

# Energizing Routine Level 5

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**Breathing Theme:** Use very vigorous breaths – full, deep breaths in, followed by breathing out *all* your air each time. Stretch as fully as possible, but not going to the point of pain! Rather than hold for a long time, go for many repetitions with no holding the pose, as such.

## 1. Warm Up

Do as many repetitions of this combination of poses as you like, flowing from cobra, into puppy and into cat, and back down into cobra again. Remember to keep your breaths vigorous and stretches very full.

Cobra



Puppy



Cat



## 2. Meditation



Settling into Child Pose, relax each part of your body, bit by bit.



**3 & 4. Back Bend** alternating with **Puppy**. Each repetition, see if you can stretch farther, allowing the breath out to lead you into deeper stretches.

5. Shoulder Stand



6. Plow



**8. Leg Fold**, briefly to compensate for the Wheel

7. Wheel / Back Push Up



## 9. Relaxation

Enjoy feeling your body sink down and let go.

**10. Ten Rock & Rolls** to get back up & into action.



**Optional Closing** – Close with some vigorous, fairly rapid **Wood Choppers**, or **abdominal lifts** or strong, deep **Sun Salutations** with very full breathing to pump you back into action. And now – you're ready to go!