
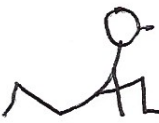

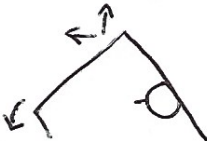



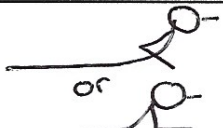

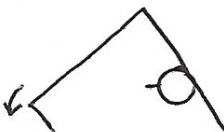
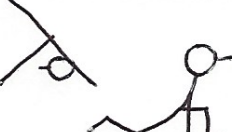





SETTLE	INHALE	EXHALE	INHALE
Mountain Pose		Forward fold	Half forward Bend
TADASANA		UTTANASANA	Lift the head
Hands in Anjali Mudra (Prayer position)	Raise your arms up Overhead	Fold over steady legs Bend knees if need to	Stretch forward with flat back
SET YOUR INTENTION!	Slight back bend optional	All 10 fingertips to floor	ARDHA UTTANASANA
			
EXHALE	INHALE	EXHALE	INHALE
Forward Fold	Step back LEFT leg Lunge	Place hands	Sit Bones move up and
UTTANASANA	LEFT Knee to floor	Push Back into	back
	Look up	Downward Facing Dog	Straighten Legs & extend
		ADHO MUKHA SVANASANA	heels towards floor
			
EXHALE	INHALE	EXHALE	INHALE
Lower knees	Come up into Table top	Curl all the way	Cobra
Release toes	all fours	down to the floor	BUJANGASANA
Sit back on heels	Move hands forward		or Sphinx (forearms)
Childs Pose	to create space if	Forehead rests on floor	
BALASANA	required		
			
EXHALE	INHALE	EXHALE	INHALE
Lower to floor	Place hands	Lift LEFT leg - 3 leg dog	Lift right knee
	Push back into	visualise and step through	Straighten fron leg - bow
Tuck the toes under	Downward Facing Dog	Lunge	Runners Stretch
	ADHO MUKHA SVANASANA	Lower back knee to floor	
			
EXHALE	INHALE	EXHALE	REPEAT
Soften front knee	Lifting all the way up	Lower joined hands	Replacing with RIGHT Leg
Step forward - bow	over steady/stong legs	Mountain pose	
Forward Fold	Raise your arms up	TADASANA	Alternate LEFT/RIGHT repeats
UTTANASANA	Overhead		
	Slight back bend optional		