

## 10B Inhale-Exhale



### 1. Easy Pose Variation Side Sukhasana Variation Side

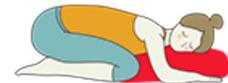
Sit with the legs crossed in front of you. Place one hand on the floor, lift the other hand above your head to gently stretch the side of the body. Repeat other side.



### 2. Seated Forward Bend Pose With Bolster And Blanket Paschimottanasana With Bolster And Blanket

Extend legs in front of you. Place a bolster & blanket over or along your thighs. Inhale lengthen the spine. Exhale gently bend forwards to rest over the props. Making sure you are well supported & can relax in to the pose.

## 15B



### 3. Child Pose Bolster Balasana Bolster

Come in to an all-fours position. Bring the bolster between your knees & possibly lower under your tummy to support you. Lay over the bolster. Turn your head to one side for comfort. Rest here.

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### 4. Cat Cow Pose Rib Cage Circles Bitilasana Marjaryasana Rib Cage Circles

Coming up to all-fours, circle through the hips to release the lower & upper back.

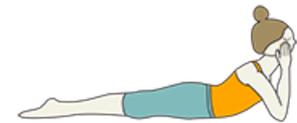
## 10B Inhale-Exhale



### 5. Cat Cow Pose Bitilasana Marjaryasana

In all-fours position, exhale drop your head, draw the tummy in & tuck the tailbone under to arch the spine to the sky. Inhale lift your head, open the chest, drop the tummy down to the floor & tip the tailbone up to the sky to arch the spine & lengthen from pubic bone to chin.

## 10B



### 6. Crocodile Pose On Elbows Makarasana On Elbows

Testing on your tummy, cup your chin in your hands. Lengthen the collar bones. Press the tops of the feet in to the floor. Hold for 10 breaths & then push back up to sitting.

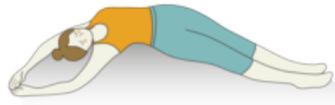
10B



7. Caterpillar Pose

With legs in front of you, bend the knees. Inhale raise the arms above your head, exhale reach the arms forwards to hold the outer feet. Release the head & relax the back of the neck.

10B



8. Banana Pose Bananasana

Laying flat on your back gently slide your arms & feet to one side. Stretch the side of your body whilst keeping your hips & shoulders flat to the floor. Soften your tummy, face & jaw. Repeat on the other side.



9. Half Happy Baby Pose Ardha Ananda Balasana

With both legs extended bend one knee in to the chest. Draw that knee towards the armpit & then take hold of the outside of the foot with your hand. Press the heel up to the sky whilst drawing the knee deeper in to the armpit to feel a stretch in the groin. Hold for 10 breaths. Repeat on the other side.



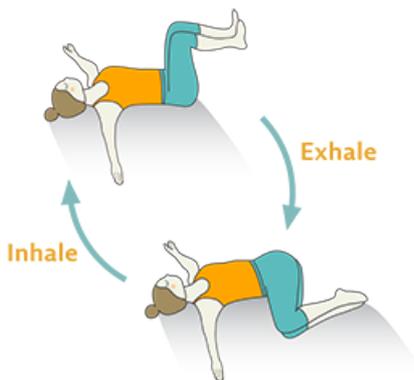
10. Supine Spinal Twist Pose II Supta Matsyendrasana II



11. Half Wind Release Pose Ardha Pawanuktasana



12. Supine Spinal Twist Yoga Pose I Supta Matsyendrasana I



13. Belly Twist Flow Supta Matsyendrasana II Flow



14. Reclining Bound Angle Pose Supta Baddha Konasana



15. Happy Baby Pose With Bolster Ananda Balasana With Bolster



16. Legs Up The Wall Pose Bolster Viparita  
Karani Bolster



17. Wall Butterfly Pose Wall Baddha Konasana



18. Reclined Butterfly With Bolster Supta  
Baddha Konasana Bolster



19. Side Lying Corpse Pose Parsva Savasana



20. Easy Pose Sukhasana

21. Shakti Mudra.

Curl thumb in to palm & wrap first & second finger over/around thumb. Extend ring & little fingers upwards so that the tips of the ring & little fingers touch together.



22. Matangi Mudra



23. Candle Gazing Trataka