

DEREK IRELAND
ASHTANGA VINYASA YOGA

“THE PRIMARY SERIES”

Standing in the front of your mat, Samastithi.

Big toes join touching, ankles join touching, spread the toes, spread the balls of the feet, make contact with the feet.

Come up through the legs, pull up on the kneecaps, pull up on the thighs.

Uddhiana bandha, lower abdomen locked, hip to hip lifted, very softly very gently lifted up.

All that locked throughout the practice.

Mulabandha, perineum, any sphincter muscles against gently contracted, very softly, very gently contracted. they are locked tight.

So you feel the pelvic girdle, pelvic floor is supported

Rib cage opening whole front side and back, so feel wide try to make the rib cage wide.

Shoulders relaxed, arms relaxed to the side, palms faced in, chin horizontal, skin on the back of the neck extended up, and bring awareness to your breathing.

Ujjayi breathing. Drawing the breath in through the nose and air through the nose control back of the throat. Half closing the glottis and keep the control of the air of both the inhalation and the exhalation. With the ujjayi breathing the emphasis is the same or the effort is the same on both the in and the out breath. Don't push that out air breath harder than you draw the in breath in, who say the generation of the breath is the same so you inhale for four and exhale for four. No delay between inhale - exhale - exhale - inhale - Constant free rhythmic breathing.

Get the rhythm to the breath at you start your class with, and remember the movement is synchronized to the breath, not the other way around, the breath that moves you, ok?

SURYA NAMASKAR A

1

Inhale, reach up and look up at your thumbs.

Exhale, extend, go forward, draw the head into the legs

Inhale, look up, extend the back.

Exhale, jump back, chatuari, chin down.

Inhale, roll over the toes, upward facing

Exhale, roll over, downward facing.

Settle downward facing correctly.

Hands are slightly wider than shoulders width apart, middle finger faces forward, the fingers are spread, the palms are spread. The weight through the four fingers the weight through the thumbs. Your feet are your foot length apart the outside to the feet squared to one another. The heels are extended down - The kneecaps in the thighs drawn up.

Extend the weight from the hands in the elbow face one another, tend through the shoulders thorough the length to the back and through the sittings bones. The chin slighted up in - ujjayi breath.

Listen to your breathing.

When you're ready, Inhale, jump up and look up with straight legs, extend the back, exhale, draw the head into the legs

inhale come up, bring the arms out to the sides, reach up, look up at your thumbs

exhale bring the arms down to the sides.

2

Inhale, reach up and look up.

Exhale, extend, go forward, draw the head into the legs

Inhale, look up, extend your back.

Exhale, jump back, chatuari, chin down.

Inhale, roll over the toes, upward facing

Exhale, roll over, downward facing.

Settle downward facing dog correctly

Once again

Spread the fingers, spread the palms weight through the four fingers weight through the thumbs.

Extend the weight from the hands through the arms through the shoulders through the length of the back and through the sitting bones, down through your heels up through your kneecaps, up through your thighs - The lower abdomen gently drawn up, chin slightly tucked in - Listening to the sound of your breath.

When you're ready inhale, jump up, look up and straight legs

exhale draw the head into the legs

Inhale come up, reach up, look up at your thumbs

exhale bring the arms down to the sides

3

Inhale, reach up and look up.

Exhale, extend, go forward, draw the head into the legs

Inhale, look up, extend the back.

Exhale jump back chatuari chin goes down

Inhale, roll over the toes, upward facing

Exhale, roll over the toes, downward facing.

Set and breath

Once again

Hands are slightly wider the shoulder width part, the middle finger faces forward weight through the four fingers weight through the thumbs, extend the weight from the hands, through the length of the arms, the inner elbows face one another, don't sink into the shoulders, trying extend evenly through the under arms and through the top of the shoulders.

Through the length to the back down through the heels.

Again, when you're ready,

Inhale

Jump up

Look up

Extend the back

Exhale

Draw the head into the legs

Inhale

Come up

Reach up

Look up at your thumbs

Exhale bring the arms down to the side

4.

Inhale reach up and look up

Exhale, extend, go forward draw the head in.

Inhale, look up, extend your back

Exhale jump back chatuari chin down

Inhale, roll over the toes, upward facing

Exhale, roll over the toes, downward facing.

Set and breath

Uddhiana banda, lower abdomen very gently drawn up, mulabanda, perineum, any sphincter muscles, again, very gently softly contracted, lengthening the spine, extending through the shoulders, listening to the sound of the ujjayi breath, drawing through the nose and air through the nose control back of the throat

When you're ready inhale, jump up, look up, straight legs, extend the back

exhale draw the head into the legs, inhale come up reach up bring the arms out of the side, push the palms together, exhale bring the arms down to the side.

5.

Inhale reach up and look up

Exhale, extend, go forward draw the head into the legs

Inhale, look up, extend your back.

Exhale, jump back, chatuari, chin down.

Inhale, roll over the toes, upward facing

Exhale roll over the toes downward facing

Set and breath

Once again

Spread the fingers, spread the palms weight through the four fingers weight through the thumbs.

Extend the weight from the hands, evenly through the shoulders, lengthen the spine, extend through the sitting bones down through your heels, your feet are your foot length apart, the outside of the feet squared to one another, heels extended down, kneecaps and thighs drawn up.

When you're ready inhale, jump up, and look up with straight legs, exhale draw the head into the legs, inhale come up, reach up, push the palms together, exhale bring the arms down to the sides.

6.

Inhale, reach up and look up.

Exhale extend go forward, draw the head in

Inhale look up extend the back

exhale jump back chatuari chin down

Inhale roll over the toes upward facing

Exhale roll over the toes downward facing

Set and breath

Outside of the feet squared to one another, heels extended down, kneecaps and thighs drawn up the chin tucked in, looking towards your navel.

Uddhiana bandha, mula bandha smooth even ujjayi breathing

When you're ready inhale, jump up, look up with straight legs, extend the back

exhale draw the head into the legs, inhale come up reach up bring the arms out of the sides, push the palms together, exhale bring the arms down to the sides.

7.

Inhale reach up and look up

Exhale extend go forward, draw the head in

Inhale look up extend your back

exhale jump back chatuari chin down

Inhale roll over the toes upward facing

Exhale roll over the toes downward facing

Set and breath

Hands are slightly wider than shoulder width part, middle finger faces forward, the fingers are spread, the palms are spread, weight through the four fingers weight through the thumbs. You extend the weight from the hands through the arms through the shoulders through the back, down through the heels, the feet your foot length apart, the outside of the feet squared to one another, come up through the kneecaps to the thighs. Uddhiana bandha

When you're ready inhale, jump up, look up, straight legs,

exhale draw the head into the legs, inhale come up bring the arms out of the sides, reach up, look up, exhale bring the arms down to the sides.

8.

Last one

Inhale reach up and look up

Exhale extend go forward, draw the head into the legs

Inhale look up extend the back

exhale jump back chatuari chin down

Inhale roll over the toes upward facing

Exhale roll over the toes downward facing

Set and breath

Listen to the sound of your breathing

Drawing the breath in evenly, control back of the throat, allow the breath out evenly control back of the throat. Same effort on the inhalation as the exhalation. Smooth breathing, free breathing

When you're ready inhale, jump up, look up, straight legs,

exhale draw the head into the legs, inhale come up, reach up, look up at your thumbs, exhale bring bring the arms down to the sides.

SURYA NAMASKAR B

Bend the knees, inhale reach up, UTHKATASANA

exhale extend go forward, straighten the legs draw the head in

inhale look up extend the back

exhale jump back chatuari chin down

Inhale roll over the toes upward facing

Exhale roll over the toes downward facing

Inhale set

Exhale turn the left foot in, bring the right foot between the hands

Inhale come up, Virabdrasana reach up

Exhale go down, step back chatuari, inhale roll over the toes upward, exhale roll over the toes downward, inhale set

exhale right foot in left foot forward, inhale come up Virabdrasana, reach up bend the front knee well, exhale go down step back chatuari

Inhale roll over the toes upward facing, exhale roll over the toes downward facing,

set and breath - good breathing

Listen to your breath, keep extending the weight from your hands down through the heels try not to sink into the shoulders, extend through the length to the back and through the sitting bones, chin slightly tucked in, again listen to your breath.

When you're ready inhale, jump up, look up, straight legs, exhale draw the head in.

Uthkatasana bend your knees, inhale come up and hold, exhale straighten as you bring the arms to the sides.

2.

Uthkatasana, bend the knees, inhale reach up, and hold, exhale extend go forward, straight legs head in, inhale look up extend the back, exhale jump back chatuari chin down.

Inhale roll over the toes upward, exhale roll over the toes downward, inhale set.

Exhale turn the left foot in, bring the right foot forward, Inhale come up Virabdrasana, reach up, exhale go down, step back touch the chin down, inhale roll over the toes upward, exhale roll over the toes downward, inhale set, exhale turn right foot in, bring left foot forward, inhale come up

Virabdrasana, bend the knee, exhale go down, step back chatuari, inhale upward facing, exhale downward facing set and breath

Once again

Listen to your breath

Spread the fingers, spread the palms, weight through the four fingers, weight through the thumbs,

outside to the feet squared to one another, kneecaps and thighs drawn up, extend evenly through the shoulders, don't sink into the shoulders, chin slightly tucked in, listen to your breath

When you're ready inhale, jump up, look up, straight legs, exhale draw the head in.

Uthkatasana bend your knees, inhale come up and hold, exhale straighten the legs as you bring the arms to the sides

3.

Uthkatasana, bend the knees, inhale come up, and hold, exhale extend go forward draw the head in, inhale look up extend the back, exhale jump back chatuari chin down, inhale roll over the toes upward, exhale roll over the toes downward, inhale set, exhale left foot turns in, right foot comes forward, inhale come up Virabdrasana, exhale go down step back chatuari, inhale upward facing, exhale downward facing, inhale set.

Exhale right foot in left foot forward, inhale come up Virabhadrasana, reach up, exhale go down step back chatuvari, inhale roll over the toes upward, exhale roll over the toes downward, set and breath. Once again

Listen to the breath

Spread the fingers spread the palms, try to extend the weight from the hands, don't lean forward into them, tuck the chin in, push the heels down, feet correctly distance apart, listen to the sound of the breath. Good breathing

When you're ready inhale, jump up, look up, straight legs, exhale draw the head in.

Uthkatasana bend your knees, inhale come up and hold, exhale straight as you bring the arms to the sides.

4.

Uthkatasana, bend your knees, inhale reach up and hold, exhale extend go forward straight legs head in, inhale look up, exhale chatuvari jump back chin down, inhale roll over the toes upward, exhale roll over the toes downward, inhale set.

Exhale left foot turns in, right foot comes forward, inhale reach up Virabhadrasana, exhale go down step back chatuvari, inhale upward facing, exhale downward facing, inhale set.

Exhale right foot in left foot forward inhale come up Virabhadrasana reach up, exhale go down step back chatuvari, inhale roll over the toes upward, exhale roll over the toes downward, set and breath.

Once again

Good breathing, free breathing

When you're ready inhale, jump up, look up, straight legs, extend the back exhale draw the head in.

Uthkatasana bend your knees, inhale come up and hold, exhale straight as you bring the arms down.

5.

Last one.

Uthkatasana, bend your knees, inhale reach up and hold, exhale extend straight legs, head in, inhale look up extend the back, exhale chatuvari jump back, chin down, inhale roll over the toes upward, exhale roll over the toes downward, inhale set.

Exhale left foot in, right foot forward, inhale Virabhadrasana, reach up, look up, exhale go down step back chatuvari, inhale roll over the toes, exhale roll over the toes, inhale set.

Exhale right foot in, left foot forward, inhale reach up Virabhadrasana, look up, exhale go down step back chatuvari, inhale roll over the toes, exhale roll over the toes, downward facing dog set it and breath, good breathing, free breathing. Again trying extend the weight from the hands evenly through the shoulders, through the under arms, extend through the back, up through the sitting bones, down through the heels up through the kneecaps in the thighs, and listen to your breathing. Smooth, even, free breathing. When you're ready inhale, jump up, look up, straight legs, exhale draw the head in

Uthkatasana bend your knees, inhale come up and hold, exhale straighten as you bring the arms to the side.

Standing in the middle of your mat, Samasthitih,

PADANGUSTASANA

Inhale jump the feet hips distance apart, hands on the hips, open the chest, exhale go forward hook two fingers around each big toe, inhale, look up at the ceiling, extend and pull, exhale bend the elbows draw yourself down and breathe. Now the outside of your feet are hip distance apart. The feet squared to one another, those even effort to draw yourself down, spread the weight evenly through the feet don't sink back into the heels, pull up on your kneecaps pull up on your thighs, hold uddjana banda, mulabanda, again listen to your breath.

when you're ready inhale look up extend, exhale stand on your hands, again inhale look up extend, exhale bend the elbows, draw yourself down and breathe. Again even effort to draw yourself down, don't you stand there. Pull up on the kneecaps pull up on the thighs, bring some of the weight into the hands so you don't sink back into the heels. Again listen to your breathing. Ujjayi breath,

control back of the throat. When you're ready inhale look up extend, exhale place the hands on the hips, inhale come up, exhale jump the feet together. Samastith.

Inhale jump to your right, feet are elbows distance apart, turn the right foot out keep the breath going. Heels in line back foot slightly turned in, inhale, exhale extend to the right go down hold the right big toe, bring the left arm straight up. Look up along the length of your left arm at your left thumb and breathe. Make sure the inner part of your right foot is pushed down and don't sink to the outside of the right foot, pull up of the right kneecap and thigh and keep the outside of the back foot pushed down. Don't lean down into the right hand, trying hold the toe and then extend up through the right arm across the chest in the back up through the length of the left arm.

When you're ready inhale, come up, turn your right foot in left foot out exhale. Inhale, exhale extend to the left, go down, hold the left big toe, right arm straight up, look up along the length of it again to your right thumb and breathe. Inner part of the left foot pushed down, extend up through the left arm across the chest in the back, up through the length of the right arm up through the right fingertips look at your right thumb. Keep the right shoulder back, inhale come up, turn your left foot in, turn your right foot out, exhale. Inhale. Exhale, twist your right and put your left hand outside to your right foot, your right hand behind you. Twist the torso look over the right shoulder and use the left hand as a leva, then bring the right arm straight up and again look up along the length of the right arm and the right thumb and breathe. Good breathing. Keep the inner part of the right foot pushed down and don't lean down into the left hand. Use it as a leva but then extend up and the weight from the hands, as much twist in the torso as you can, keep weight down through the back foot. Good breathing. **Parivritta Trikonasana**

Inhale come up, turn your right foot in, turn your left foot out exhale. Inhale, exhale twist to the left and place the right hand outside the left foot, the left hand behind you. Twist the torso and use the right hand as a leva, then bring the left arm straight up, look up along the length of the left arm and your left thumb. Once again leva against the right hand to get the twist in the torso but then extend up a weight from right hand, don't lean down into it. Good twist in the torso, extend up through the left fingertips. Look at your left thumb, keep weight down through the back foot. Again listen to your breathing. When you're ready inhale, come up, square the feet, exhale jump the feet together faced forward.

Inhale jump to your right this time the outside to the feet are wrists distance apart. Turn the right foot out keep the breath going, heels in line back foot slightly turned in, arms level with the shoulders. Inhale, exhale bend your right knee and stay there. Inhale again, exhale extend put your right hand outside your right foot, left hand behind you. Twist again the torso, look over the left shoulder. Then inhale the left arm straight up look up, look up along the length of it and then extend the arm over the left ear. Keep looking up and if you can just use the eyes to look at your left middle finger. Keep the back foot firmly pushed down, keep the right knee pushed out against your right arm and don't sink into the left hip, push that back foot firmly down your lift slightly in the left hip. Good breathing extend out through your left fingertips. When you're ready inhale come up, turn your right foot in turn your left foot out exhale, get the feet correct. Inhale. Exhale bend your left knee, stay there. Inhale, exhale extend left hand outside left foot, right hand behind you; twist the torso slightly look over the right shoulder. Keep the right hip back right shoulder back. Inhale the right arm up and exhale extend it over the right ear. Reach out through the right finger tips. Keep the left knee pushed out against the left arm, keep the knee well bent and use just the eyes if you can to look at your right middle finger; try not to drop the head or turn the head too much. Keep the back foot firmly pushed down so don't sink down into the right hip. Good breathing. Inhale come up, turn your left foot in turn your right foot out, exhale. Inhale, exhale bend your right knee, stay there, inhale, exhale twist your right and trying get your left arm around outside your right thigh, Use as many breath as you can, bring the hand down if you can, drop the right arm behind you. Look over the right shoulder, twist the torso, then inhale the right arm straight up and once again exhale extend it over the right ear and breathe. Again if you can use the eyes just use the eyes to look at the right middle finger and try not to drop the head or turn the head too much, keep the back foot down. Good breathing. Inhale bring the right arm straight up drop it behind you and try to fit in left one between the legs and hold your right wrist. Hold and breathe. Twist the torso as much as you can. Looking over the right shoulder, bend the knee a little more, good twist in the torso. And release, inhale, come up, turn your right foot in turn your left foot out, exhale, inhale. Exhale bend your left knee and stay there. Inhale, exhale twist to the left and put the right upper

arm outside of your left thigh. Again take as many breaths as you need to get it outside; twist the torso and look over the left shoulder, bring the left arm straight up inhale and again extend it over the ear, exhale, hold and breathe. Keep the back foot firmly down. Good breathing. Inhale the left arm up and drop it behind you and try to fit the other around through and try hold your left wrist if you can with your right hand, bend the front knee a little more, twist look over the left shoulder. Keep the back foot down, breathe. And release, inhale come up, square the feet, exhale jump the feet together faced forward. Inhale jump the feet apart again this time palm distance apart, ok? Arms level, keep breathing, arms level with the shoulders, feet squared to one another. Inhale. Exhale place the hands on the hips. Inhale open the chest, exhale go forward place the hands between the feet, fingertips and toes in one line hands and shoulders width apart. Inhale look up at the ceiling extend straight arms, exhale bend the elbows and take the top of the head down between the feet. If you need you can take the hands for the back but you like the hands the elbows in the shoulders is the same distance apart

Spread the weight evenly through the feet, don't sink down into the heels pull up through the kneecaps in the thighs. Push against the fingers to draw yourself through. When you're ready inhale look up, extend the back exhale place the hands on the hips, inhale come up, exhale finish by placing the hands on the legs. Inhale bring the arms level with the shoulders, exhale place the hands on the hips keeping there, inhale open the chest, exhale go over the weight forward draw the head through between the feet again. keep the hands on the hips palms to the back, use the abdominal muscles, use the thighs muscles, again spread the weight evenly through the feet, don't sink down into the heels, pull up on the kneecaps in the thighs and try not to rest the weight on the head. Draw yourself through, listen to your breath keep the elbows back.

One breath, ready inhale come all the weight up, exhale finish with hands on the legs. Inhale start again, arms level, exhale interlock the fingers behind your back, inhale pull back open the chest, exhale extend all the weight forward allow the arms come up and over and gently place them on the mat behind you. Again spread the weight evenly through the feet, pull up through the kneecaps and the thighs, try not to sink the weight into the head. The head is resting on the mat, bring the feet to touch closed together. Allow the arms upper over, draw yourself through.

When you're ready inhale, one breath come all the weight up, exhale finish with hands on the legs. Last one inhale the arms level, exhale hands on the hips, inhale open the chest, exhale go forward hook two fingers around each big toe, inhale look up at the ceiling, extend, exhale bend the elbows outwards, draw yourself down and through and breathe. Again listen to the sound of your breath. Spread the weight evenly through the feet, try not to sink into the heels, pull up on your kneecaps, pull up on your thighs, use even effort to draw yourself through. Again listen to the breath, when you're ready inhale look up extend the back exhale place the hands on the mat and practice your split work, so walk around over your right leg, back toes front heels hand in the side of the right leg push the front heel away from you, push the back foot away from you. If you go all the weight down extend the back foot away deeply, those of you who can bring your arms up, bring your arms up, push the palms together look up at your thumbs. When you're ready begin to walk around to the other side, so very carefully come around, walk yourself around, and even side of the left leg, left heel, back toes, and till all the weight down, those who can bring your arms up do so. Good breathing, free breathing, and then come around to the front and bring the feet wide apart then keep the outside of the feet down on the mat allow the feet go as wider as you can, keep the back low, turn round the back, you can go on your elbows if you wish, trying get the inner thighs down towards the mat. Good breathing. Then place the hands back on the mat and turn heel and the feet back in padottanasana, inhale look up extend the back, exhale place the hands on the hips, inhale come up, exhale jump the feet together faced forward.

Inhale jump to your right, elbows distance apart again, turn the right foot out heels are in line, back foot turns in so you bring the hips around you faced forward and then Inhale, Exhale place your hands in the prayer position behind your back. Inhale open the chest, arch back, exhale extend reach up with the chin really reach forward and take the chin down towards your right shin. As you go down push the inner part of the right foot down, pull up on your right kneecap and thigh, keep the back foot firmly down. The left hip comes around, the right hip moves slightly back. Chin towards your shin, elbows back, shoulders back, don't round the forehead into the knee, inner part of the right foot down pull up on kneecap and thigh. When you're ready, inhale, extend out and come up, exhale turn your right foot in left foot out, heels in line, faced over the left leg, inhale open the chest, exhale extend forward reach up with the chin extend and take the chin towards the left

shin. The Dristi or the gaze point would be your left big toe with your chin on your shin. Keep the back foot firmly down, keep the elbows back, the shoulders back. Again listen to the sound of your breathing; don't sink to the outside of the left foot. Good breathing. When you're ready inhale extend out and come up, exhale square the feet, inhale low the arms exhale jump the feet together faced forward.

Left hand on your hip **UTTHITA HASTA PADANGUSTASANA** bend your right knee hook your right big toe with two fingers inhale, exhale straighten the leg, hold it up there and breathe. Trying keep the left hand on the hip, lift the right leg as high as you can, try lift up through the left thigh through the left hip and don't sink down into it. The left foot faces forward. Inhale, allow the leg straight out exhale take it to the right and look to your left if you can. The foot is as the same height as the shoulder, inhale bring the leg back to face forward reach out and hold with both hands, exhale lift it as high as you can. you try to bring up beside your right ear, the toes are pointed. Lift as high as you can. Inhale and exhale allow the leg straight out, both hands on the hips trying hold the toes level with your eyes; trying not to lean back, but again come out of the left foot through the left hip and keep the torso erect. Inhale and exhale lower.

Right hand on your right hip. Inhale bend your left knee hook your left big toe, two fingers. Exhale straighten it and lift it as high as you can, hold and breathe. Right hand on the hip come up through the right hip through the right leg keep lifting and lift the leg as high as you can. Inhale allow the leg straight out and then exhale take it out to your left look to your right if you can. the foot and shoulder in the same high, the arm is straight out. Try to straight the right hip not sinking into it. Inhale bring the leg back to face forward reach out and hold with both hands exhale lift it as high as you can. Point the toes, hold and breath, good breathing. Then allow the leg straight up, both hands on your hips, point your toes trying hold the toes level with your eyes. Hold and breathe. And release.

Right foot in padmasana, inhale bend exhale place. If you want it higher inhale, exhale lift it a little higher. Those of you who can bind it, bind it by bringing the right arm around the back holding the toe, If you can bring your left arm straight up, inhale and when you're ready exhale go forward, place your hand or hands beside the left foot. Inhale look up at the ceiling extend, exhale take your chin towards your left shin, hold and breathe. Keep the inner part of the left foot pushed down , don't sink into the outside of it or try not to sinking into the heel. Bring some weight forward, relax the right hip, so the right knee comes down towards the left one, if you have it bound, try to bring the right shoulder around, so the chest and shoulder are squared over the left leg. When you're ready inhale look up extend, exhale bend the left knee slightly, inhale come up, exhale release when you're ready.

Ok at the other side.

Inhale bend the left knee exhale place the left foot into padmasana. Again if you want it higher inhale, exhale lift it a little higher, bind it if you can, if you can bind it bring up your right arm, inhale, exhale go forward when you're ready, place hand or hands beside your right foot. Inhale look up extend, exhale take your chin towards your right shin. Hold and breathe. Good breathing, free breathing. Again push the inner part of the right foot down, pull up on the kneecap and thigh, get the shoulder even the chest even, and the weight evenly spread to the right foot. When you're ready inhale, look up, extend, exhale bend your right knee slightly, inhale come up, get your balance, and when you're ready exhale and release.

Standing in the front of your mat, **WARRIOR** sequence, inhale reach up and look up at your thumbs, exhale, extend and go forward draw your head in, inhale look up extend your back, exhale jump back chatuari chin down, inhale roll over the toes upward facing, exhale roll over the toes downward facing, set it for one full breath in and out. Inhale jump both feet up and coming to **UTKATASANA**, bend the knees, inhale reach up hold and breathe. Good breathing. Big toes join touch ankles join touch, knees touch. The knees go forward the buttock sit down, push the palms firmly together, and drop the head back so you can look at your thumbs. Breathe. Inhale, exhale go forward, draw the head in, inhale look up extend your back, exhale jump back chaturari chin down, inhale roll over the toes upward facing, exhale roll over the toes downward facing; inhale set. Exhale turn the left foot in bring the right foot between the hands. Inhale come up

VIRABADRASANA, reach up hold and breathe. Bend the front knee well, make sure the knee is not going inner around and is going directly over the foot trying bring the left hip around faced forward the left shoulder around faced forward. Back foot is firmly down, the right thigh parallel with the mat. Head back to look at your thumbs . Inhale straighten your right knee, turn your right foot

in, turn your left foot out, exhale bend your left knee, stay there and breathe. Again bend the left knee until the thigh is parallel with the mat, don't let the knee go inner out, goes directly forward take the right hip around with you, the right shoulder around with you keep the back foot down. Listen to your breathing. Bring the arms level with the shoulders, keep the left knee bent, and look along the length of your left arm, at your left middle finger and move the right hip back now. Back foot firmly down, bend the knee well, don't reach towards the left hand keep the height feeling towards the right one. Inhale straighten the left knee, turn the left foot in, turn the right foot out, exhale bend the right knee. Look along the right arm at the right middle finger, hold and breathe. Again make sure the knee goes directly forward, keep the left hip back. Hold and breathe. Try to be as low as you can in the posture. Inhale the left hand to right hand, exhale go down step back chatuari, inhale roll over the toes upward facing, exhale roll over the toes downward facing, full breath, set and breathe. Inhale jump through and sit down.

Jump through and sit down. **DANDASANA**

Lift the buttocks out, legs straight, buttocks lifted out, feet together, hands beside you, the line of the arms is just to the line of the hip. Spread the fingers pushed down through the hands to lift the hole of the ribcage. Flex the feet trying lift the heels, chin slightly tucked in, look at the tip of your nose or your toes. Trying lift the heels lift the whole of the ribcage.

Preparation for **PASHIMOTTANASANA**.

When you're ready inhale, and exhale go forward hook two fingers around each big toe. Inhale extend, exhale bend the elbows out and take the chin between the shins. Elbows out don't have them on the mat, feet are still flexed, feet squared to one another, kneecaps and thighs drawn back top of the head extending towards the feet. Don't tuck the forehead in. Again even effort drawing yourself forward and down. Inhale look up extend, exhale hook around your heels, once again inhale extend, exhale take your chin between the shins, hold and breathe. Now feet squared to one another, draw the outside to the feet back towards you. Don't allow the feet turn inwards, keep the kneecaps and the thighs drawn back. Uddjana banda, lower abdomen, mula bandha, pelvic floor, ujjayi breathing. Keep what grip you have, inhale look up, and extend, pull. Exhale sit back release the posture. Vinyasa. Cross and roll, inhale, exhale jump back chatuari, inhale upward facing, exhale downward facing, full breath, in and out, settle downward facing dog. Inhale jump through, legs straight, toes pointed hands 30 cm behind you, point the toes hard, lean back into the hands, inhale lift the hips and allow the head gently back. keep lifting, point the toes hard, feet together, lift, allow the head gently back and now lift the breath high into the ribcage. keep the abdomen, lower abdomen extended and lift the breath higher into the top of the ribcage. Keep pointing the toes, keep lifting, inhale, exhale come down slowly. Vinyasa, cross and roll, inhale, jump back chatuari chin down, exhale. Upward facing, inhale, downward facing exhale. Full breath, in and out. Inhale jump through, **ARDHA BADDHA PADMA PASHIMOTTANASANA** Set it. Settle Dandasana first. Place your right foot into padmasana, inhale bend, exhale place. If you want it higher inhale exhale a little higher. If you can bind it, bind it, if not, it doesn't matter. Face over the left leg inhale, exhale go forward hook around the left heel or ankle, inhale look up, extend, exhale bend the elbow outwards, take your chin towards your left shin. Hold and breathe. If you have it bound you really draw the right shoulder around and as you do so pull the right foot more into the abdomen. Keep the elbow off of the mat if you can and again listen to your breathing. Hold the locks uddhiana bandha, mula bandha, ujjayi breathing smooth even breathing. When you're ready inhale look up extend, exhale sit back release. Vinyasa. Cross and roll inhale, jump back chatuari exhale. Upward facing inhale, downward facing exhale, full breath again in and out. Inhale jump through sit back dandasana set it, now place your left foot into padmasana, inhale bend, exhale place. Again if you want it higher use the extra breath, if you can bind it, bind it. Inhale, exhale, extend forward over the right leg, hold around heel or ankle, inhale look up, exhale go down chin towards your right shin; hold and breathe. Shoulders even, chest even, chin towards the shin, elbows out, try not to have them on the mat, keep the right foot squared and don't let it turn inwards. Keep the grip, inhale look up extend, exhale sit back release the posture. Vinyasa. Cross and roll inhale, jump back chatuari exhale, upward facing inhale, downward facing exhale, full breath in and out. Inhale jump through, settle dandasana. **TRIANGMUKHAIKAPADA**

PASHIMOTTANASANA, bend your right knee, place your right foot along side your right buttock, roll the calf out, inner thigh in reach around lift your left buttock out, sitting as squared as you can, knees are as closed as you can, inhale, exhale go forward hook around your heel or ankle of your left leg, inhale look up extend, exhale chin towards your left shin. Thinks to weight down through

the right buttock try not to roll too much to the outside to the left leg, keep the left foot squared, elbows off the ground, good breathing, free breathing, shoulders even, chest even, and chin towards the shin. Inhale look up, extend, exhale sit back, release. Vinyasa. Cross and roll inhale, jump back chatuari exhale, upward facing inhale, downward facing exhale. Full breath
When you're ready inhale jump through, settle dandasana first. Then, bending your left knee place your left foot along side your left buttock, roll the calf out in the thigh and reach around lift your right buttock out, sit squared. Inhale, exhale come forward hook around right heel or ankle, inhale look up extend, and exhale chin towards your right shin, hold and breathe. Try to extend down through the left buttock and up through the chin. Good breathing listen to the breath. Shoulders even, chest even, again try not to roll to on the outside of the right leg. When you're ready inhale look up, extend, pull, exhale, sit back release, vinyasa. Cross and roll. inhale, jump back exhale, upward facing inhale, downward facing exhale. Full breath, in and out.

Inhale jump through, **JANU SIRSASANA SERIES**, settle dandasana, Inhale bend your right knee exhale bring the heel into the groin region, keep the knee back more then 90 degrees faced over your left leg, inhale again. Exhale extend over the left leg draw the right shoulder around and hold the heel or the ankle, inhale look up, exhale chin towards your left shin. If the right knee is far enough back it should feel the extension through the right side. Try to bring the right shoulder around so the chest is even and the shoulders are even, the elbows out. Keep the shoulders wide, chest wide. Good breathing, free breathing. Keep whatever grip you have inhale look up extend, exhale sit back release, vinyasa. Cross and roll. Inhale, jump back chatuari exhale, upward facing inhale, downward facing exhale. Full breath. Inhale jump through and settle dandasana, then inhale bend your left knee exhale bring the heel into the groin region the knee back more then 90 degrees faced over your right leg, inhale. Exhale extend forward hold around the right heel or ankle, inhale look up extend, exhale chin towards your right shin. Shoulders even, chest even, draw yourself around coming out at the left hip. Make sure the right foot is squared, not turning inwards. Pull back with the right kneecap and thigh try to keep the left knee down. Keep the grip inhale look up extend and pull, exhale sit back release the posture, vinyasa. Cross and roll inhale, jump back chatuari exhale upward facing inhale downward facing exhale. Full breath.

When you're ready inhale jump through settle dandasana.

JANU SIRSASANA B Inhale bend your right knee exhale the heel into the groin, the knee just short of 90°, inhale lift the butt, place the anus onto the heel, exhale go forward hook around your left heel or ankle. Inhale look up extend, exhale chin towards the left shin. Once again, keep the shoulders wide, keep the shoulders even, keep the elbows out, keep the left foot flexed, left kneecap and thigh drawn back. Try to have the right toes down in view under the left inner thigh, try not to tuck the mound on your buttock. Inhale look up extend and pull, exhale sit back and release. Vinyasa, cross and roll inhale, jump back exhale, upward facing inhale, downward facing exhale, full breath in and out. When you're ready inhale jump through, settle dandasana. Inhale bend the left knee exhale heel into groin, knee slightly shorter than 90°, lift the buttocks inhale place the anus onto the heel, exhale go forward hold around right heel or ankle, inhale look up extend, exhale chin towards your right shin. Hold and breathe. Shoulders even, chest even, right foot is flexed, right kneecap and thigh drawn back, extending the chin over the right shin, left toes in view down under the right inner thigh. Keep the grip inhale, look up extend, exhale sit back release, vinyasa, cross and roll, inhale, jump back exhale, upward facing inhale, downward facing exhale, full breath, in and out. **JANU SIRSASANA C** inhale jump through settle dandasana, now bend your right knee, take the foot and the ankle and tuck the toes under and try to have the right angle in the left inner thigh, then try to get the knee down lift the buttock to do it, eventually the knee can come around 45° angle. Inhale, exhale go over your left leg, hold around heel or ankle, inhale look up extend, exhale chin towards your shin. Again hold and breathe. Try not to roll to the outside of the left leg, then keep the right knee down towards the mat if you can, shoulders even chest even, again listen to your breathing. Keep the grip, inhale look up, extend, exhale sit back, release, vinyasa, cross and roll inhale, jump back exhale upward facing inhale, downward facing exhale, full breath in and out. Inhale jump through settle dandasana, now bend the left knee hold the toes, the ankle, bring the heel up tuck the toes under so the right angle so the right inner thigh the knees down, the knee can come around eventually 45° angle, inhale exhale go forward hold around right heel or ankle inhale look up, exhale chin towards your right shin hold and breathe. Good breathing, elbows out, shoulders even, chest even, try not to sink to the outside of the right leg, hold and breathe. Janu Sirsasana C. Inhale look up extend, exhale sit back release, vinyasa,

cross and roll inhale, jump back chatuari exhale, upward facing inhale, downward facing exhale, full breath there, in and out.

Inhale jump through **MARICHASANA A**, ok settle dandasana first, now bend your right knee, have your right foot level with the outside of your right buttock, the knee is straight up, inhale, exhale go forward wrap the right arm around the right leg and the left arm around your back, trying hold your left wrist with your right hand, inhale extend, exhale take the chin towards your left shin or beyond the left kneecap. Those of you who can, you can extend the arm away from you a little at the back so you can reach out more through the chin, keep the right foot firmly pushed down, again don't sink to the outside of the left leg, and keep the left foot flexed the left kneecap and thigh drawn back. Extend beyond the kneecap, keep the grip, inhale look up extend, exhale sit back release, vinyasa, cross and roll inhale, jump back chatuari exhale, upward facing inhale, downward facing exhale, full breath. When you're ready inhale jump through and sit back. Once again settle dandasana, now bend your left knee inhale and place the left foot level with the outside of the left buttock. inhale exhale go forward wrap the left arm around the left leg to the back, the right arm around, hold your right wrist if you can, inhale extend, exhale bring the chin towards your right shin or beyond the kneecap. Once again if you can extend the arms back away from you do so to help to extend through the chin, keep the left foot firmly down keep the right foot flexed the right kneecap and thigh drawn back. Inhale look up extend, exhale sit back release, cross and roll inhale, jump back chatuari exhale, upward facing inhale, downward facing exhale, full breath there. Inhale jump through, sit back, settle dandasana.

MARICHASANA B left foot padmasana inhale bend, exhale place the left foot into padmasana, if you can go further then bend your right knee and place your right foot level with the outside your right buttock sit forward so the left knee comes down towards the mat the hips place forward. Inhale, exhale go forward, repeat what you just did, you wrap your right arm around your right leg to the back you bring your left arm behind and you hold your left wrist if you can. Inhale extend, exhale trying take your chin between your right foot and your left knee. Good breathing, keep the grip inhale, look up extend exhale sit back release the posture slowly, cross and roll inhale, jump back touch the chin down exhale, upward facing inhale, downward facing exhale, full breath in and out. When you're ready inhale jump through, sit back, settle dandasana. Other side, place your right foot into the padmasana, inhale bend, exhale place; if you need it higher, inhale exhale higher. Then bend your left knee, have the left foot level with the outside of the left buttock, roll onto the right buttock the right knee comes down. Hips face forward, inhale exhale go forward wrap the left arm around the left leg to the back, bring your right arm around, hold your right wrist if you can. Inhale extend, exhale take your chin down towards the mat between the right knee and the left foot. Hold and breathe. Good breathing, free breathing, Keep the grip, inhale look up, extend and pull, exhale sit back and release, vinyasa, cross and roll inhale, jump back chatuari exhale, upward facing inhale, downward facing exhale, full breath in and out. Inhale jump through, sit back settle dandasana.

Bend your right knee, right foot level with the outside of the buttock, inhale lift the chest and the ribcage, exhale twist to the right and trying bring your left upper arm outside of your right knee, wait you there. If you can bring it all the way around the leg do so and then reach around with your right hand and you would hold your right wrist if you can with your left hand. If you can do that, twist and look over your right shoulder, and then try to roll back onto your right buttock and lift the right shoulder. Hold and breathe. Good breathing. Flex the left foot, pull back on the left kneecap and thigh, and release carefully, cross and roll inhale, jump back touch your chin down exhale, upward facing inhale, downward facing, exhale. Full breath, in and out. Inhale jump through, sit back, dandasana, set it, bend your left knee to the other side, left foot level with the outside to the left buttock, keep the hip faced forward, inhale lift the ribcage, exhale twist to your left and get the right up around arm outside your left knee or thigh, if you can bring it all the way around then bring it all the way around, and then reach behind with your left hand and would be left wrist if you could and then twist look over your left shoulder, hold and breathe. Good breathing, deep, slow, ujjayi breath, and release. Vinyasa, cross and roll inhale, jump back touch your chin down exhale, upward facing inhale, downward facing exhale, full breath there.

Inhale Jump through, **MARYCHASANA D**, so settle dandasana first. Place your left foot into padmasana, left foot padmasana, again inhale bend, exhale place, if you can go further bend your right knee and roll a little long to the left buttock as the left knee comes down, go further inhale, lift the ribcage, exhale twist to your right and bring your left upper arm outside of your right thigh, if

you can wrap the arm all the way around, do so, then try to hold your right wrist eventually, when you're ready release the posture carefully, and do your vinyasa. Inhale cross and roll, exhale jump back chatuari, inhale upward facing, exhale downward facing, full breath in and out again. Inhale jump through, settle dandasana, when your ready inhale bend exhale place the right foot into padmasana, set it well so the ankle is protected, bend the left knee when you're ready, left foot level to the outside of your left buttock, hips face forward. Inhale, exhale twist to the left, lift the chest, we are having it around, again inhale, exhale bring the right arm and cross, and wrap it around the left knee if you can, then bring the left arm around and you like to hook your left wrist eventually, and twist and look over your left shoulder, keep the right knee firmly down. Good breathing, keep the left shoulder lifted and back, and release when you're ready, release carefully, and do your vinyasa. Cross and roll inhale, jump back exhale, chin down, inhale upward facing, exhale downward facing, full breath in and out there, and when you're ready inhale jump through, into **NAVASANA**, boat posture, so toes level with eyes, arms level with shoulders, back of the neck extended, chin slightly in, lift the sternum, now cross the feet, lift the buttock off the ground inhale, exhale back down and into Navasana, hold and breathe, good breathing. Keep the chest lifted, the back extended, the toes pointed, cross and lift inhale, exhale back down and back into Navasana, hold and breathe. Lift the chest, extend the back, point the toes, reach through the fingers. Cross and lift, inhale, exhale down and back up hold and breathe. Once again, toes level with eyes, cross and lift inhale, exhale down back up, last time, hold and breathe, good breathing. Lift the chest, extend the back, chin in, look at your toes, breathe. Cross and roll inhale, jump back, touch your chin down, exhale, upward facing inhale, exhale downward facing dog, set and breathe. Good breathing.

BHUJAPIDASANA, inhale jump both feet around your hands, bend the elbows slightly outwards, thighs in, trying bring the feet together, or if you can try to cross your right foot over your left foot. If you can cross your feet, then try to point the toes out so the right heel wrap itself around to your left shin. If you can point the toes, then you can think about fitting on back through the arms and bringing your chin onto the ground, tops of the head could do, chin to be nicer. Inhale back up and those who can come out into **TITTHIBASANA**, do so. Hold the Titthibasana, reach out. Then from the Titthibasana, fall back into **BAKASANA**. You can practice these separately if you want, then from the bakasana jump back into chatuari. Inhale, upward facing when you're ready, exhale downward facing when you're ready, set, hold there a moment and breathe. Just stay there and breathe a moment. Right, **KURMASANA** inhale once again jump both feet around your hands, and gently sit down, carefully sit down, you want your feet approximately wide mat distance apart if you have one, and pushing the feet away from your fitting the arms under and extending them away from you at the back. And so if you look from above your feet and your hands are in the same distance apart. Those of you can lift your heels off the mat do so by extending the legs and the feet further away. the inner part of the knee right up by the shoulder so the weight is taken off of the elbows. The chin is on the mat, hold and breathe. Those of you who can bring your feet together or cross them, do so and wrap your arms around your back, and try to hold your hands or your fingers together behind your back. Hold and breathe. Those of you who can come up, and lift up, do so. And then prepare to jump back and do your vinyasa. So do your vinyasa when you're ready, jump back into chatuari, upward facing inhale, downward facing exhale, full breathe there. Inhale jump through, sit back into dandasana, hold, **GARBAPINDASANA**, so padmasana, need to put your right foot into padmasana first, follow by your left foot, and you need to get the padmasana very tight, so squeeze the knees together, and then lift the knees off the mat, you try to push your right hand first through the non existing gap between your calf and thigh muscle, back at the thigh, right hand through first, follow by left, so all the way through into you can bend the elbows and bring your hands up and hold your chin, and stay there and breathe if you can. If you don't need the assistance you can begin your rolls, so inhale, exhale you roll back, inhale you roll up, exhale back, inhale, nine rolls it is, then what your all way back round again you try to roll and come up into **KUKKUTASANA**, balancing on your hands, knees are off the mat, head is up, back is extended, balance and breathe. And release. Vinyasa, come out carefully under the padmasana jump back, touch your chin down, chatuari, upward facing on the inhale, downward facing on the exhale, Full breath there. When you're ready inhale jump through, **BADDHA KONASANA**, settle dandasana first, now bend your knees, have your feet about 10 cm away from the groin region, outside of your feet are together, and you take the feet separately in the hands, and turn into faced up, the soles of the feet faced upwards, keep and turn up so you get open the inner thighs, extend

up the lower back, so you set up lift the chest, and keep the chest extended come forward trying to take the chest beyond your feet or onto your feet, try not to let the back round, keep the buttocks extended down. Good breathing, so keep extending out and down. Feet turned up all the time, don't let the feet don't let the soles of the feet get together. Try to get the chin down, beyond the toes, now take the top of the head in towards the soles of the feet, try to put the top of your head onto the soles of your feet. Hold and breathe. And now come up and sit up for five breaths. Chin tucked in, look at the tip of your nose, or the toes, but return the soles of the feet up, turned away up, lift the feet off the ground if you wish or if you can, hold and breathe. Keep the lower back lifted, chin in, and release. Vinyasa, cross and roll inhale, jump back touch your chin down exhale, upward facing inhale, downward facing exhale, full breath in and out.

When you're ready inhale jump through, **UPAVISTHA KONASANA**, legs wide apart, lift the buttocks out, reach out and try to hold the outside of your feet, your thumbs go on liver three that is just below where your big toe and second toe meet. Hold the outside to the feet at the four fingers and the thumb just below where the big toe and second toe meet. Keep the knees turned back, don't let the knees fall inwards, keep the knees back. The arms should be straight, so the leg are as wide apart as you can. Chest, shoulders, chin on the mat. Hold and breathe. Now if you can come up holding your feet without jerking then you come up and balance. If you can't you sit up, lean back having arms open wide and just lift straight legs lift the feet back into the hands in the same position. Hold and breathe. Lift the back, lift the chest, allow the head gently back, legs straight hold and breathe. Good breathing. And release, cross and roll inhale jump back touch the chin down exhale, upward facing inhale, downward facing exhale, full breath in and out. Inhale jump through, settle dandasana first, then roll over into **HALASANA**, that is to take your feet over behind your head, once over there hold your big toes, two fingers around each big toe, and bring your feet wide apart. Now push your heels away from you pull back of your kneecap on your thighs and push your sitting bones way up towards the ceiling. Lengthen the spine, lengthen the abdomen, don't let the all up. Keep the kneecaps and thighs drawn back, push the heels away. Now keep holding the toes and whatever you do don't bend your knees; inhale roll up, exhale come forward, land on your calf muscles, touch your chin down and then do vinyasa. Cross and roll, inhale, jump back touch your chin down, inhale upward facing, exhale downward facing, full breath there, in and out. Inhale come through and lay down. Inhale bring your right leg up, hold your right big toe two fingers left hand or left extended down your left thigh. Once again, inhale, exhale take your chin towards your right shin, both settled toes are pointed, don't use your elbows, try to get the chin towards the shin, listen to your breath. Inhale lower the head, exhale take the leg out to the right look to your left, you'd like your right foot on the ground and your left buttocks on the ground, still with both settled toes pointed. Inhale bring the right leg up, exhale take your chin to your shin, chin to shin, inhale lower the head holding the leg with both hands, exhale bring the leg down beside your right ear; keep the toes pointed, hold and breathe, chin tucked in, stand the top of the head away, inhale bring the leg up, exhale lower the leg down, straighten yourself up and then inhale bring the left up hold the left big toe two fingers of the left hand, right hand extended down the thigh, exhale chin towards your left shin, hold and breathe, extend the right arm down the right thigh point both settled toes, hold and breathe. Inhale lower the head, exhale take the leg to the left and look to your right, again you like the left foot down and the right buttock down, good breathing, free breathing, inhale bring the left leg up, exhale chin to shin, inhale lower the head hold the leg with both hands point the toes, exhale bring the left leg down by the left ear, again hold and breathe, keep both settled toes pointed, good breathing. When you're ready inhale, bring the leg up, exhale lower the leg down, **CHAKRASANA**, roll over backwards, take your legs over in the halasana, have your hands by your ears, exhale push yourself over, evenly, and come forward into chatuari, chin down, inhale into upward facing, exhale into downward facing, set and breathe. Inhale jump through, and again roll over into halasana, exhaling, hold your big toes two fingers around each big toe, and when you're ready inhale roll up, into **UBHAYA PADANGUSTHASANA**, legs are straight, your toes are pointed, your arms are extended, your hands in back away from your feet, the head is back, your looking behind you, balance and breathing. Ubhaya Padangusthasana.

Keep the legs up then let go the feet and then cross and roll, inhale jump back touch your chin down, exhale. Upward facing inhale, downward facing exhale, full breath in and out. When you're ready once again, inhale jump through roll over into halasana, hold your feet this time, the outside of, or your ankles if makes it a little easier. When you're ready inhale roll up and balance, **URDHVA**

MUKHA PASHIMOTTANASANA, the difference is this time you're trying to draw yourself in towards your legs; your toes are pointed, you're holding the outside of your feet, you bend the elbows out with you draw yourself in and up towards the feet, you try to look at your toes with the chin between your shins, hold and breathe, good breathing. See if you can let go without dropping the legs then cross and roll, inhale, jump back touch your chin down, exhale. Upward facing inhale, downward facing exhale, full breath in and out. Inhale jump through, sit back. Now bend your knees and you have your heels together with your feet splayed and heels to the groin region

SETUBANDHASANA, then lay down. Don't let the knees full open and no wider apart than your little toes, hands down by your sides, thumbs under your butt. Lift your chest tuck your head under, inhale, set it well, exhale there. Now inhale lift the hips and push against the heels to extend more onto your forehead. Those of you who can, you can begin to lift the hands taking more over beside the ears to use the only when you're ready ready do you cross your arms over your chest. Hold and breathe. When you're ready come down literally roll down, chakrasana, rolling into halasana, hands beside your ears and push yourself up and over and into chatuvari, chin down. Inhale upward facing, exhale downward facing, full breath in and out. Inhale jump through and lay down, bend your knees **URDHVA DHANURASANA**, have your feet hips distance apart, feet squared to one another, hands beside your heels, elbows up, on the inhale lift, and come into Urdhva Dhanurasana. Inhale lift, hold and breathe. Exhale down, just touch your head, who can hands in a little, inhale push up again, hold and breathe. Exhale down on your head, who can hands in a little if you can, inhale up, and breathe. Lift the head up and go down, sit up and bend forward **PASHIMOTTANASANA**, fifteen breaths. Buttocks out, feet together, flex the feet trying lift the heels off the ground, and extend yourself forward and down. Fifteen breaths. Don't let the feet turn in, good breathing, free breathing. At your fifteenth breath inhale look up, extend, exhale sit back release. Vinyasa to standing, so cross and roll inhale, jump back chatuvari chin down exhale. Inhale upward facing, exhale downward facing, full breath there, in and out, inhale jump up and look up, exhale draw the head in, inhale just stand up palms to the side, exhale there. Then do your downward facing dod with your heels against the wall and practice your **HANDSTAND with the wall**.

Downward facing dog with your heels against the wall, set the hands, the walk the feet up the wall just level with the buttocks. So the back and the legs have right angle to each other. Hold and breathe. Now keep the head back looking at the toes, looking at your toes. Hold and breathe. Keep holding. When you're ready come down, come to the front of your mat, stand up in the front of your mat, inhale reach up and look up, exhale go forward, draw the head into the legs, inhale look up extend, exhale jump back chatuvari, chin down, inhale roll over the toes upward, exhale roll over the toes downward, set and breathe. Inhale jump through, and lay down, **STIFF POSTURE**, five breath, feet together, toes pointed, hands down by the sides, palms down, Stiff Posture, SAVASANA.

SARVANGASANA, Shoulders stand, when you're ready inhale raise the legs and the buttocks, support the back, exhale push yourself up into your shoulders stand. Whatever you do when you're up there do not move your head for any reason. Keep the head centered, keep the eyes focused on the navel area, keep the toes pointed, and try to lift up and away from the shoulders don't have the weight sinking down into the neck and the shoulders but extend up through the torso, through the legs up through the toes. Uddhiana bandha, mule bandha, ujjayi breathing. Sarvangasana, shoulders stand. Halasana, inhale, exhale allow the legs down behind you, once the toes touch the mat, point the toes hard, point the toes away from you so you're trying the skin on the top of the feet on the mat, interlock the fingers behind you bring them down onto the mat, still the head hasn't moved. Pull back on the kneecaps, pull back on the thighs, and lift the sitting bone way up towards the ceiling. Halasana. Now, keeping the back just bend the knees down beside your ears, still with the feet together and the toes pointed away, knees down beside the heels, feet together, toes pointed away, the hands are still down, besides your hands down interlock behind your back, **KARNAPIDASANA**.

Support your back, come back into sarvangasana if you can from there, and then PADMASANA, those who you do Padmasana come into padmasana, if you don't do full padmasana, do half padmasana, allowing one leg down back in the halasana. Those who are in full padmasana, then bring the arms up and balance the knees on the hands with straight arms. And stay there, and breathe. Those who are doing half padmasana, come back up and change legs, put the left foot

into padmasana, and drop the right leg down into halasana. Those who are in full padmasana, now bring again the knees, now beside the heels and wrap the arms around the thighs and try joying the fingers up in front of the face; drawing the knees harding towards the shoulders. Those in half padmasana come back up into sarvangasana, the shoulders stand and then down again into halasana. Now everybody put the hands down behind the back, palms are flat, without allowing head up, roll down slowly on the exhalation come down, once all the way down, stay in padmasana if you can, lift the chest up and head under. **MATSYASANA.** If you are in padmasana then hold your toes, elbows out, so don't have them on the mat. Hold and breathe. Those in padmasana bring your legs out straight and lift the feet everybody and hands in prayer position with the arms extended towards your feet. Hold and breathe. Now keep your feet lifted, place your hands down, lift your head up, look at your toes, chakrasana, roll over backwards. All the way over and stay there on your knees. Ready for **SIRSASANA**, head stand. So do your headstand. Again if you not, securing your headstand use the wall for practice, making the right angle, by having your feet against the wall first, measuring your arms holding your elbow about 15-20 cm in front of the knees, then interlocking the fingers tightly, placing the top of the head down between the hands, not in the hands, between, then straighten the legs and then just walking the feet up level with the buttocks, and extending up. Again trying push the weight away from the head, don't let it sink. If you do any of the variation you can try lifting the head first off of the mat, hold and breath, don't hold it longer than 30 breaths, and then coming down right angles, pointing the toes, look at your toes, hold and breathe. Then inhale back up into Sirsana, headstand, exhale down, roll the head out, come down on your knees, roll the head out, so roll on the top of head, extend the neck, then back into the pose of the child, everybody at least 15 breaths. Then trying the buttocks relaxed into the heels, the arms along side, you rest on the forehead. Hold and breathe. Then when you're ready come forward into chatuari chin down, upward facing on the inhale, downward facing on the exhale, full breath, inhale jump through and come into PADMASANA or cross legs in sitting position to finish with the breathing sequence. If you can do full **BOUND PADMASANA**, do so if not interlock your fingers behind your back, whatever you're doing inhale, exhale go forward and try to take the chin towards the mat with the buttocks down, try not to let the buttocks lift off the mat. Ten breaths. Inhale come up place the hands 30 cm behind you, fingers point inwards, lean back into the hands first and then extend the sternum forward, arch the lumbar region, head gently back, hold and breath, 20 breaths. Try to keep uddhiana bandha, mule bandha, deep ujjayi breathing, using the whole of the ribcage, the whole of the chest cavity, the whole of the lung capacity; then when you're ready roll up through the fingers, bring the hands around to the front, keep the back wide, keep the chest wide, the chin tucked slightly in, skin of the back of the neck extends up, 20 breaths. Sit very lightly in the buttocks, extend away from the buttocks, ok try to feel the back very wide, very open in the costals, the under arm are merely free so don't bring the arm in too tight, so don't try to turn the arms up but keep it so the deep whole of the ribcage feels free. Again deep ujjayi breathing. Uddhiana bandha, mule bandha, Those of you do **TOLASANA**, lift the knees, place the hands under the thighs, roll forward and then inhale lift the buttocks off the mat. Hold and breathe. Head up, breathe. And come down. Vinyasa. Cross and roll inhale, jump back touch your chin down exhale, upward facing on the inhale, downward facing on the exhale, full breath there, in and out, really stretch it out. Inhale jump through when you're ready, **SAVASANA.** **STIFF POSTURE.** Fit together, toes pointed, hands to the side, palms faced down, point the toes hard, come up through the kneecaps up through the thighs, uddhiana bandha, mula bandha. Lower abdomen locked, pelvic floor locked. Don't arch the lower back, Shoulders wide, chest wide, back wide, extend down through the arms up to the fingertips, chin slightly tucked in, extend through the top of the head, so you're from the tip of the toes to the top of the head extended. Very shallow breathing, try to make a mode for the body to cool into good alignment. So very shallow breathing, almost no movement with the breath, otherwise evenly contract, trying keep evenly as still as you can. And then relax, feet fall apart, arms fall away from the sides, palms face up, fingers gently curl, and the body relax into the mat and then the breathing finds very gently rhythm. And relax as long as you want.

