















Postures for you to practice at home. Please do not do anything that makes you un comfortable . Enjoy.

Sharon Dow July 2013

<p>Shivasana Corpse Pose</p> 	<p>Lie flat on the floor, legs straight or knees bent arms at your sides.</p>	<p>Focus on your breathing, abdominal breath</p>
<p>Knees into chest</p> 	<p>Rock from side to side</p>	
<p>Hamstring lengthen</p> 	<p>Lengthen one leg up to the ceiling(use a strap), other leg bent Lengthen both leg up with the strap</p>	<p>Keep awareness on your breath, or within the body</p>
<p>Child Balasana</p> 	<p>Feel that your weight can drop through your hips and heels.</p>	<p>Keep your attention within the body.</p>
<p>Cat Majari Asana</p> 	<p>On all fours, rounding and flexing the spine, slowly.</p>	<p>Let your breath match your movement</p>
<p>Hero + neck ovals</p> 	<p>Sit back on to your heels with cushion, arms at your side. Neck ovals from one side to the other, slowly</p>	<p>Keep breath aware</p>
<p>Kneeling up/ sit upright</p> 	<p>Kneel upright; tuck your toes under, hands on your hip, rock back and forth. Keep upright and float the arms forward, one at a time, link behind your back. Keep your chin tucked in at all times. Elbow lifts, make circles in the air with your elbows.</p>	
<p>Lie on your stomach Crocodile Makasana</p> 	<p>Rest your chin in hands, leaning on elbows; lengthen up form your navel to your crown. Let your pelvis sink down.</p>	<p>Awareness of the weight dropping down with the movement of your breath in your abdomen.</p>

<p>Lie flat on your stomach Half Locust Arda Shalambasana</p> 	<p>Rest on your forehead, both arms stretched out next to your head. Gently lift R arm and L leg, keep moving rom side to side. Slow long controlled lifts. Be aware of your neck position.</p>	<p>Synchronise breath and movement.</p>
<p>Child</p>	<p>Press into your hands lift your tail bone high. Feet hip distance apart, heel turned out slightly. Add any variations that suit you.</p>	<p>Be breath aware and keep your focus</p>
<p>Down dog with knees bent Cat/ Dog 3 times Adho Mukha Svanasana</p> 	<p>Fold your body forwards with your knees bent, arm dangling, and keep your chin tucked in. always keeping your weight forward. You can add a squat here or move back into a dog for some variety/ extension.</p>	<p>Be aware of how your breath changes.</p>
<p>Mountain Tadasana</p> 	<p>Stand tall and straight with equal balance in your right and left foot. Arms long and straight at your sides.</p>	<p>Spend a moment with your eyes closed, being aware of your breathing within your body.</p>
<p>Windmill</p> 	<p>Stand in mountain, lengthen and point your R arm in front of you, take the arm back and forward again, repeat a few time son each side. Try not to turn and twist in your body.</p>	<p>Keep breath aware</p>
<p>Mountain – floating arms up and down with bent knees.</p>	<p>Stand in mountain, hands at your heart space, slowly move your arms up past your face and head, bend knees as you swoop down into a big circle back to your heart space. Repeat a few times.</p>	<p>Be aware of how your breath changes.</p>

<p>Sit on the floor, upright</p> 	<p>Sit quietly for a few moments. Keep your back straight.</p>	
<p>Shivasana Corpse pose</p> 	<p>Lie on the floor</p>	<p>Keep your attention on your breath at your nose, breathing in an out.</p>