

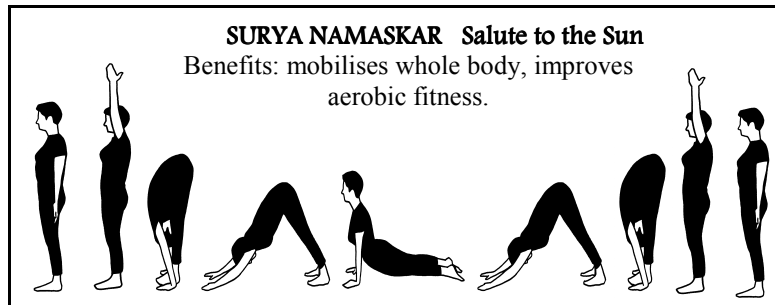


ENERGETIC PRACTICE



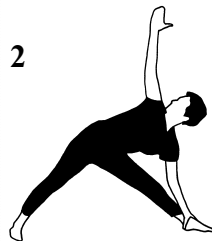
The following sequence is an energetic practice to improve stamina and endurance. When attention is paid to alignment, the following poses will soothe aching backs and legs. If you are menstruating, pregnant, recovering from illness or have ANY injuries or medical conditions: PLEASE CHECK WITH YOUR TEACHER about the suitability of poses. Always allow at least ten minutes for savasana at the end of practice. For the static poses it may be helpful to choose a breath count as a measure for holding. This can gradually be increased as stamina improves.

1



2
TRIKONASANA Triangle Pose

Inhale, reach out and down. Come out carefully. Do both sides.



3
VIRABHADRASANA Warrior Pose

Make a 90 degree angle with front leg. Draw back through back arm. Work into outer edge of back foot. Do both sides.



4
UTTANASANA

Benefits: Improves condition of spine, stretches hamstrings, brings blood to the face. Bend your knees deeply to keep your back comfortable if need be. *Come up carefully. Do not do this pose if you suffer from high blood pressure or back injuries.*



5

ADHO MUKHA SVANASANA Dog

Benefits: Increases flexibility, works all muscles in spine, arms and legs, restores energy. *Ensure feet and hands are evenly placed.*



6
SETU BANDHASANA Neck Bridge

Lift high up onto the tops of the shoulders. Roll down very carefully when coming out of it.



7

FORWARD STRETCH

Benefits: Improves condition of spine, relaxes and restores. *Keep arms working well. Sink back*



8

SAVASANA

Place your body evenly on the floor. Eyes closed. Deep breathing. Visualise a pleasant scene or simply watch your breath.

