

Routine for Flexibility

Level 1-2

Breathing Theme: Rather than go for long holds, do many repetitions. Try matching movement with your breathing
? as long as you're breathing you're moving
? whenever your breath is paused, your movements are paused.
Rather than hold for a long time, go for many, shorter repetitions.

Once you are comfortable with the movements and first breathing theme, add this to your breathing theme:

Count your breaths, so that each breath out is twice as long as each breath in.

1. Warm up with a few rounds of the Sun Salutation, at the level you feel comfortable practicing it.

2. Meditation
Count the rhythm of your breathing. As the meditation progresses, have each breath out take twice as long as each breath in.

3. Leg Folds



4. Side to Sides & Reclining Butterfly



5. Leg Overs



6. Cobra, alternating with Puppy

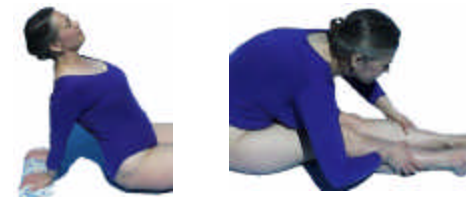


7. Child Pose



8. Bust Expansion from Child Pose Position

9 & 10 Back Bend alternating with Back Stretch



11. Triangle or Triangle Primer



12. Standing Wide Angle (Option: with twist)



Boxes with groups of postures make good mini-routines that take about 5 minutes or so to do. Taken all together, this routine will take about one hour.