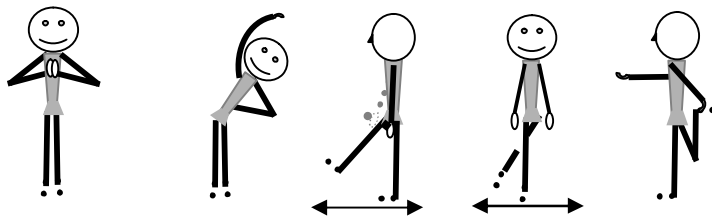
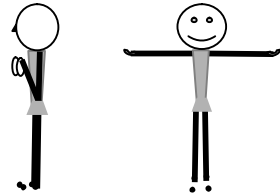

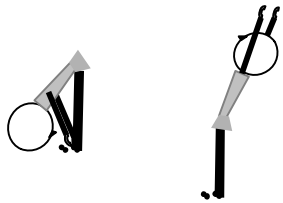
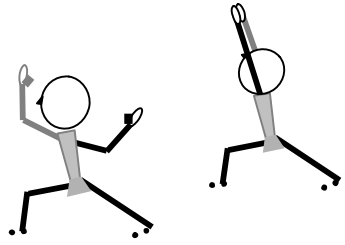


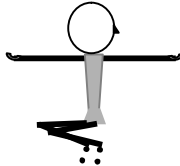











Yoga Practice

<div>1. Warm up</div> <div></div>	<div>2. Eagle breath</div> <div>Out In</div> <div></div>	<div>3. Natarajasana - dancer or balance of your choice</div> <div></div>	<div>4. Uttanasana - forward bend then backbend</div> <div></div>	
<div>Warm up to warriors of your choice - complete in forward bend,</div> <div></div>	<div>Sequence of your choice</div> <div></div>	<div>5. Savasana – relaxation pose</div> <div></div>	<div>6. Jathara Parivritti -Maltese Cross, or your choice of releasing movements</div> <div></div>	<div>7. Apanasana – wind ejector</div> <div></div>
<div>8. Pranayama – observing the breath. Just watch the breath at the nostrils or if you know ladder breath below (do not practise if you have high blood pressure or need to avoid pressure in eyes)</div> <div><div> or </div><div><div>Viloma – ladder breath</div><div><div> In</div><div> Out</div><div> In</div><div> Out</div></div><div>One Round</div></div></div> <div><div>Savasana – relax</div><div></div></div>				

