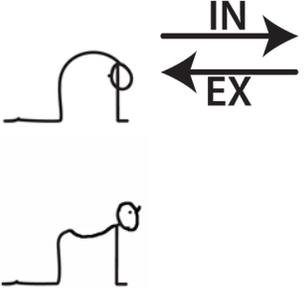
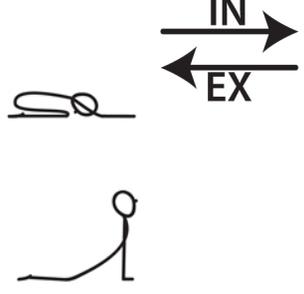
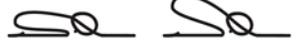
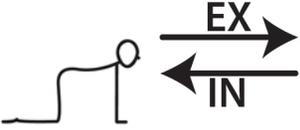
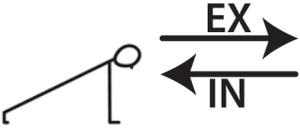
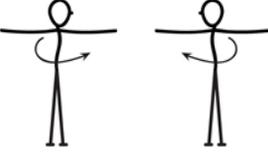


# Hatha yoga on holiday

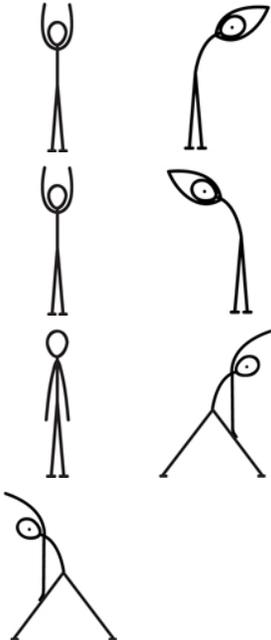
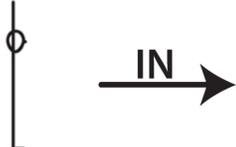
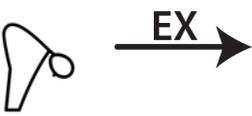
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1.		Calm, deep breath.	Start in a comfortable seated position, on a cushion or a block to have your knees lower than your hips. Listen to the sounds around you, feel the sensations in your body, then focus on your breath.
2.			Remove your cushion / block and come onto all fours on your mat. Hands under shoulders, knees hipwidth apart, fingers spread on the mat.
3.		Inhale as you raise your head and tailbone, shoulderblades drawn together. Exhale as you round your back and bring your chin towards your chest	This is the first variation of the cat stretch.
4.		Inhale with your arms extended and your head up, be careful how far down you drop your hips. Exhale stretching back, arms extended, sitting between your knees	Hands further up on the mat, knees wider apart. This is the 2nd variation of the cat, a deeper stretch including the groin and thighs.
5.		Stay several breaths in this pose. If you cannot sit this far down, that's fine - you may put a cushion between your thighs and calves.	Modified child's pose, sink into it as deep as you can and you may even let out a deep sigh here :- ) feel the stretch in your shoulders and thighs.

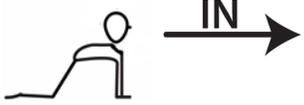
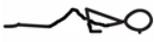
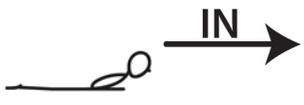
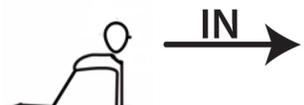
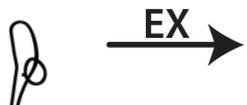
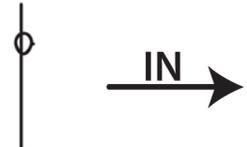
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6.	 	<p>Inhale in all fours, exhale in downward facing dog.</p>	<p>Now bring hands under shoulders again and knees under hips, and alternate all fours and downward facing dog.</p>
7.	 	<p>advanced variation: inhale in plank, exhale in downward facing dog. To build more strength, stay in each pose a bit longer, holding your breath.</p>	<p>This advanced variation strengthens the arms and abdominal muscles more, but make sure to have your body in a straight line in plank, don't let your hips sag.</p>
8.	 	<p>calm breath</p>	<p>from the downward facing dog, come into a "sloppy" standing forward bend with knees slightly bent, arms dangling loose. stay several breaths and then roll up slowly or fold up with a straight back, knees slightly bent.</p>
9.		<p>calm breath</p>	<p>stand in mountain pose, feel your feet firmly planted on the ground, the crown of your head stretching towards the ceiling, your arms dangling by your sides, relaxed.</p>
10.		<p>inhale when turning to one side, exhale to the other (not important which side)</p>	<p>Standing active twist, look over your shoulder as you turn.</p>

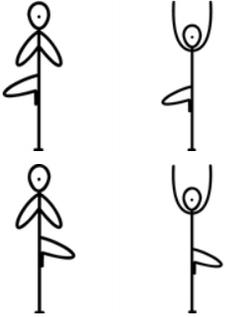
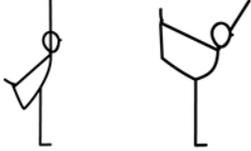
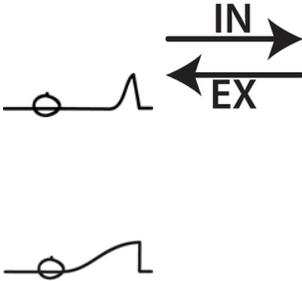
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11.		<p>Inhale when you are standing tall, exhale when you bend sideways. Start with a bend to the right, end with a bend to the left. Then open your legs and hold a high triangle pose three breaths on each side. Start with the right again.</p>	Side stretch with arms raised
12.		<p>Go down on an exhale, breathe deeply in the pos, stay several breaths.</p>	<p>Knees slightly bent, legs wide, roll your torso down and let your arms dangle, keep a slight bend in your knees if your lower back is uncomfortable, otherwise extend your legs to get a stretch in your hamstrings. Roll back up slowly</p>
13.		<p>exhale</p>	<p>SUN SALUTATION. Repeat several rounds in your own time, starting slowly. The first pose is mountain pose with arms alongside the body or in prayer position</p>
14.		<p>inhale</p>	<p>stretch both arms up, engage the gluteus muscles to protect the lower back, don't push hips forward. Look up to your hands if the stretch is ok for your neck, but don't let head drop back behind arms</p>
15.		<p>exhale</p>	<p>forward bend, knees can be soft, bend down as much as you need to touch the floor with your fingers</p>

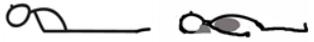
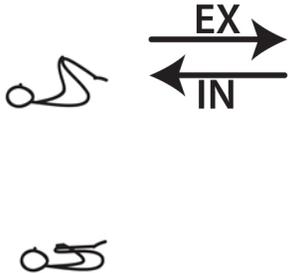
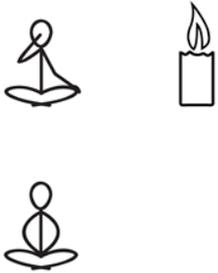
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16.		inhale	low lunge right leg back
17.		exhale	downward facing dog
18.		breath suspended	knees, chest and forehead or chin to the floor, elbows bent and close to the body
19.		inhale	low cobra
20.		exhale	Downward facing dog
21.		inhale	low lunge right knee forward
22.		exhale	standing forward bend
23.		inhale	roll up or fold up and stretch your arms up

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24.		exhale	stand in mountain pose, arms alongside your body or hands together in prayer position. Then repeat sun salute sequence with the other leg and keep going for at least three rounds with each leg. Then stand in mountain pose for a few breaths and observe the effect of this active sequence
25.			Now is the time for a standing balancing pose. (try to stay the same time on both sides or longer on the side you need to strengthen). This can be the tree.
26.			Or it could be natarajasana, the dancing Shiva.
27.			Or even garudasana, the eagle, if you know it. Bend the left knee and fold the right leg over, raise your elbows and twist the left arm into the right. Then change sides
28.			Then come back to the mat and rest a few breaths in savasana.
29.		inhale as you raise arms and back, exhale as you bring arms and back down to the starting position. You can stay a few breaths in the raised position at the end if comfortable.	Active bridge pose: from a supine pose with your knees bend, raise arms and back off the floor then come back down again.

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30.		Full yogic breath in the pose	Fish pose: arms under your body, inhale bring shoulderblades together and raise yourself on your elbows, exhale as you gently drop your head back until it touches the floor. If that is too hard on your neck, choose a supported version with a block or bolster under your spine and your head on a cushion.
31.		Inhale when you release the knees, exhale as you draw them in	Apanasana - knees to chest pose as a tranquil counterpose. You can keep it still or choose the active version where you move the legs on the breath..
32.			Unwind with at least 5 minutes in Savasana, 10 minutes is better. you can have support under your knees and head if your hips or neck feel better that way. If you need help with relaxing, use a recorded guided relaxation or a soothing piece of music as a background.
33.			Now sit up, prop yourself up on a cushion or block. If you have more time, practice alternate nostril breathing and / or tratak (candle gazing) and sit in meditation for as long as you wish. This is when you reap all the benefits of your practice. You may feel inspired to sing a few "Oms"! NAMASTE