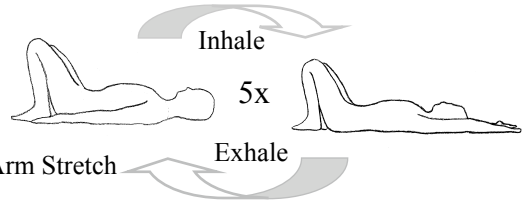
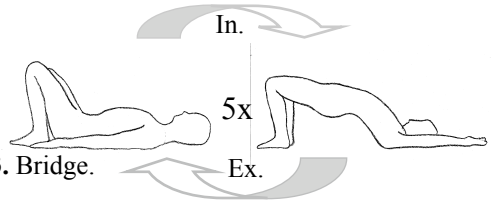
Practice Sheet 1. © a CD is also available to go with practice.

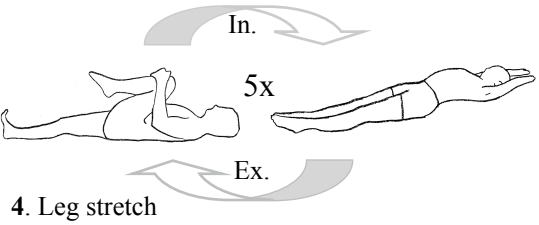
1. 10-15x Breath



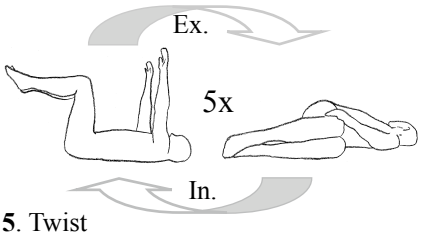
2. Arm Stretch



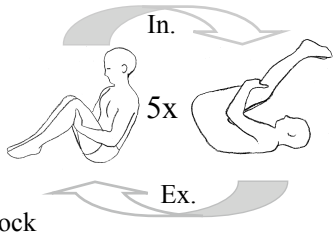
3. Bridge.



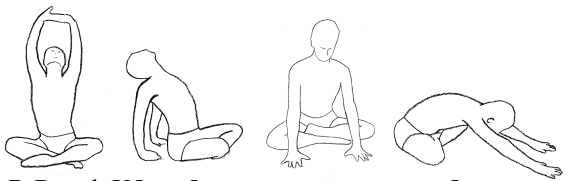
4. Leg stretch



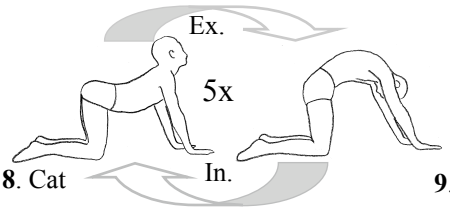
5. Twist



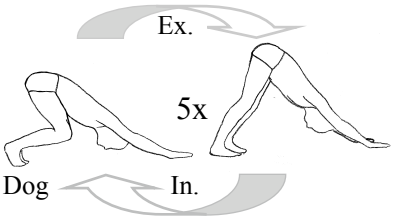
6. Rock



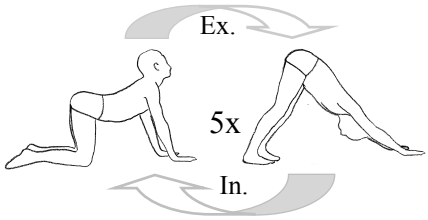
7. Breath X5 5x 5x 5x



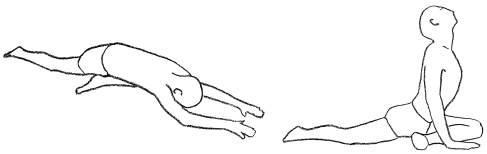
8. Cat



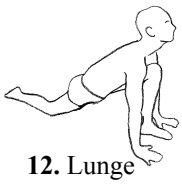
9. Dog



10. Cat dog combined



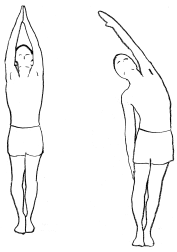
11. Pigeon



12. Lunge

13. Standing forward bend

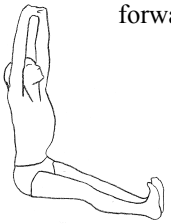
14. Stretch up & back



15. Side Stretch

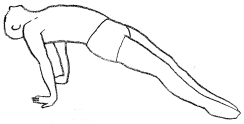
16. Tree

17. .Squat

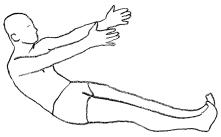


18. Staff Pose

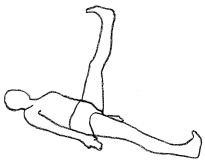
19. Forward Bend



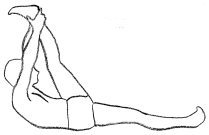
20. Incline plane



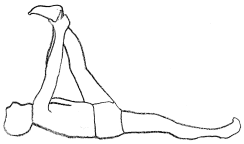
Release to floor



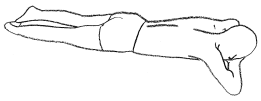
21. Leg Raise



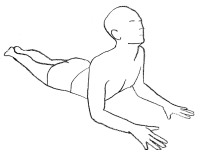
Leg Raise cont..



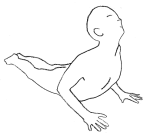
Leg Raise cont.



22.Down face



23. Sphinx

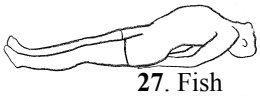


24. Cobra

©

25. Childs pose

26. Bridge



27. Fish

28. Relaxation

BODY MIND INTEGRATION