


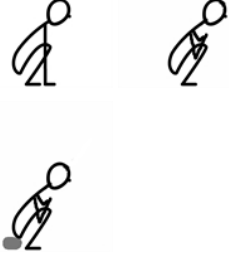






Yin class with meditation, 60. min

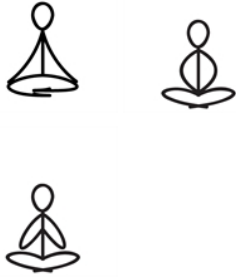
1.		<p>3-part breath pranayama: inhale expanding the belly, ribcage, collarbones, exhale gently drawing them in.</p>	<p>Whilst resting with your back on a bolster to help open the chest and provide a transition from your day to your practice, breathe deeply to increase your intake of oxygen. 5 min.</p>
2.		<p>try to keep your breath as deep as possible, take it as an indicator of whether you are straining too much</p>	<p>Square pose (cross your legs at the knees instead of the ankles) or foot on the knee variation for people with quite mobile hip joints (put left foot on right knee and left knee on right foot). Avoid any sharp pain in your knees. sink forward with your upper body to increase the stretch. Sit on a rolled blanket or brick to help pelvis tilt forward. 2 min., then uncross your legs slowly and change crossing of the legs, repeat 2 minutes on this side.</p>
3.			<p>Seated windshiled wipers: hands on the floor by your hips, roll your legs from side to side, massaging your buttocks.</p>
4.			<p>Squat (to have heels on the floor, open your legs wider or put a rolled blanket under heels. If knees are painful, sit on a bolster instead, do not force it, you can still benefit just by having your legs at this angle. Works the liver, kidney and urinary meridians. 2 min. or longer.</p>

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5.			<p>as a counterpose, lift your hips and let your head drop into "dangling pose" (standing forward fold). You can let your arms loose or hold your elbows. If you stretch your legs out, you work on your hamstrings, if you keep a slight bend in the legs, you allow your spine to lengthen and avoid too much strain on lower back. 2 min. Then repeat the squat - dangling sequence once more.</p>
6.			<p>lie sideways to a bolster with your legs staggered, rest your torso sideways on the bolster, shoulders resting on the floor or on a blanket. Raise top arm and bring it over head, then extend top leg. Works the gallbladder meridian. 3 min on each side</p>
7.			<p>rest in child's pose but with your upper body resting on a bolster (add some height with blankets or a second bolster if needed). You can put a rolled-up blanket between calves and thighs if more comfortable. There is no "edge" in this pose, it is all about letting tension melt away. Turn your head to one side at first, stay 90 sec, then turn head the other way, stay another 90 sec - or longer on each side if you enjoy it!</p>
8.		<p>inhale through the nose, then exhale through the nose making a sound like a humming bee or like the "M" of the OM mantra.</p>	<p>Brahmari pranayama: sit comfortably with your back straight, knees lower than your hips (use cushions / bricks etc). Raise your hands to your face, keeping shoulders relaxed. You can also raise your knees in a supported squat and rest your elbows on your knees. Close your ears with your thumbs and rest your forehead in your palms. Repeat the humming bee exhale 10 times. This is great for your endocrine glands and your brain.</p>

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9.



soft breath

Lower your hands either unto your thighs or in your lap, sit in silence for as long as you wish, gently bringing your thoughts back to the present moment when they begin to stray, and observing your physical sensations as well as your emotional state. End your practice by singing OM, dedicating your peaceful feelings to someone, or simply thanking yourself for having made the time.