
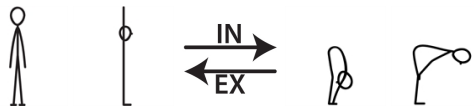














Fitter you - WK1




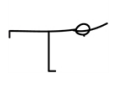





Fitter you - WK1

1.		Ujjhai breath practice - 20 rounds	
2.		Ardha Surya Namaskar - 5 rounds quads psoas push hands forward on the mat ground feet and push outwards press big toes down to bring pelvis over the heels	
3.		1st round of Vinyasa exploring Plank and Cat Cow	
4.		2nd round Vinyasa - knees chest chin - cobra	
5.		3rd round Vinyasa - Chaturanga - Uppward facing dog	

Fitter you - WK1

6.		<p>Chair pose to warm the legs and the core.</p> <p>Weight towards the heels at first , Bend knees , hands on hips. Engage front of the thighs. Press knees together engaging the deeper thigh muscles. Bring bottom ribs towards top of hips Stay for 5 Breaths</p>	
7.	<p>Vinyasa    Vinyasa  2nd Side Vinyasa</p>	<p>Hold triangle 5 breaths REPEAT VINYASA SEQUENCES CHANGING STANDING POSTURE IN THE MIDDLE - hold standing posture for 5 breaths each</p>	<p>prep bend front knee arm up - heel to arch - press leg on forearm and arm of leg- BLOCK use the arms to help with the twist</p>
8.	<p>As above and add </p>	<p>Hold WII 5 breaths</p>	<p>prep like triangle</p>
9.	<p>As above and add </p>	<p>Hold Ext Side A 5 breaths</p>	<p>prep: block outside of the front foot</p>
10.	<p>As above and add </p>	<p>Hold Warrior I 5 breaths</p>	<p>prep:turn hips to the front, back buttocks and thigh muscles activated , raise arms lift chest then bend front knee.</p>
11.	<p>As above and add </p>	<p>Hold extreme side stretch 5 breaths</p>	<p>Prep: high lunge hands on the floor , up and hands behind back, bend front leg , bow forward then straighten the front leg</p>

Fitter you - WK1

12.	As above and add 	Hold revolved triangle 5 breaths	prep : high lunge turn back foot in , hook opposite hands from front leg onto the side of the front leg , then extend the arm up (use blocks)
13.	As above and add 	Hold revolved side angle 5 breaths	prep: back knee down , prayer twist , lift knee, BLOCK, hand on block and top arm up (as in extended angle)
14.		Prasarita paddotanasana to re-balance the asymmetrical practice	This pose shifts the autonomic nervous system from fight or flight to rest and digest
15.		Warrior3 - Balance posture	prep: go to the WALL, bend front knee , hands on the wall then turn around and top foot presses on the wall . engage front of the standing leg.
16.		Dandasana 5 breaths	
17.		Pashimottasana - in and out 5 times gradually extending the legs more , then hold for 3 breaths	
18.		Dynamic bridge with arms x 5	
19.		Reclined abdominal twist	
20.		Savasana	Body scan relaxation