




# Practice Two

NOTICE BREATHING  
≠ SENSATION  
THROUGHOUT !


 lie down; settle; breathe. (5)


 arms moving SLOWLY in opposite directions.  
sense the quality of the movement  
notice how your body stabilises itself (3)



 Cross arms: relax: 4 breaths; then cross other way.


 open arms: rest. Roll head one way, then the other.

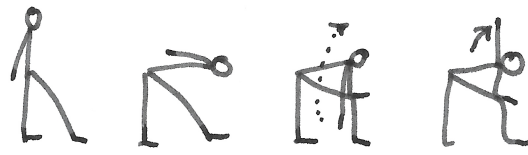
 sit up & massage your feet (pull & twist each toe) (2)

 stand. notice feet. engage arches, lift & lower toes etc.  
move head up/down/side-side. (6)

 shoulders - lift & drop  
- roll back  
- circle arms  
- cow arms

 clasp hands behind back  
 if comfortable

 both sides

 both sides (5)

 tree (2)


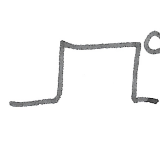



wide legs. pelvis level. turn spine - both ways.. then rest forwards (4)  
.. come up slowly.







step forward - breathe out - hips forward - raise chest - shoulders draw back (3)

{bad picture} - a gentle back bend for upper back - No pinching in low back !!  
chin tucked in - long neck

 rest.  Cat  plank  elbow plank (10)

suggested timings (in minutes) are given in **green**

continued on next page...

 lie on front. forehead on hands. breathe. feel ground beneath you.  
 exh, raise leg, <sup>inhale</sup> hold, lower. x both sides  
 both legs.  
 legs and chest, neck, head  
 (don't press on arms)

10




 locust. long neck, chin in. breathe!

 sphinx.   
 shoulders down.



 dog  
 (ok to bend knees!)


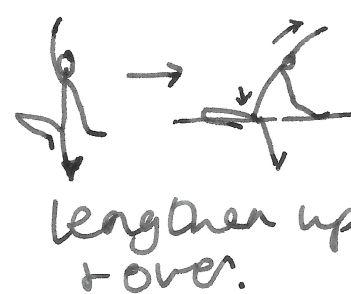
 alternate arms + legs. NO RUSH!  
 breathe

 rest  
 hip openers

 bridge  
 arms back ... or clasp hands beneath you  
 rest.


15

 lie on left side.  
 slowly take right arm in semi circle behind head (touching floor)  
 head rolls to right... stay breathe!  
 repeat on other side.

 cushion if needed  
 lengthen up + over.  
 side bend - lovely!  
 breathe. open up  
 keep sitting bones down.  
 x2: repeat on other side.

5

 lengthen.. centre head.. twist.. breathe.. both sides.

 sit, or kneel. Be upright, comfortable, quiet + relaxed.  
 viloma - pausing on the outbreath.

10

 savasana.

5