

HOLIDAY HOME PRACTICE

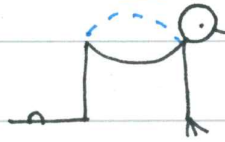
MINI FLOW

1-3 mins



- Breath work
- Natural breath followed by x 3 rounds of same ratio breath (Inhale for 4, Exhale for 4)

x 6



CAT/COW

- Breathe in to shine chest forward
- Exhale to round back
- Used to mobilise the spine

KEY

- BRs = Breaths
- R = Right side
- L = ~~Left~~ Left side
- X = reps

5 BRs R/L

THREAD THE NEEDLE



- Start on hands & knees, walk right hand forward and slide left hand between right knee & right hand.
- Rest left side of head on mat

CHILD'S POSE (BALASANA)

5 BRs



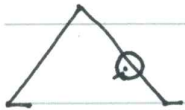
5 BRs



- Start with arms extended and then bring arms to rest alongside the body

5 BRs

DOWNWARD FACING DOG



- Make sure feet are hip width apart.
- Spread fingers

4 BRs



TADASANA
(Mountain Pose)

SURYA
NAMASKAR (A)
Sun salutation A.



INHALE



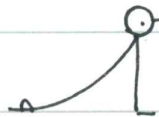
EXHALE



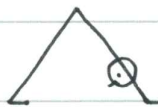
INHALE



EXHALE



INHALE



EXHALE



INHALE



EXHALE



INHALE




EXHALE

x 1

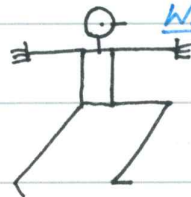
Do poses in this section on RIGHT side

TREE POSE
4BRs (R)

- Option to take hands to Anjali Mudra

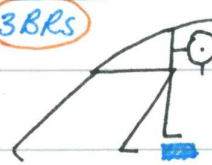


WARRIOR 2
3BRs



3BRs

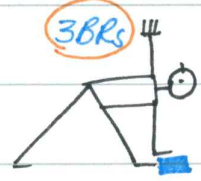
- Use block for supporting hand
- * Use a big book if you don't have a block



3BRs

UTTHITA TRIKONASANA / TRIANGLE POSE

- Option to keep top hand at hips & use brick



VINYASA

Repeat Sequence on the LEFT side

DANDASANA / STAFF POSE
4BRs

- keep a straight back
- feet flexed



5BRs

PASCHIMOTTANASANA / SEATED FORWARD FOLD

- Work from Dandolasana & begin to fold forward
- keep your back straight as you fold, don't round




5BRs

BADDHA KONASANA * Amazing Hip Opener!

BOUND ANGLE POSE

- bend knees, pull ^{heels} knees to pelvis, then drop knees to side and press soles of feet together.




5BRs

UPAVISTHA KONASANA


WIDE SEATED FORWARD FOLD

- Take legs nice and wide, flexing feet.
- Taking care not to curve the spine, walk hands forward.




4BRs R/L

- begin kneeling, raise right arm and twist torso to the left.
- place left ^{hand} on the floor behind you.



8BRs


CHILD'S POSE



8BRs


WIND RELEASE POSE

- Gently rock left to right. * reduces lower back pain




4BRs R/L

- Bend knees to right



FEET UP THE WALL POSE

3 mins



SAVANASANA

3-8 mins

