

stand tall.



comfortable
step forward
with R. foot.
Tailbone drops
L heel down.



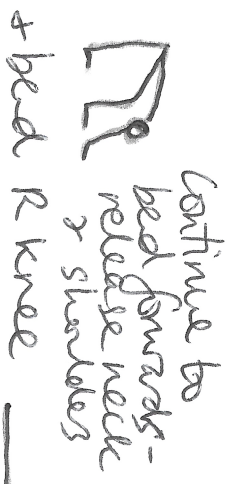
pelvis sinks
forwards as
you lengthen
up a gentle
back bend



arms down
straighten up
clasp elbows
straight legs



hinge at
hips
keep back
straight.
chin slightly
tucked in



continue to
lean forwards -
release neck
& shoulders
& bend R knee



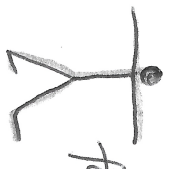
step out
R foot &
raise L leg.
(R leg can be bent)



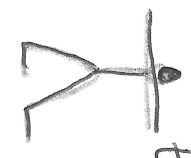
weight on both
legs, slide
R hand onto
shin.



open to left
(triangle thrust)
bend R leg if
you prefer



stand up,
facing to the
left



turn all the
way round
to face
right.



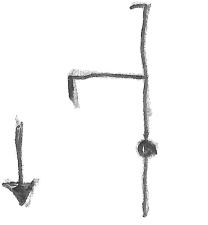
face
forwards



weight on
both legs
length on
back of body



step out
R leg; keep
length through
to back heel



keep
breathing



come back;
L foot finds
its footprint.



back to
start.

Repeat with
left foot forward.

throughout this sequence, notice you feel. keep your knee aligned with your foot.

• you could do this slowly, having several breaths in each position
• or you could do the sequence as a continuous flow.

A standing sequence that incorporates back bending, forward bending, twisting and balancing.