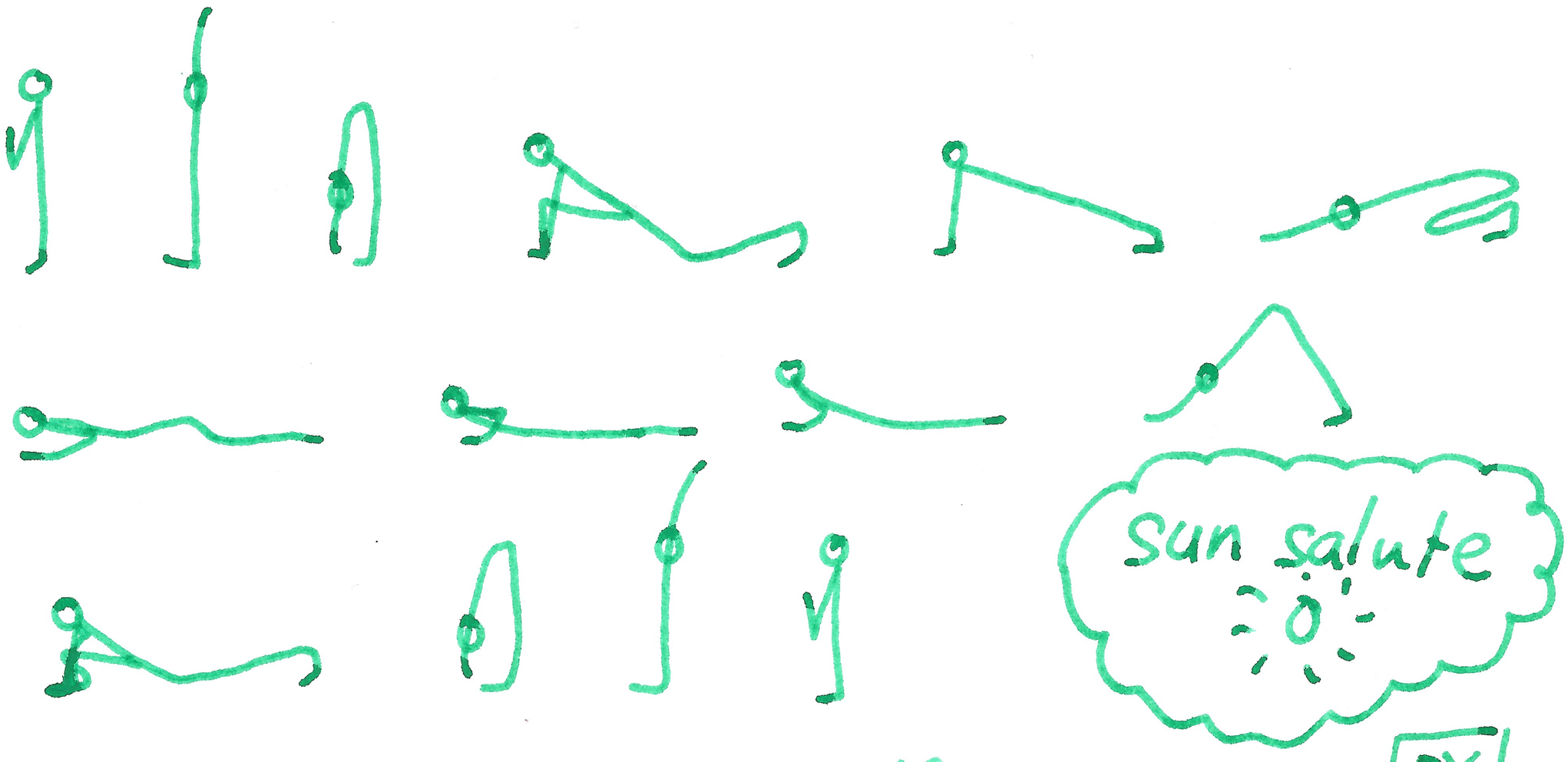

1. hands together.. centre yourself
2. open arms + reach up
3. fold forward
4. R. foot back: lunge .. neck long, shoulders down
5. join feet: plank .. heels back
6. hips back over heels [don't move hands]
7. creep forwards, chin + chest close to floor
8. rise up into cobra [shoulders down]
9. ... and all the way back to dog
10. R. foot forward: lunge
11. join feet: forward-bend
12. roll up from 'grounded' feet, take arms up
13. return to starting position
14. REPEAT, this time leading with L. leg

EX
INH
EX
INH
INH
EX
INH
EX
INH
EX

BREATHING

You could (a) move on an outbreath, pause + hold as you breathe in; or...

(b) speed up, breathing out EX + in INH as shown or...

(c) just follow your instincts!

Jo Child