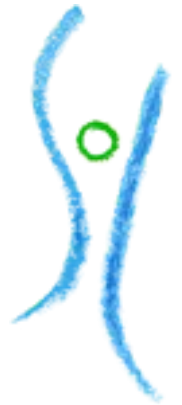
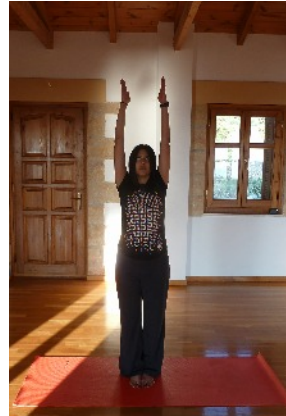




←  
→  
x 5



Start of in Mountain pose (Tadasana). Stretch the hands down. On a breath in, lift the arms up above the head. Exhaling bring the arms down. Breath softly through the nose.

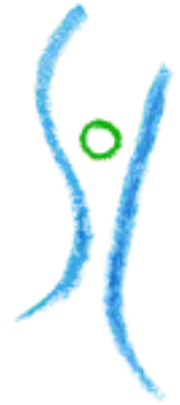


Triangle pose (Trikonasana). Step the feet apart. Turn the feet to the right side first, hold the pose for 5 breaths and then repeat to the left. Come back into Tadasana .



Warrior II pose (Vairabhadrasana II).  
Right side then left..

Extended side angle pose  
(Parsvakonasana). Right side then left..



Forward bend - legs wide apart, supported using a stool or chair. Lengthen spine. Come up slowly and mindfully

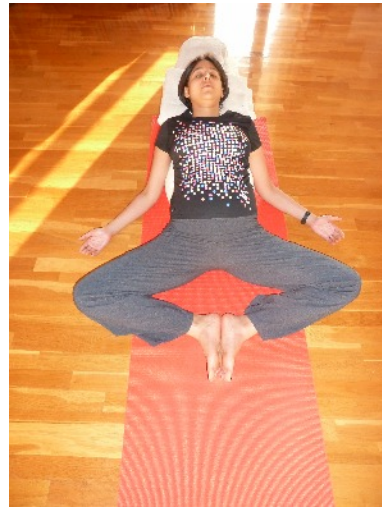


Downward facing dog pose (Adho Mukha Svanasana). Sit on heels , knees wide apart. Keep body up. Come onto all fours, have hands a little forward of shoulders.



On an exhalation , lift the hips. Press the hands down and the heels of the feet. Stretch the back of your legs. Come down and rest and then repeat.

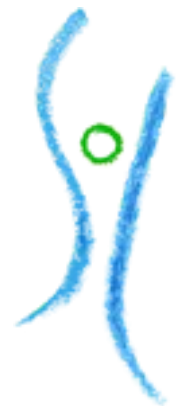
## Relaxation Poses.



Reclined cobbler's pose (Supta Badha Konasana) Have the back supported. Heart higher than the hips and head higher than the heart. The bolster should be under the waist not the buttocks. Bring the soles of the feet together, allow the knees to release to the side. Close your eyes and relax.



Cross your legs on the ground. Change the cross of your legs.



Final relaxation pose (Savasana). Close the eyes and just watch the process of relaxation in the body. Don't try to relax, just observe how the body releases downwards with every exhalation. (10 - 20 minutes).