

10 Minute Sequence moving the spine through 6 ranges of motion – forward bending, back bending, twisting left and right and lateral stretch left and right.

Stay in each pose as long as desired, perhaps initially holding for 5 breaths, and working to increase hold to 10 breaths. Just be sure to keep the duration of time equal for both sides.

Practice this sequence at any time of the day, but morning is good to prepare you for your day by settling the mind, connecting to the breath and centering yourself for the day.



Sit in easy cross-leg pose (sukasana). Ground down through sitting bones, lengthen spine, shoulders relaxed. Start to slow and deepen the breath. Focus on the breath.



Come into child's pose (balasana). Knees hip-width apart and arms extended forward to open shoulders and chest. Feel the stretch in the back body.



Downward facing dog (adho mukha svanasana). Lift sitting bones towards ceiling, relax neck down and gradually start to straighten the legs. Hold with a smooth breath, lengthening the back, arms and legs. Rest in child pose.



Come back into downward facing dog and hold for 2 breaths. Extend right leg to ceiling, bend knee bringing right heel towards buttock and open hip, keep shoulders even and squared to front of mat



Step right foot forward for a low lunge (anjaneyasana) with left knee and shin on mat. Use a blanket under back knee if needed. Raise torso with hands on thigh.



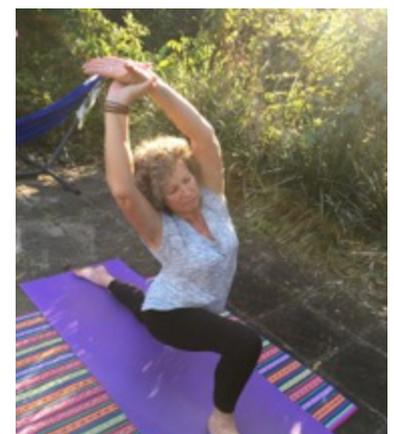
Variation Revolved low lunge pose (parivrtta anjaneyasana). Bring left hand to mat in line with shoulder. Take right hand to right thigh for a twist. To deepen extend right arm to sky.



Variation Bring both arms overhead and stretch back into a slight backbend.

Variation Bring torso back to upright, neck in line with tailbone. Hold left wrist with right hand and stretch torso to the right.

Step back to downward facing dog (if needed rest in child pose for a few breaths). Repeat from 3 legged dog with the left leg raised and stepped forward into low lunge and variations.

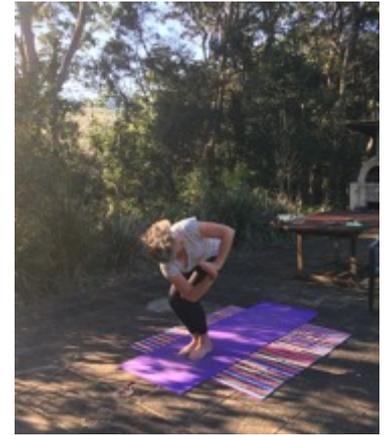




From the low lunge step your right foot forward into standing forward bend (uttanasana). Lengthen torso down and towards thighs, slight bend in knees is fine.



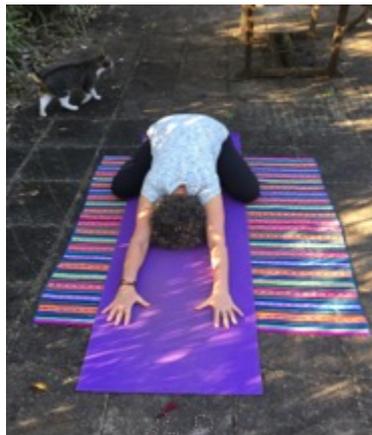
Bend your knees, extend arms forward and up to the sky and raise torso into chair pose (utkatasana). Lengthen tailbone toward the floor, keep lower back long.



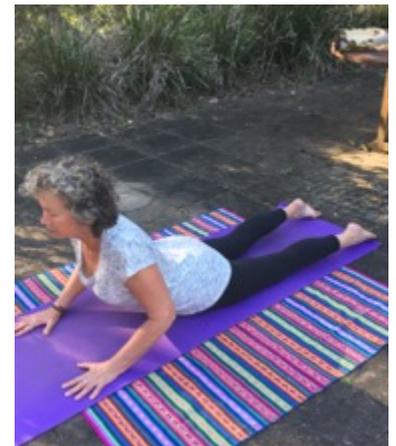
Bring hands together in prayer (anjali mudra) at your heart centre. Twist to the right. Come back to centre and twist to the left.



Come to standing in mountain pose (Tadasana). Interlace fingers behind your (or hold opposite elbows) and fold forward. Come back to standing and interlace fingers one along, fold forward again.



Release hands to the mat, step back into downward facing dog. Bring knees to the mat, buttocks to heels and rest in extended child pose.



Come onto your belly. Place hands under shoulders and push down into hands and lift up into cobra (bujangasana) or keep forearms on the mat for sphinx. Lengthen pubic bone to navel, and navel to sternum.

Lower torso down, elbows out to side and rest forehead on stacked hands.

Continue with a seated hip opener and/or a twist or roll over onto your back and relax down into corpse pose (savasana). If time permits rest in savasana for at least 5 minutes.

Enjoy your day!