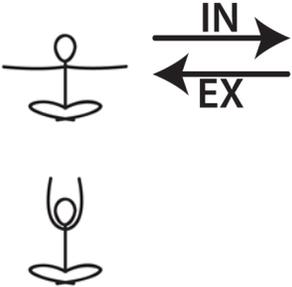
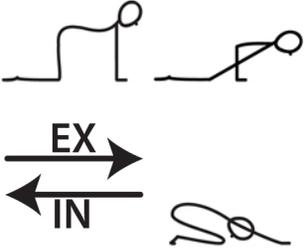


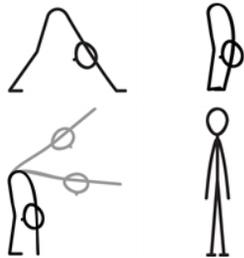
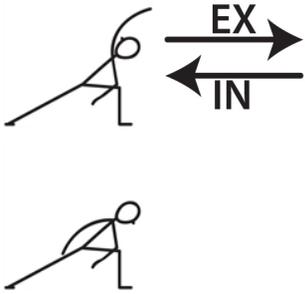
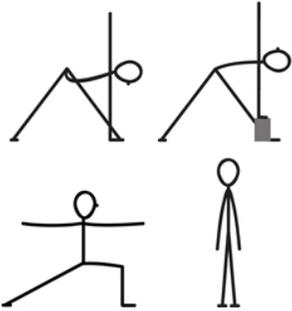
Get the weight off your shoulders

1.		calm breath, gradually lengthening the exhale.	Begin seated (choose your leg position), using props to be comfortable, maybe eyes closed, taking time to centre yourself and calming your breath down.
2.		Inhale when shoulders go up and back, exhale for down and forward	Shoulder rolls, roll your shoulders up and back, then down and forward about five times, then repeat rolling them in the opposite direction
3.		Exhale as you draw your arms apart, inhale as you relax the pulling	Ganesh mudra. lift your elbows sideways almost to shoulder height, interlock the fingers of each hand with the other, one palm facing outward, the other inward. Pull them apart on the exhale. Repeat three times, then switch the hand position and repeat.
4.		Inhale as you raise your arms, exhale as you lower them	Kaphalabhati variation with arm movement (focus of breath is in upper chest). Arms extended at shoulder height, exhale there, then inhale as you vigorously bring your arms up until your palms touch, then exhale as you return to first position. It's a bit like a bird flapping its wings rapidly. Aim for about 20 breaths
5.		Inhale open chest, exhale round your back	Seated active cat (kundalini tradition). hands on your shoulders, alternate a round back and an open chest and backtilt of pelvis with a forward tilted pelvis, as in a cat pose, but with hands on shoulders, elbows coming together on the exhale and drawing sharply back on the inhale.
6.		Inhale draw shoulders up, exhale with a sigh when dropping shoulders down	Shrug your shoulders three times with a big loud sigh

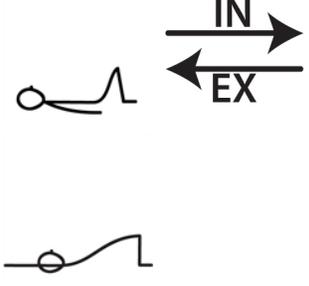
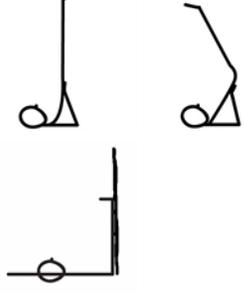
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7.		<p>Inhale when you lean forward, exhale when you lean back</p>	<p>Come unto all 4s and start moving your entire spine in all directions, as if drawing figures of 8 in front and under you.</p>
8.		<p>Inhale as arm comes up and points at ceiling, exhale as you thread your arm under.</p>	<p>Thread the needle (arm version). from a kneeling position, left hand firmly planted on the floor and left elbow bent at a right angle, bring your right arm under the left and put arm, shoulder and head on the floor. On an inhale bring the right arm back and lift it towards the ceiling in an upper back twist, alternate both movements and end with holding the pose on the floor.</p>
9.		<p>Exhale when your head moves forward, exhale when it moves back behind your hands</p>	<p>Dolphin pose. Measure elbow distance by putting hands on opposite elbows then elbows and forearms on the floor and interlace hands firmly. Lift your pelvis as in downdog. The closer the feet are to the head, the harder the pose. Now move your head in front and behind your hands.</p>
10.		<p>Long exhales to deepen the stretch</p>	<p>Puppydog. Kneel, hips over knees. bend forward with your head towards the floor and your left forearm on the ground square to your hips. Extend your right arm forward, reaching as far as you can and stay, feel the stretch in your armpit. Then change sides and end by trying to do both arms forward at the same time.</p>

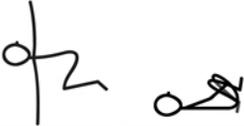
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11.		<p>Inhale as you come up</p>	<p>Downward facing dog. Stay several breaths in the pose walking on the spot to stretch your hamstrings and get some movement into your legs and hips. Then step forward into a standing forward bend and hang there for a while before coming to a standing position.</p>
12.		<p>in sun salutes, the general rule is inhale when you open the body, exhale when you bend down</p>	<p>Now practice three rounds of sun salutations. Either the one you are used to, or for this sequence we use the hatha yoga one (see previous pdf files) but with arms modifications. We practice one round lifting our arms in a crescent moon lunge and one with arms behind our backs to open the chest</p>
13.		<p>Inhale open the chest and arms, exhale close.</p>	<p>Warrior one variation with cactus arms. Inhale as you lunge forward and lift your elbows out and up, exhale as you move back, straighten the front leg and bring your elbows together in front of your chest.</p>
14.		<p>Inhale arm up, exhale arm back and down</p>	<p>Extended side angle variation with arm sweep. Legs in warrior pose, Left leg back, right leg bent, rest right forearm on thigh, inhale arm extended over head, exhale sweep arm back and forward, repeat three times and then hold the arm up, extending through your fingertips, count your breaths. Staying on the same side...</p>
15.		<p>Breathe calmly but keep your abdominal muscles active, navel drawn in (uddiyana bandha) to protect the lower back.</p>	<p>...on an exhale extend your front leg and pivot your upper body extending your left arm up, use a block under your right hand if needed, count your breaths. To come out, inhale lift into a warrior 2 pose, exhale step to front. Repeat the side angle / triangle sequence on the other leg.</p>

Get the weight off your shoulders

16.		Calm breath, but again abdomen gently drawn in	Standing forward bend with legs apart, you have the option of giving shoulders an extra stretch by interlacing fingers behind back and raising arms over head
17.		calm breath	Come back unto the mat and rest on your back for several breaths, observing the sensations and feelings after this first part of the sequence
18.		Inhale as you lift your pelvis, back and arms off the floor, exhale as you return arms and back to the floor	active bridge pose. Inhale as you peel your hips and back off the floor, raising your arms over head, exhale as you come back down.
19.		Come up on an exhale	If you wish / your body allows, you are now warmed up enough to come into a full wheel pose. Pushing your hands firmly into the floor and activating your buttock muscles, lift your pelvis, shoulders and head off the floor. To leave the pose, put your head back down first, then your shoulders anounterposed hips. Rest in apanasana as a counterpose
20.		Make sure your breath remains calm and even, if it is compressed it means you are straining too much and should back off	Come into a shoulderstand (hands flat on the back) or half shoulderstand (hands cupping the hips) or get to a wall and rest your legs up the wall.
21.		deep abdominal / full yogic breath	Rest with your back on a bolster, arms to your sides, palms facing up. Stay several minutes in the pose and take your time when you leave it, resting a few breaths on the floor with a flat back.

Get the weight off your shoulders

22.		Deep abdominal breath	Oyster pose. Form a diamond with your legs, soles of feet touching, and lean forward on an exhale, allowing your spine to round. Relax your arms completely and melt deeper into the pose on each exhale. When you exit the pose stay seated with an upright back and take a few breaths to feel the effects of the asana.
23.		Abdomen firmly engaged, draw your navel in and up (uddiyana bandha)	Balancing pose: the insect / rooster variation. From a seated position with your knees bent, bring your arms under your legs, hands on the floor fingers pointing forward, and your sitbones off the floor. Now try lifting one foot off the floor, then the other, and maybe even extending your legs. You hold the pose with a strong core and strong arms. To relax your wrists, in a seated pose roll your hands forward and backwards a few times or practice the offering mudra.
24.		thoracic breath	Cow's head. crossing your right knee over your left, maybe bringing the right foot close to the left buttock, lift your left arm and then grab your left hand behind your back with your right hand, or use a strap. As a counterpose drop your arms and bend forward, then repeat on the other side.
25.		calm breath	Supine passive twist. lie on your back, lift your knees and drop them on your right on an exhale. Count how many breaths you stay and repeat the same duration on the other side. Use apanasana as a counterpose.
26.		golden thread then calm breath	Rest in savasana, adding any props you need to feel safe, comfortable and cozy. Stay a good 10 minutes, deepen your relaxation by using the "golden thread" breath, exhaling softly through the mouth as if blowing a big soap bubble.

Get the weight off your shoulders

27.



calm breath

End in a seated position and stay there as long as you wish, reaping the benefits of your practice, possibly coming into concentration / meditation. Namaste!