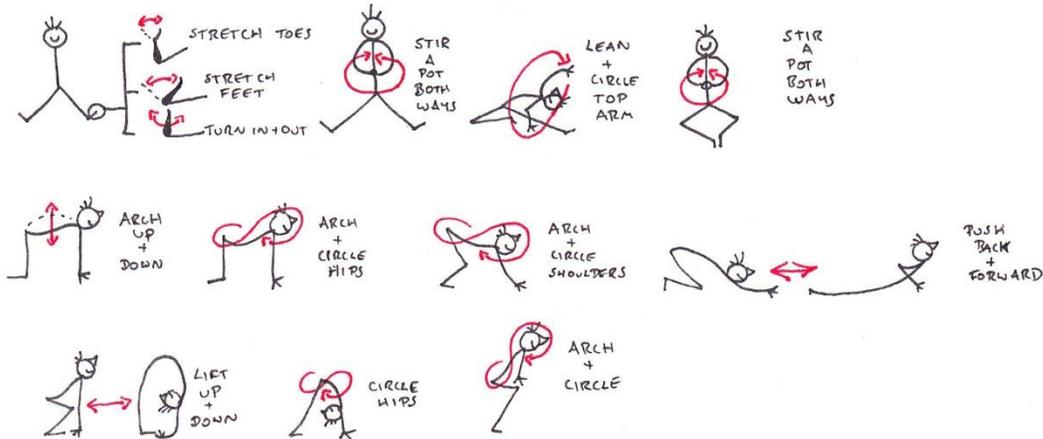


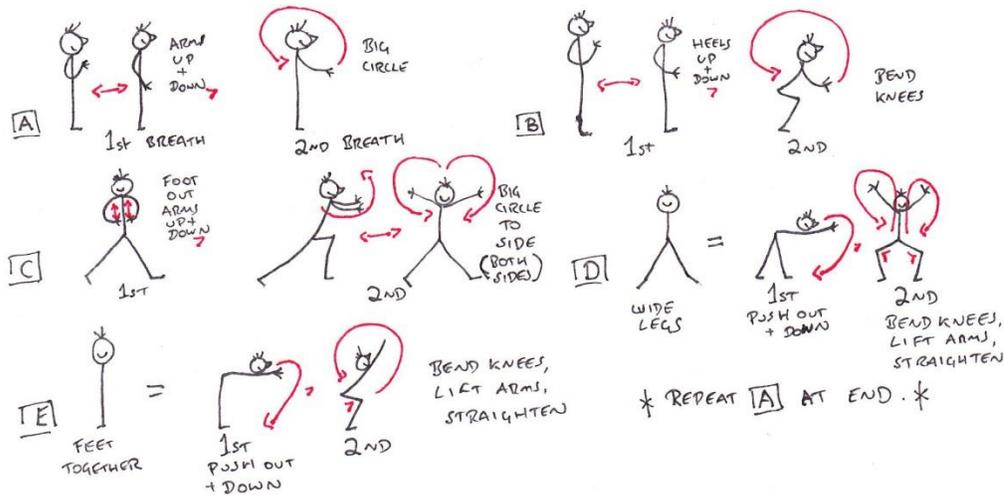
## SUMMER FUN – HANDOUT FOR HOME PRACTICE

### 1. WARM UP [PURNAPAWANTMUKTASANA]



- Practice these before any exercise, or as a warm up to start the day
- Do some, most or all
- Repeat each movement a few times, working in tune with the flow of breath

### 2. FLOW [EARTH SALUTATION VARIATIONS]

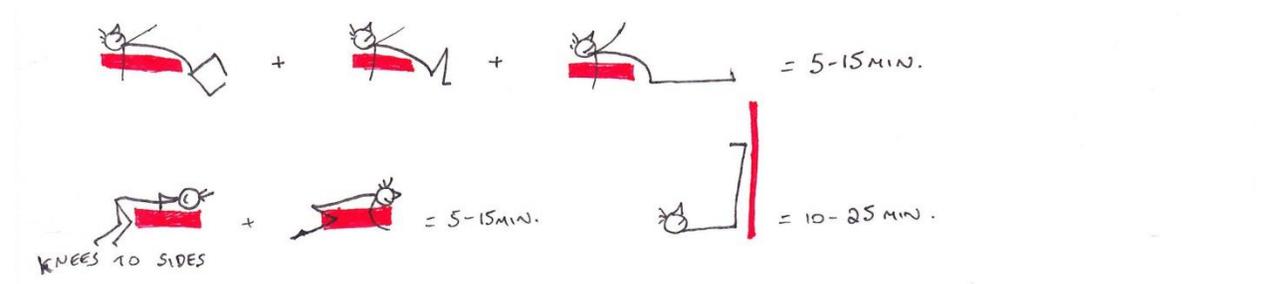


- Practice this sequence to find a meditative flow, working as hard or softly as you desire
- Repeat each movement a few times, working in tune with the flow of breath
- Each movement is 2 breaths long
- Start with A, then B, C, D, E and end by repeating A
- B and C are variations with the same arm pattern as A
- D and E are the same as each other but in D, the feet are wide, and in E, the feet are together

### 3. SUBTLE WORK [PRANAYAMA, MEDITATION, YOGA NIDRA]

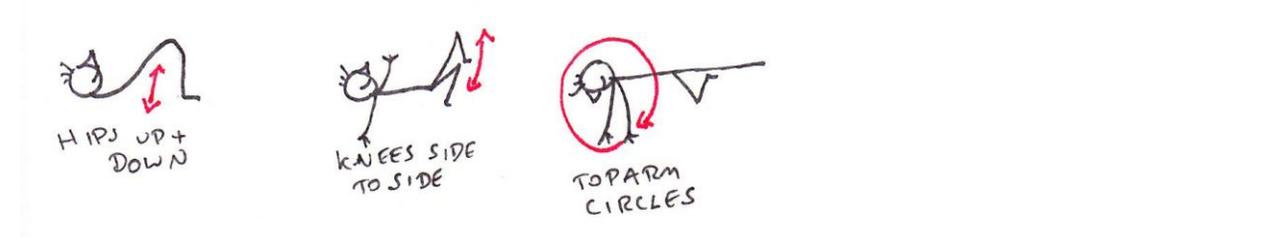
- **Practice these when and where you can find calm**
  - a. Alternate nostril breathing: gently constrict each nostril in the following pattern for a few minutes -  
In Left; Out Right; In Right; Out Left
  - b. Sit or lie comfortably and as thoughts pass through your mind -  
offer them to the fire of your heart  
or pin them to a passing cloud  
or release them into a flowing river
  - c. Rest somewhere comfortable and listen to the yoga nidra recording

### 4. GENTLE [RESTORATIVE VARIATIONS]



- **Practice these when you need to rest and recover**
- Relax into the poses and rest for a few minutes, but do move if you become uncomfortable
- The first 5 are all variations of you lying over or along a rolled up towel or blanket
- The last 1 has you lying with your legs up a wall, or over a chair if it is more comfortable

### 5. ENDING [ROUNDING OFF]



- **Practice these to end any session, or just add them to the end of the warm up**

Lokah Samastha Sukhino Bhavantu

Om shanti, shanti, shanti!

!

/|\

Theo x