

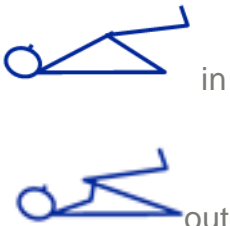
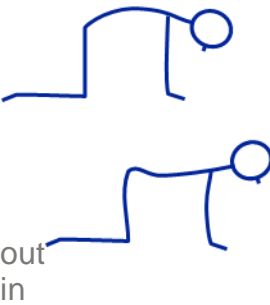









## Suggested Home Practice 2

	<p>Sit up straight but be comfortable. Spend a few minutes focusing on your breath moving in and out of the nostrils. Notice the movement in your chest as you breathe in and out. Notice the energising effect of the in breath and the relaxing effect of the out breath.</p>	<p>2 – 3 minutes</p>
	<p>Bridge Start this pose gently and work up to the bridge. Lie on your back. Knees bent and feet hip width apart and flat on the floor. Arms by the sides. Feel the feet firm on the ground. Check the body is in alignment. Glance down towards the space between the knees to be sure. Begin by slowly rocking the pelvis backwards and forwards. Like you are drawing your belly button towards your spine so the waist rolls into the floor and the tail end of the spine rolls up just off the ground. Notice that this releases stiffness in the lower spine. As long as this movement is comfortable, progress to the bridge but only coming as high into the bridge as is comfortable for your back. Slowly ease the spine off the ground starting the lift by pushing the feet into the ground and engage the muscles in the legs, imaging the keens moving away from the hips allowing the spine to lift. Then lower the spine back down releasing one vertebra to the ground at a time top to bottom.</p>	<p>3-5 minutes</p>
	<p>Knees to chest. One hand on top of each knee. On an in-breath, allow the knees to move away from the chest until the elbows straighten with head staying on the floor. As you breathe out, draw the head off the ground, nose towards the space between the knees. Tucking the knees in towards the chest. If your neck is sore or injured, leave the head on the floor.</p>	<p>2-3 minutes</p>
	<p>Cat to cow posture. Set up with hands beneath shoulders fingers spread wide, long finger pointing ahead. Knees below the hips and hip width apart. If you have sore knees, put some cushioning under both of them. Try to let your breath lead your movement here. As you breathe out, arch your back tucking your chin towards your chest and your tail bone under. As you breathe in, lift your chin and your tail bone while dipping your belly towards the floor. Try to follow the movement of your spine up and down. You are aiming to encourage flexibility of all areas of the spine without forcing or causing pain. Aim for fluidity and work slowly.</p>	<p>2-3 minutes</p>

	<p>Swan. Sink bottom back onto heels. Release the head and forearms to the floor. Rest but be aware of the breath. Notice the breath moving in the back and the sides of the ribs.</p>	<p>1 minute</p>
	<p>Down facing dog. From the swan. Move the feet to hip width apart and hands to shoulder width apart. Tuck the toes under. Keep knees bent and push the tail bone towards the wall behind you and then up towards the ceiling. Stay here being aware of the breath. Rest back in swan pose and repeat.</p>	<p>2-3 minutes</p>
	<p>Lunge. From Down facing dog, step the right foot forward and position the ankle below the knee. Lengthen through the spine. Left heel and tail bone reaching back and crown of the head reaching forward eyes looking at the ground a couple of metres ahead. Shoulders away from the ears. Neck in line with the rest of the spine. Keep your attention on your breath. Then switch sides (left foot forward) Notice the stretch/opening in the front of the hip of the back leg. Repeat on each side.</p>	<p>2-3 minutes</p>
	<p>Warrior 1 From standing, step the right foot forward. Knee above ankle. Encourage both hips to face the front edge of your mat. Keep the back heel on the floor adjusting the position of the back foot to ensure you don't strain the back knee. Lift the arms along-side the ears and if your balance feels secure, gaze up a little just so the front of the throat is stretched a little. Follow the breath as you hold the posture. Then bring the head back to neutral, lower the arms and step back. Then switch to the other side (left foot forward).</p>	<p>2-3 minutes</p>
	<p>From standing. Face the long edge of the mat . Step the feet wide. Have all the toes facing forward. Lift the arms to shoulder height but keep the neck long and shoulders away from the ears. Keep a long spine with core muscles engaged. Lower the right hand to the right leg but avoid putting weight through the leg. You are aiming to use the core muscles to support you. Raise the left arm, palm facing forward. Lengthen and turn the neck to look up towards the left thumb. Follow the breath. Then repeat to the other side.</p>	<p>2-3 minutes</p>

	<p>Lying twist.</p> <p>Start lying on your back in a straight line. Knees bent and feet flat on the floor. Knees and feet together. As you breathe in, the knees and the nose are at centre, facing the ceiling. As you breathe out, lower the knees to the right and if you have no neck problems, turn the nose to the left. Use the next in-breath to move knees and nose back to centre and the following out-breath to move in the opposite directions.</p> <p>Try to keep the movements smooth. As you move back to centre each time, engage your core muscles to protect the back. Aim to keep both shoulders in contact with the floor at all times. Feel the twist in the spine and feel the space you create in the body.</p>	<p>2-3 minutes or longer if time allows.</p>
	<p>Corpse pose.</p> <p>Eyes closed. Arms a little away from the body, palms facing up. Ankles relaxed, feet flopping out to the sides. You can have knees bent and feet flat on the floor if necessary but if having knees bent, widen the feet and have the knees dropping to the centre so they support one another with no conscious effort. Notice how the body feels after the previous practice. Then bring your attention to your breath and follow the breath in and out through the nostrils. Each time you breathe out imagine the body relaxing one part at a time.</p>	<p>2-3 minutes or longer if time allows.</p>