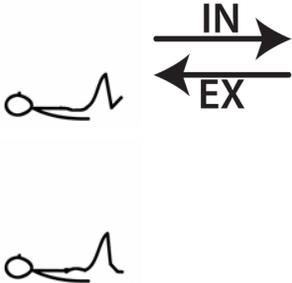
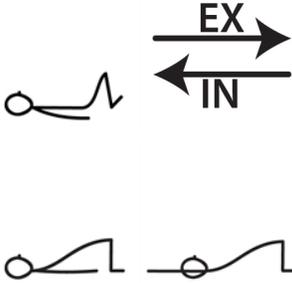


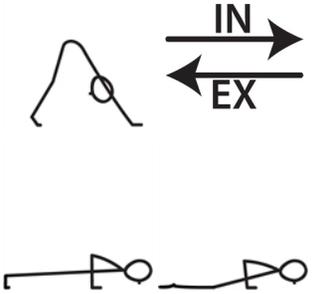
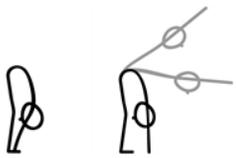
Free your prana

1.		<p>deep abdominal breathing</p>	<p>Constructive rest pose: on your back knees bent, feet hip-width apart, you can start by letting your knees rest against each other. This is a great start to rest your back and your psoas muscle before practice.</p>
2.		<p>Exhale push down, inhale release</p>	<p>Pelvic tilts. Push your lower back against the floor as you exhale, release the spine to regain a natural curve on the inhale.</p>
3.		<p>Inhale lift your hips, exhale down</p>	<p>Active bridge pose. Inhale engage your glutes and push your hips up, shifting your weight gradually towards your shoulders, exhale, using your abdominal muscles, slowly bring the back down, sacrum comes last. After several repetitions, add an arm movement: lift arms overhead as you inhale and go up, bring arms back down as you come down. After some repetitions stay in bridge pose for several breaths</p>
4.		<p>Exhale when you lift your head</p>	<p>Apanasana. Bring knees to chest, stay there or gently roll from side to side, end by drawing your head up towards your knees on an exhale to curl up like a ball, then sit up.</p>
5.			<p>Come to a seated pose with legs crossed or one foot in front of the other. Sit on some form of support to have knees lower than hips.</p>

Free your prana

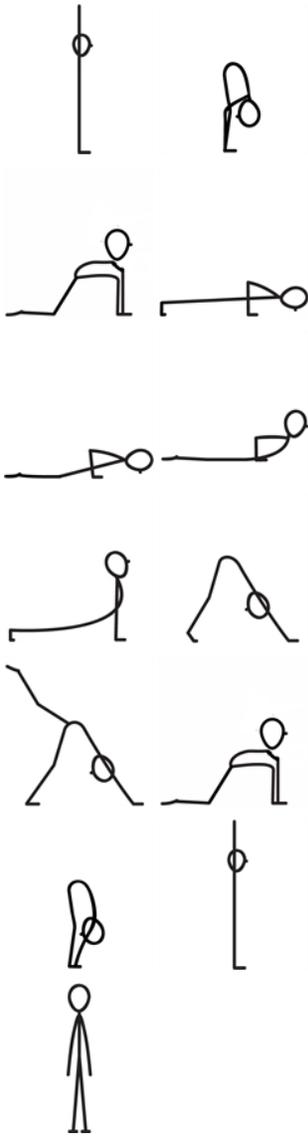
<p>6.</p>		<p>Inhale as you lift your arms, exhale as you twist and lower arms</p>	<p>Active seated twist. Feel how your movement follows your breath: Inhaling is deepened by lifting your arms, exhaling by lowering them and twisting. Twist first to your right, then lift arms again, then twist to your left. Repeat several times staying true to the rhythm of your breath.</p>
<p>7.</p>		<p>Inhale as you lift your arm, exhale as you bend, breathe deeply in the pose</p>	<p>From a seated position, lift your left arm and bend your upper body to your right as far as you can without your buttocks leaving the floor. Either your hand or your forearm rests on the floor or on some support. Count how many breaths you stay there, then change sides (switch the crossing of your legs too) and stay the same amount of time. After doing both sides, as a counterpose bend forwards from your seated position, hands or arms on the floor, head released downwards. Stay a few breaths, then lift your torso on an inhale.</p>
<p>8.</p>		<p>Inhale as you lift your head and tailbone, exhale as you round your back and tuck your tailbone under</p>	<p>Cat stretch. Inhale lift your tailbone, release your belly down, bring your shoulderblades together, look up. Exhale tuck your tailbone under, round your back pushing your shoulderblades towards the ceiling, look down towards your navel.</p>

Free your prana

9.		<p>Exhale in down-dog, inhale in plank or with knees on the floor</p>	<p>Alternate downward facing dog and either plank or kneeling pose.</p>
10.		<p>Rise up on the inhale</p>	<p>From downward dog, step into a standing forward bend. Keep your knees soft, let head and arms dangle. After several breaths, roll up or come up with a flat back and arms extended pushing on your legs.</p>
11.		<p>breathe evenly</p>	<p>Tadasana, mountain pose - standing tall, lift your toes, then release, adjust your pelvis, extend the crown of your head towards the sky</p>
12.		<p>Inhale as you tiptoe and raise arms, exhale down</p>	<p>Tip-toe stretch: Inhale as you come onto your toes and raise your arms over head, exhale as you try to bring arms down at the same time as heels touch the floor. Repeat several times until you can really feel your calves working!</p>

Free your prana

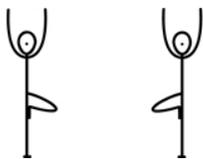
13.



As a general rule, inhale when you open the body and lift your arms or your head, exhale when you bend down

Sun salutations, hatha yoga style. Either knees on the floor or chaturanga, either cobra or upward facing dog - it is recommended to start with a few rounds of the easier version to warm up properly. Try to feel the same integrity of movement on breath as you flow through the sequence

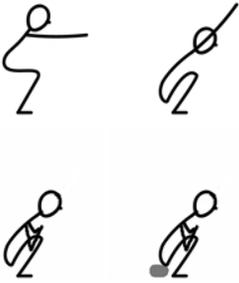
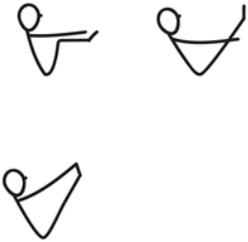
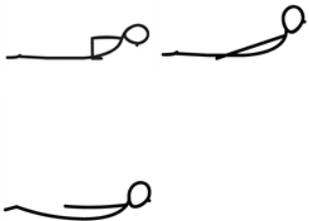
14.



Breathe evenly, you will breathe more in the upper chest as the belly muscles are engaged to hold the pose

Tree pose: firmly planting your left foot in the ground, lift your right foot and place it on your foot or against the lower / upper leg, but never against the knee joint. After finding your balance, try closing your eyes for a more advanced variation. End by standing in mountain pose

Free your prana

<p>15.</p>		<p>Come down on an exhale</p>	<p>Legs a good hip-width apart, extend your arms in front of you, then squat down. Adjust your feet, add support under your heels and / or buttocks if needed, and stay in your squat, hands in prayer position, elbows gently pushing against inside of legs. As a counterpose, extend your legs and roll your hips from side to side a few times (seated windshield wipers).</p>
<p>16.</p>		<p>Again breath will tend to be more in the upper chest as belly muscles are very active here</p>	<p>Navasana and balancing forward bend. Balancing on your sitting bones, lift your arms parallel to the floor, now lift your legs, begin with knees bent, then see how far you can straighten your legs without rounding your backs, engaging your abdominal muscles to hold your torso. in a second phase, grab your big toes and try balancing in this variation of a classic forward bend.</p>
<p>17.</p>		<p>breathe evenly</p>	<p>Table top. As a counterpose to the forward bend, bend your knees and lift your hips to create a line from your knees to your head.</p>
<p>18.</p>		<p>Inhale as you release the back, exhale as you push the pubic bone towards the floor</p>	<p>Now come to rest on your belly, take a few deep breaths, then deepen your breath to find pelvic tilts, similar to beginning of class when we were on our backs.</p>
<p>19.</p>		<p>Inhale as you lift your head and upper back, breathe evenly in the pose</p>	<p>Cobra. Start gently by just lifting your head and shoulders on an inhale and releasing to the floor on the exhale. After a few repetitions, stay in the pose. Lift your hands from the floor to check your alignment, then push a bit with your hands against the floor. Then interlace your hands behind your back and maybe even lift your legs off the floor.</p>

Free your prana

20.		<p>Deep breath which seems to expand your lower back on the inhale.</p>	<p>Push back, give your upper body a good stretch, and rest in child's pose.</p>
21.		<p>On every inhale imagine you grow taller, on every exhale imagine you can twist a tiny bit more, then stay calm and steady in the pose.</p>	<p>Seated twist - start by extending your left leg and twisting to your right. If you can keep both buttocks on the floor you may fold the left leg. The twist is deeper if your right foot comes to the outside of your left knee, and easier if it stays on the inside. Stay for several breaths, eyes maybe closed, focus on the space between your eyebrows.</p>
22.		<p>Even breath</p>	<p>As a counterpose, draw your knees towards your chest, you may choose to balance on your sitbones in "cosmic egg" or not.</p>
23.		<p>Totally let go of influencing your breathing after the bumble bee, let it all go.</p>	<p>Savasana, resting pose. Use any props you like to feel entirely safe, comfortable and cosy. We start by exhaling three times with the humming of the bumble bee (brahmari) then we savour our rest for a good ten to 15 minutes.</p>
24.		<p>Inhale left, exhale right, inhale right, exhale left, that is one round. Add a retention of breath after inhale if comfortable. Try to make exhale double the length of inhale.</p>	<p>We sit comfortably and practice some alternate nostril breathing, left hand resting, right hand closing the nostrils alternatively.</p>
25.		<p>You may choose to focus your attention on the sensations of your breath at the nostril level or follow the breath on its journey through your body.</p>	<p>Sit and observe the benefits of your practice at the physical, emotional and spiritual levels. Your life energy now flows freely through your body and you have created a bubble of good vibration around you. Namaste!</p>

Free your prana