



SETTLE	INHALE	EXHALE	INHALE
Mountain Pose			Breathe into the
TADASANA	Raise your arms up	CACTUS ARMS	back of the lungs
Hands in Anjali Mudra (Prayer position)	Overhead	Lean forward 45°	between the shoulder blades
SET YOUR INTENTION!			
EXHALE	INHALE	EXHALE	INHALE
Lower hands to the thighs	Draw shoulders & hands back	Move hands forward	Right hand supports
Move hands forward to knees	expand the chest look forward	Bow - Forward fold	TWIST towards LEFT
Round like the	COW	(Hands to floor if poss)	Raise left arm up
CAT	(Cobra equivalent)	UTTANASANA	Spread the fingers & Shine
	BUJANGASANA		
EXHALE	INHALE	EXHALE	INHALE
Lower arm	Left hand supports	Lower arm	Bring hands back to thighs
Bow, look towards floor	TWIST towards RIGHT	Bow, look towards floor	roll the shoulder blades
soft forward fold	Raise right arm up	soft forward fold	onto the back, lift the chin
UTTANASANA	Spread the fingers & Shine	UTTANASANA	out of the chest - come all
			the way up - Arms overhead
EXHALE	REPEAT		
Lower arms to the heart	Sequence as many times		
centre	as you like :)		
Hands in Anjali Mudra			
(Prayer position)			