

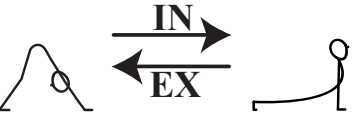
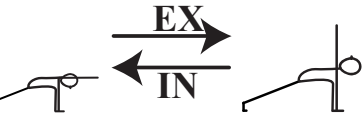

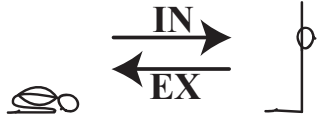


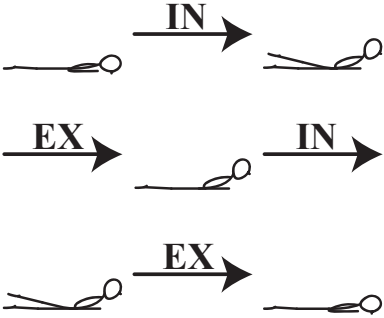

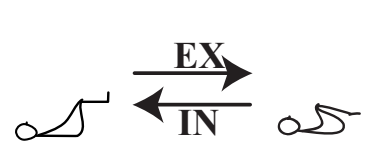


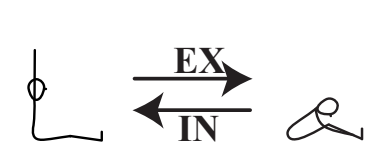





Relax and unwind practice

<p>1</p> 	<p>MOUNTAIN POSE / TADASANA. Continue for 6 breaths. Make a loud humming sound.</p>	<p>Begin in standing. Shake your limbs and move your body in any way that feels good. Make loud humming or groaning sounds to help you release the tensions and frustrations of the day.</p>
<p>2</p> 	<p>CHAIR POSE / UTKATASANA. To release excess tension. IN (say mentally): <i>Inhale</i>. EX (say mentally): <i>Exhale</i> /Repeat 4x.</p>	<p>Begin standing. IN: Raise your arms up. EX: Gradually bend your knees and place your chest over your thighs, bring your arms down, and relax the neck. IN: Stand up, leading with your chest, sweep your arms out and up.</p>
<p>3</p> 	<p>DOWNWARD FACING DOG / ARDHA MUKHA SVANASANA + UPWARD FACING DOG / URHVA MUKHA SVANASANA. To release excess tension and begin to lengthen exhalation. IN (say mentally): <i>Inhale</i>. EX (say mentally): <i>Long exhale</i> /Repeat 4x.</p>	<p>Begin on your hands and feet. IN: Carry your upper body forward to align the shoulders over the hips, lift your chest up, and lower your hips. EX: Push your tailbone back, stretching from your hands to the tailbone.</p>
<p>4</p> 	<p>HIGH LUNGE TWISTING ADAPTATION. To release excess tension by using langhana elements. IN (say mentally): <i>Inhale</i>. EX (say mentally): <i>Long exhale</i> /Repeat 4x. Do #5 on the same side, then switch sides.</p>	<p>Begin in a lunge position with your R foot on the floor and your L leg extended back. Keep your L hand on the floor and extend your R arm by your ear. EX: Turn your upper body to your R, raising your R arm up and looking up. IN: Return to the starting position.</p>
<p>5</p> <p>Stay</p> 	<p>DEEP LUNGE TWISTING ADAPTATION. To stretch the hips and ground the energy by using langhana elements. Free breath.</p>	<p>Begin in a lunge position with your R foot on the floor, and your L leg extended back. Place your L knee on the ground. Lower your L elbow down and turn your chest toward your R leg. Wrap your R arm around your R leg. Look down. Stay in the pose. EX: Turn your upper body a bit more while hugging your R leg toward yourself. IN: Lengthen your spine.</p>
<p>6</p> 	<p>KNEELING POSTURE / VAJRASANA. To compensate for #4 and #5, ground the energy, and continue lengthening exhalation. IN (say mentally): <i>Inhale</i>. EX (say mentally): <i>Long relaxed exhale</i> /Repeat 4x.</p>	<p>Begin standing on your knees. IN: Sweep your arms up. EX: Gradually contract your abdomen as you bring your chest down to your thighs and tailbone toward the heels, placing your hands on your lower back. IN: Lead with the chest as you go up to stand on your knees, sweeping your arms up.</p>
<p>7</p> <p>Stay</p> 	<p>BALASANA / CHILD'S POSE. To ground the energy by using langhana elements. Free breath. Stay for 6 breaths.</p>	<p>Begin in a kneeling position. Bring your chest down to your thighs and tailbone toward the heels. Rest your arms by your sides. Relax your neck and settle into the pose. IN: Expand your upper back. EX: Relax and soften the body.</p>
<p>8</p> 	<p>HERO POSE / VIRASANA. To ground the energy by using sound. IN: Free. EX: Hum at medium volume. Feel the resonance of sound throughout the body / 4 breaths.</p>	<p>Sit up on your heels. Keep your spine long and shoulders relaxed.</p>

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<p>9</p> 	<p>COBRA POSE / BHUJANGASANA. To anchor the energy by using a connection to the ground. Free breath. Repeat 3x on each side.</p>	<p>Begin on your stomach, feet hip distance apart, with your forearms on the floor. IN: Lift your chest up, pulling the elbows back and lifting your R leg up. EX: Keep your upper body up as you lower your R leg slightly down. IN: Lift your R leg back up. EX: Move down, placing your chest and R leg down. Repeat, alternating sides.</p>
<p>10</p> 	<p>COBRA POSE / BHUJANGASANA CHIN TUCK. To anchor the energy by using a connection to the ground. Free breath. Repeat 4x.</p>	<p>Begin on your stomach. Lift up, pulling back with your hands. Stay up. EX: Tuck your chin in. IN: Lift your chin up.</p>
<p>11</p> 	<p>WIND RELEASE POSE / APANASANA. To ground the energy by using langhana elements. IN (say mentally): <i>Inhale.</i> EX (say mentally): <i>Long relaxed exhale.</i> SUSP (say mentally): <i>Rest in between.</i> /Repeat 4x.</p>	<p>Begin on your back with hands over your knees. EX: Gradually contract the abdomen and bring the knees toward your belly. IN: Move the knees away from the belly.</p>
<p>12</p> 	<p>RECLINING TWIST / JATTHARA PARIVRTTI. To ground the energy by using langhana elements. Free breath. Repeat 3x on each side.</p>	<p>Begin on your back, arms out to the sides, knees bent. EX: Bring the knees down to your R and turn your head to the L. IN: Return back to the center. Continue, alternating sides.</p>
<p>13</p> <p>Stay</p> 	<p>RECLINING TWIST / JATTHARA PARIVRTTI. To ground the energy by using langhana elements. IN (say mentally): <i>Inhale.</i> EX (say mentally): <i>Long relaxed exhale.</i> SUSP (say mentally): <i>Rest in between.</i> /Repeat 6x, then switch sides.</p>	<p>Stay in the twist. EX: Deepen the twist and try to stack your knees. IN: Relax the effort.</p>
<p>14</p> 	<p>SEATED FORWARD BEND / PASCHIMOTTANASANA. To ground the energy by using langhana elements. IN (say mentally): <i>Inhale.</i> EX (say mentally): <i>Long relaxed exhale.</i> SUSP (say mentally): <i>Rest in between.</i> /Repeat 4x.</p>	<p>Sit with your legs extended, knees generously bent, arms up. EX: Gradually bend forward, placing your chest over your thighs. IN: Lead with the chest as you come up.</p>
<p>15</p> <p>Stay</p> 	<p>SEATED FORWARD BEND / PASCHIMOTTANASANA. To ground the energy by using langhana elements. Free breath. Repeat 4x.</p>	<p>Stay in the pose. Make sure that your head and chest feel supported. IN: Expand your back. EX: Release the weight of the body down.</p>
<p>16</p> 	<p>BRIDGE POSE / DVIPADA PITHAM. To compensate for #14 and #15. Free breath. Repeat 4x.</p>	<p>Begin on your back, with your knees bent and feet close to the buttocks. IN: Gradually roll your hips up. EX: Gradually roll your hips down. Keep the back of the neck long.</p>
<p>17</p> 	<p>RECLINING POSITION WITH KNEES BENT. To ground the energy by using sound. IN: Free. EX: Hum softly. Feel the resonance of sound throughout the body / 4 breaths.</p>	<p>Stay on your back, with your knees bent and feet on the floor. Feel the stability of the floor underneath you.</p>

Relax and unwind practice

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CORPSE POSE / SAVASANA. Take your time to inhale and take your time to exhale. Linger at the end of exhalation for a second or two. Continue for 5 minutes.

Get settled in a comfortable resting position of your choice. Continue to relax your body with every breath cycle.

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EASY POSE / SUKHASANA WITH CHIN MUDRA. Get settled in a comfortable seated position of your choice. Connect the tip of each hand's thumb and index finger and relax your other fingers. Keep the palms pointing down. Rest your hands on your knees.

A. IN: Expand your chest, then your belly. EX: Hum softly / Continue for 6 breaths.

B. IN: Freely and fully. EX: (say mentally): *Long relaxed comfortable exhale* / Repeat 6x.

C. IN: Freely and fully. EX: (say mentally): *Long relaxed comfortable exhale*. SUSP (say mentally): *Rest in between*. /Repeat 6x.

D. Breathe comfortably, with or without a pause between your breaths. Notice the quality of your energy. Is it different from the beginning of the practice? Stay here for a few moments and observe how you feel.