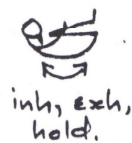
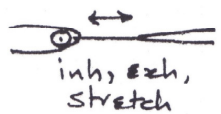


Yoga Home Practice.

① Savasana - Count 10 slow breaths. Leave thoughts outside room.

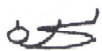


② Stretch-&-Coil



Repeat 4 x

③ Rest

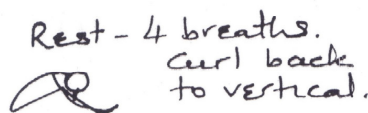
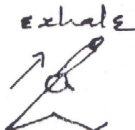


④ Chakki chalana



Circle 6 x clockwise, 6 x anticlockwise. Exhale when bending forward from hips.

⑤ Paschimottasana



Rest - 4 breaths. Curl back to vertical.

Repeat once.

⑥ Tiriyaka tadasana



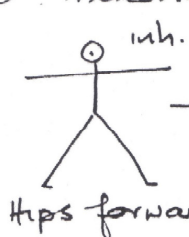
Repeat 6 times each side.

⑦ Tadasana



Balance on toes. Hold, 5 breaths.

⑧ Trikonasana



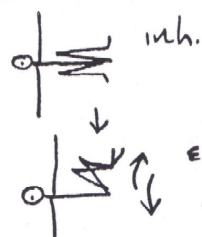
Look up. Hold, 3 breaths. Practice 2 x each side.

⑨ Rest



Rock, side to side.

⑩ Twist



Repeat twist 6 x each side.

⑪ Rest in savasana



Relax lower body.

⑫ Sarpasana



Hold, 3 breaths. Rest, Repeat 3 x.

⑬ Bhujangasana



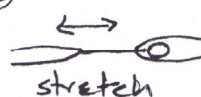
Hold, 3 breaths. Rest. Repeat 3 x.

⑭ Kandharasana



Repeat slowly, 3 x, with breath. Then hold & breathe in posture (4-6 breaths).

⑮ Stretch-&-Coil



Hold, 5 breaths

⑯ Rest



Rock to massage back.

⑰ Savasana



Follow natural breath, release tensions (mental & physical) with out-breath

A. Jackson-Russell
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