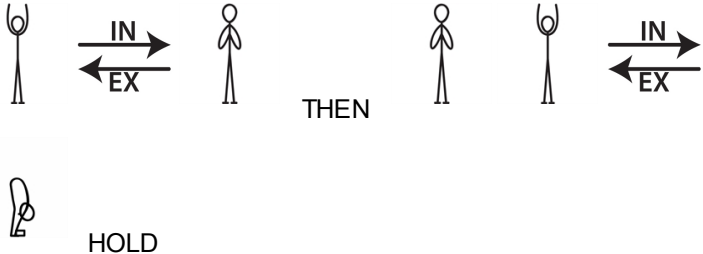
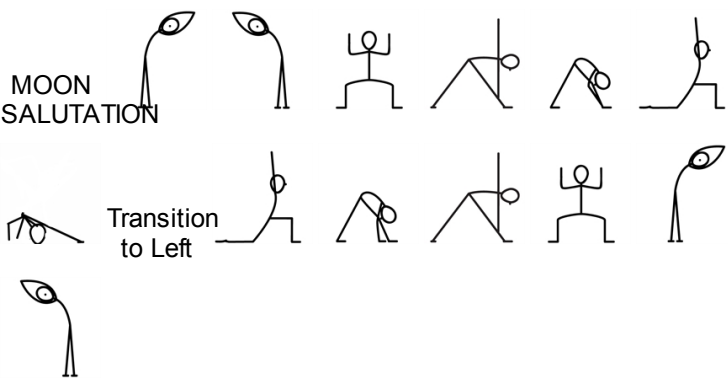
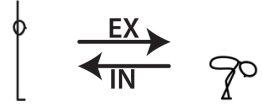



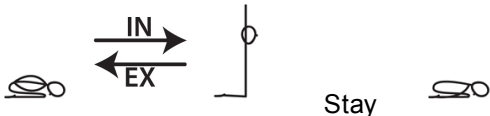


Everyday yoga series

Do the practice at the end of the day, close to bed time

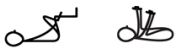
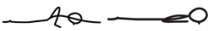

- Make it a practice of self care, take your time with it
- Pay attention to deepening the breath, especially the Exhalation
- Do not hold the breath out longer then comfortable. It shouldn't affect the quality of your next Inhalation
- Once on the mat, focus on what you are doing and give it your full attention

1.		Begin in mountain pose	Notice your state after the busy day , close your eyes , ground your feet, open your heart. Feel the spine long from the tail bone to the neck.
2.	 <p>IN EX</p> <p>THEN</p> <p>HOLD</p>	3x Arm sweeps to heart centre , then from heart centre widen the arms and dive forward to Uttanasana x3 Hold Uttanasana relaxing the neck.	Gather the energy and bring it within, it's a cool energy , balanced and calm
3.	<p>MOON SALUTATION</p>  <p>Transition to Left</p>	Moon salutation moving from one side of the mat to the other starting with the right side. Keep the movements cool and slow. Do two rounds.	Standing side stretch, step to goddess, move to triangle pose then pyramid pose . Transition to low lunge via a high lunge then take crescent moon by lifting your arms up to the sky. Face the long side of the mat for 2 side squats then turn to the left side of the mat and reverse the order of the poses , pyramid, triangle goddess and back to standing side stretch.
4.	 <p>EX IN</p>	Repeat 4x	Utkatasana. IN: Stand tall, raise your arms up. EX: Gradually bend your knees placing your chest over your thighs, relax the neck. IN: Stand up, leading with your chest, wide arm sweep.


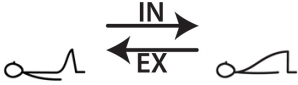

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5.		<p>Make your way to mountain pose via a gentle vinyasa followed by balancing chair and malasana. Then pause in Childpose</p>	
6.		<p>Repeat 4x, stay in the pose for 4 breaths. During stay every time you exhale say mentally: "One deep relaxed breath at a time."</p>	<p>Vajrasana. IN: Lift up on the knees, sweeping both arms up. EX: Bring the chest down to the thighs, hands on the lower back.</p>
7.		<p>Repeat 4x, stay in the pose for 4 breaths.</p>	<p>Bhujangasana. Place the feet wide apart. IN: Lift the chest up, pulling slightly back with your hands. EX: Move down, turning the head to one side. Continue with the movement, alternating the head position. Then stay in the pose and focus on expanding the belly with every IN.</p>
8.		<p>Repeat 4x, stay in the pose for 4 breaths. During stay every time you exhale say mentally: "One deep relaxed breath at a time." Then hold the breath out for 2 seconds.</p>	<p>Apanasana. EX: Bring the knees to the chest. IN: Move them away. Then stay in the pose. First one knee at a time then both together - repeat 3 times.</p>


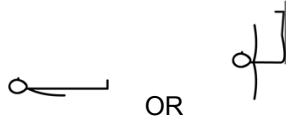

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9.		<p>Eye of the needle pose , followed by happy baby .</p>	<p>Preparing the hips for reclined pigeon</p>
10.		<p>pigeon (going inward) , followed by crocodile pose . Start in table top and switch side via down dog . Take down dog before moving to crocodile pose</p>	
11.		<p>Repeat 4x, stay in the pose for 4 breaths. During stay every time you exhale say mentally: "One deep relaxed breath at a time." Then hold the breath out for 2 seconds.</p>	<p>Paschimottasana. Sit with your legs extended, but not straight slightly bent, arms up. EX: Gradually bend forward, placing the chest over the thighs. IN: Lead with the chest as you come up. Then stay in the pose, relaxing the neck and upper back.</p>

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12.		<p>Bound angle , if possible thread your forearms under your shins and bow forward, stay for 4-5 breaths , lenghtening the exhale. Take easy pose and bring the left hand to the right knee , bending to the left , then bring the right hand behind your sitting bone and take a twist the same side. Do the second side t hen bow forward. Switch the crossed legs and bow forward again.</p>	
13.		<p>Repeat 4x. Deep comfortable breath.</p>	<p>Dvipada Pitham. Start with your knees bent, feet close to the buttocks. IN: Gradually roll the hips up. EX: Gradually roll the hips down. Keep the back of the neck long.</p>
14.		<p>reclined bound angle then bring the right leg over the left for the following twist.</p>	

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15.		<p>Repeat 3x on each side, then stay in the pose for 4 breaths on each side. During stay every time you exhale say mentally: "One deep relaxed breath at a time." Then hold the breath out for 2 seconds.</p>	<p>Jatthara Parivrtti. Begin on your back, arms out to the sides, knees bent. EX bring the knees down to the right, turning the head to the left. IN: Return back to the center. EX: bring the knees down to the left, turning the head to the right. Repeat 3x on each side. Then stay in the twist, deepening it slightly with every exhalation.</p>
16.		<p>Get settled. Every time you exhale say mentally: "One deep relaxed breath at a time." Then hold the breath out for 2 seconds. 3-5 min</p>	<p>Savasana or legs up the wall against the wall or on a chair. Rest in any comfortable resting position. Continue to relax your body with every breath cycle.</p>
17.		<p>2-3 minutes</p>	<p>Breathe comfortably. Check in and notice how you feel after the practice.</p>

Close the practice with a breathing practice focusing on lengthening the exhale until it's twice as long as the inhale.