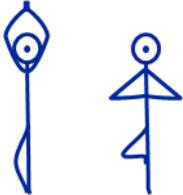
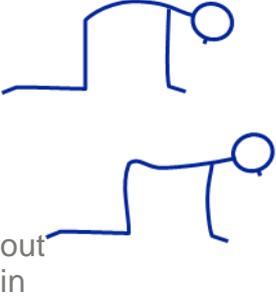
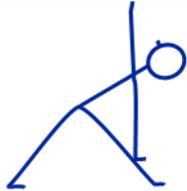


Suggested Home Practice 3

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|  | <p>Standing or Mountain posture.</p> <p>Feet hip width apart. Balance even between right and left foot. Knees slightly soft. Tail slightly tucked and core muscles slightly engaged. Place your attention in your spine and follow the natural curves of your spine bottom to top visualising the spaces between each of the vertebrae. Have your chin parallel with the ground or slightly lowered so there is length in the back of the neck. Crown of the head lifting towards the ceiling. Once you have attained that upright posture, check it feels strong but comfortable. Close the eyes and focus on your breath. Thinking length and lightness each time your breath in and softness/release each time your breath out.</p> | <p>2-3 minutes Longer if poss.</p> |
|  | <p>Forward fold</p> <p>Engage the core muscles. Take your hands to the natural crease at the top of the thighs keeping the chest lifted and spine long.</p> <p>Feet hip width apart and weight even. As you breathe out, fold the upper half of the body forward until parallel with the floor. Keeping those core muscles engaged, reach back with the tail bone and forward with the crown of the head staying parallel with the floor for a few breaths. Then release the hands and crown of the head towards the floor, softening the whole of the upper body and having the knees as bent as the need to be to ensure there is no back pain. Feel the weight of the head creating traction in the spine. Allow each exhalation to draw the head closer to the floor but don't force this.</p> <p>If you have blood pressure, heart problems or serious eye problems, you should not stay upside down for long. Perhaps two breaths and come up then repeating.</p> <p>To come out of the posture, engage those core muscles, check the knees are soft or bent; reach away with the tail and crown creating a long flat back. When you get back to being parallel with the floor take the hands back to that natural crease at the top of the thighs. Then use an inhalation to come up with a flat back.</p> | <p>2 minutes</p> |
|  | <p>Tree</p> <p>From standing with feet secure. Imagine roots penetrating the earth holding your tree upright with strong foundations. Lengthen up through the spine crown of the head reaching towards the ceiling. Transfer your weight into the right foot. Peeling the left foot off the ground and place the sole of the left foot either on the top of the right foot or on the inside</p> | |

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|  | <p>of the right calf. Not on the knee. When the balance is steady, bring the hands to prayer position taking the hands over head if still steady. Focus on the breath not holding the breath.</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> | 2-3 minutes |
|  | <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> | 1 minute |
|  | <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> | 2-3 minutes |
|  | <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> | 2-3 minutes |
|  | <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.</p> | 2-3 minutes |

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| | <p>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.</p> <p>Then switch to the other side (left foot forward).</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.</p> <p>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.</p> <p>Then repeat to the other side.</p> | 2-3 minutes |
|  | <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> | 2-3 minutes or longer if time allows. |
|  | <p>Sit up straight but be comfortable.</p> <p>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.</p> <p>Notice the energising effect of the in breath and the relaxing effect of the out breath.</p> <p>Count to four mentally each time your breathe in and four each time your breathe out to create a balanced breath.</p> | |