

SUGGESTED HOME PRACTICE SEQUENCE

Approximately 20-30 mins

Full Yogic Breathing	At least three or four breaths, using the Ujai technique	Focus your mind & begin to relax Become aware of your breathing and your physical state
Circle of Joy	Three cycles	Stretch your shoulders, chest, arms, upper back Coordinate breath with movement
Seated Moon (side bend)	Flow three times to each side	Stretch the side of your torso Increase breath capacity
Reverse Table	Flow in and out three times	Open the front of your body Energise arms & legs after sitting
Cow-Cat Flow	At least three cycles	Energise and relax the spine Begin to work the belly muscles
Wide Child's Pose	Three slow breaths	Open the hips Expand rib cage
Side Cow Flow	At least three cycles	Strengthen the waist Massage internal organs
Child's Pose	At least three breaths	Expand the back rib cage Stretch out the lower back
Gentle Sun Salutes	Two cycles (first time step right leg back to a lunge, second time step left leg back) Use a low-lunge and Locust Pose Backbend	Get moving Energise limbs Coordinate breath with movement
Sun Salutes (Optional)	Two cycles This time, work with a high lunge, Warrior One and Cobra Pose Backbend	Begin to work strongly with stability and increase fitness
Tree Pose	One minute each side	Develop mental focus Strengthen legs Improve posture
Bridge Pose (counterpose with knees to chest)	Flow in and out three times	Open up front body Flex spine
Simple inverted pose (Optional)	Six breaths	Relax inner organs, esp. the heart Develop balance Increase circulation to head Strengthen circulatory system
Corpse Pose	At least five minutes	Develop mental focus Conscious physical relaxation Learn to distinguish between voices of body, mind and spirit