

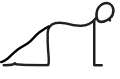
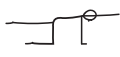












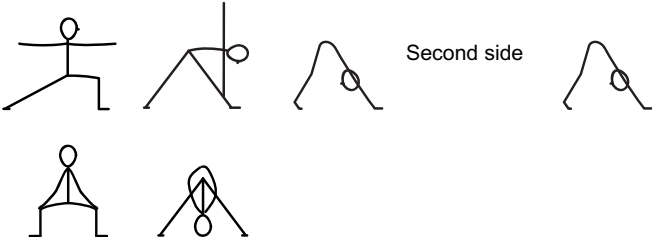
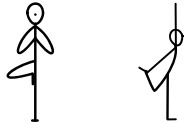
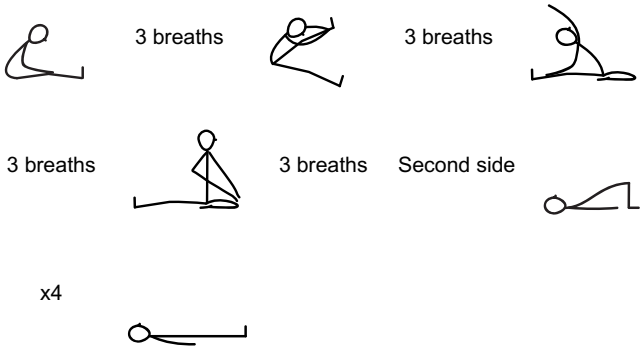


Daily stretch

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|----|---|--|
| 1 |  5 breaths | start in child's pose with a few deep breaths |
| 2 |  5 breaths | cat cow , slow transitions with your breath |
| 3 |  3 breaths  3 breaths Second side | From table top stretch one leg out and balance engaging your core , then lift your leg up level with the pelvis , if you feel stable enough lift the opposite arm for balancing table. hold for 3 breaths. |
| 4 |  | Child's pose then walk your hands to the side keeping your hips as level as you can |
| 5 |  3 breaths Hold Second side | Thread the needle |
| 6 |  3 breaths | Back bending : three cobra poses gradually lifting a little higher |
| 7 |  3 breaths | pause in child's pose |
| 8 |  3 breaths | gate pose |
| 9 |  3 breaths | downward facing dog, peddle feet and stretch the back of the legs |
| 10 |   | transition to standing via forward fold keep lifting until you come to a slight standing back bend. |
| 11 |    Second side  | High lunge (set up) then warrior one x 3 dynamically with bending elbows and lifting sternum , downward dog to switch to the other side then add a chest opener to warrior 1. |

Daily stretch

| | | |
|----|---|---|
| 12 |  | <p>From downward dog step forward to warrior 2, dynamically in and out of the pose x 3 then move to triangle pose and hold for 3 breaths. down</p> |
| 13 |  | <p>Set up for tree pose to practice balance then shift the lifted knee to the front and grab hold of the ankle to move to King of dancers. (repeat on the other side)</p> |
| 14 |  | <p>Closing sequence on the ground : take a forward fold, keep your spine long and resist the urge to round, widen your legs and take a wide legged forward fold, bend one knee and look towards it then side bend the opposite way. Stay for 3 breaths then lift back to straight and twist towards your bent knee. Repeat on the other side. Move to the mat and take bridge pose 4 times then rest in savasana for a few minutes.</p> |