

Upper Body Strengthener

Level 2/3

Breathing Theme: Hold the poses for a long time, breathing out strongly.

- 1st Repetition: is a warm up. 2nd repetition is to your comfortable limit.
- The 3rd repetition is where you get the strength building.
 - Hold the 3rd repetition at your extreme limit (short of pain!).
 - Each time you breathe out, see if your body will go any higher.
 - Each time you breathe in, see what parts of your body will relax more.

Or Level 4/5 if doing the twist in the wide angle pose

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Meditation
Feel your shoulders letting go as you breathe out.



Elbow to Knee 1 & 2

