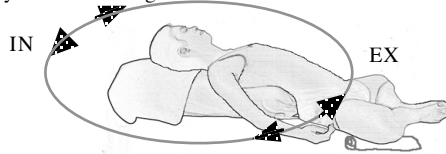


Vitality boost, help ward off colds and flu

Timings and number of repetitions are a guideline, you may adjust them to suit your level of fitness and experience. After the correct level practice you should feel both relaxed and energized. There should be NO PAIN in any of the postures or exercises. Any stiffness or discomfort should be diminishing in the pose or exercise. Pain is a natural warning mechanism that something is wrong and the pose needs to be adjusted, modified or abandoned. A short, gentle practice done every day is FAR MORE effective than a longer stronger one done only now and then.

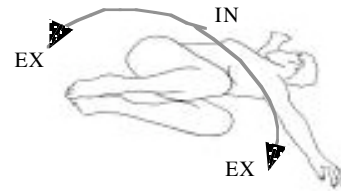
Supta Baddhakonasana, Sankalpa - Cobblers pose, intention + dynamic breathing



Buttocks on floor, soles of feet together knees apart., lie over bolster or rolled blanket to lift and open chest, make sure low back feels comfortable & relaxed. Support head & neck and thighs.

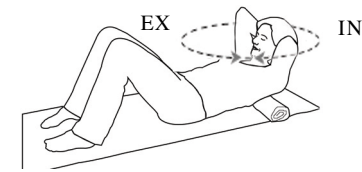
1. Relax and formulate your intention to be well conjuring the feeling of radiant health in your mind in whatever way works best for you; 2-3 words or as a colour, sound or symbol.
2. Inhale raise arms forwards, up & beyond your head, exhale outwards & down 5 x, then 5x moving the opposite way.

Jathara parivartanasana - Abdominal twists



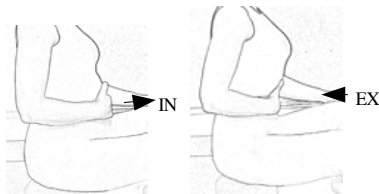
Knees to chest, exhale knees to side, rolling head to opp side, inhale to centre, +/- blocks/olsters on either side if the twist is too intense. 5-10 x then hold each side with 5-10 slow deep breaths into side of rib cage, expanding and releasing more with each breath.

Udara Akunchana- abdominal strength + upper back mobilisation



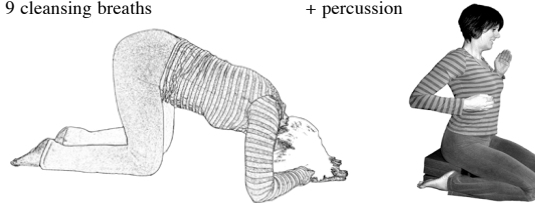
Lie with a tightly rolled mat or towel across under upper to mid shoulder blades. Clasp hands at base of head, keep elbows parallel, curl upper back up. Inhale extend back over roll without touching the floor, exhale circle to R, inhale to L and back over roll 5x in each direction. Repeat cycle 2-3x Relax with neck supported on the roll 2-3 abdominal breaths.

Kapalabhati - 'shining skull' abdominal pumping breath



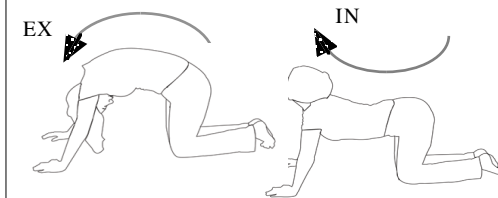
Sit x legged, kneeling or on a chair. Inhale into abdomen, exhale fast & forcefully squeezing navel in, relax to allow silent inhale, 30-50 pumping exhalations (approx 1/sec) - 1 very full, deep inhalation and exhalation - a comfortable inhalation & hold for a few seconds - 3-4 normal breaths. Repeat 3x

9 cleansing breaths + percussion



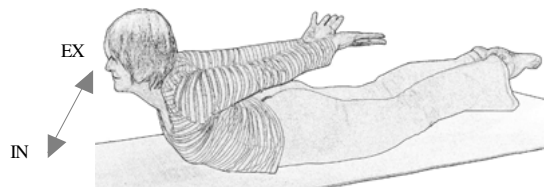
Kneel resting forehead on floor so that the lungs are inverted.
 1. Inhale slow deep full breath and exhale slowly and completely 3x
 2. Inhale as above and hold for 3 seconds, exhale as above 3x
 3. Inhale as above, exhale fast and forcefully through mouth squeezing chest and abdominal muscles 3x
NB May induce coughing to clear out lungs
 Sit up inhale deeply, hold breath while tapping all over chest, side ribs and upper back with cupped hands 3x

Bidasana - Cat stretch



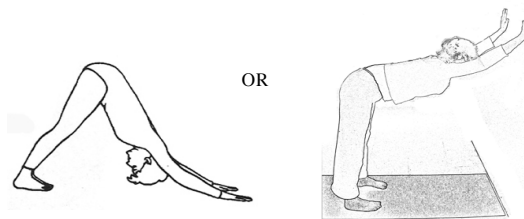
Exhale smoothly and rhythmically tuck tail under flexing spine into convex curve from tail upwards, finishing with head and looking upwards. Inhale extend spine into concave back bend moving from tail upwards, finishing looking towards navel. 5-10 x

Salabhasana - Locust & Lung / Large Intestine meridian stretch



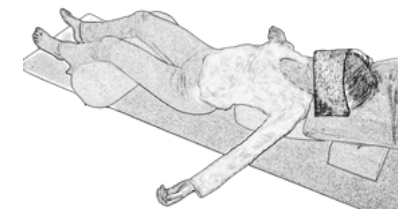
Lie with forehead on floor, interlace thumbs behind back. Exhale lift head chest, legs and arms stretching clasped hands up and towards feet. Inhale down. Change thumbs repeat 3-4x If comfortable then hold 3-5 breaths

Adho mukha svanasana - downward dog



Hands under shoulders push up to stretch spine and waist, stretch legs as much as possible.
 Alternatively stand placing hands on wall between hip and shoulder height, walk back until arms are straight and stretch as in first variation. 3-5 breaths

Savasana - Corpse pose relaxation



Lie on a slant with head and neck supported on folded blanket and cushions / bolster under bent knees. Cover body with a blanket and a light cloth over eyes. Centre breathing in abdomen and relax completely, systematically releasing tension from each part of the body with each exhalation. 5-15 mins