
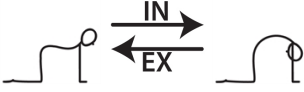








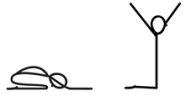


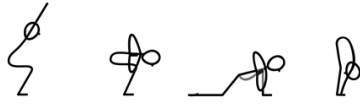
## Everyday yoga series

1.		<p>Get centred then 27 rounds of Kaphalabati breath rest then 5 more + fists to belly.</p>	
2.		<p>6 rounds , same lenght inhale and exhale</p>	
3.		<p>Bow the right ribs and bring teh right shoulder forward but keep the hips level as you turn to look left then do the same on the other side.</p>	
4.		<p>From table top bring your right hand to your shoulder bending the elbow and twist at the navel , then shallow thread the needle ( arm brushing passed the chest , more of a twist than a neck /shoulder stretch ) x3 per side then hold .</p>	<p>Hips stay stable , moving from the abdomen .</p>
5.		<p>Childpose - hips as low as you can , then walk hands to the side, bowing the opposite side ribs. Live the hips pressed down stretching them back.</p>	



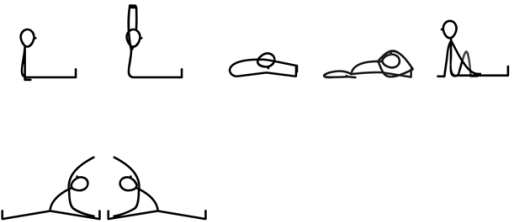

## Everyday yoga series

6.		<p>Spider hands child pose , lift the sitting bones off the heels slightly , stretch the arms and come up onto fingertips. Pretend someone is putting your waste back . Transition to standing</p>	
7.		<p>Standing bends x 3 per side</p>	
8.		<p>Fingers interlace over the head then bend and twist X 3 per side then hold ( breath to the top shoulderblade)</p>	
9.		<p>transition to DD</p>	
10.		<p>Exhale knee to opposite elbow X3</p>	
11.		<p>Thunderbolt then childpose with hands on the small of the back 3 per side, turning the gaze .</p>	

## Everyday yoga series

12.	 <p>2nd Side</p>	<p>3rd time stay and take same hand on the as the gaze , palm down on your sacrum. Spin your heart to the sky. Lift your head so that its in line with the rest of the spine. We are not taking the hips into the twist !</p>	
13.	 <p>2nd Side</p>	<p>Hold DD for 3 breaths then transition to dynamic intense side stretch x 3 then revolved intense side stretch .</p>	
14.		<p>Eagle pose with twist</p>	
15.	 <p>2nd Side</p>	<p>Dynamic chair x 3 then add a simple twist . Then add a prayer twist and transition to revolved side angle.</p>	

## Everyday yoga series

16.	 <p>2nd side</p>	<p>From down dog move your knees down to the mat and take a side plank , try to have the hand/ knee and foot all in one line , then bow the top ribs stretching your hand towards the floor palm facing upwards. Transition to Matsyendrasana , come back to table top , the bottom knee is the top leg. Lean back before entering the twist.</p>	
17.		<p>thunderbolt on block- KAPHALABATI fists on belly</p>	
18.	 <p>2nd Side</p>	<p>Dynamic pascchimottasana x3 then twisted Janushirsasana, then marichiasana. 2nd side then PEAK , to uphavista konhasana.</p>	
19.		<p>Lay on your side and stretch your arms out on top of each other. Inhale and open the arms to the floor as you exhale x3 then stay in the twist before doing the second side.</p>	
20.	