**An enlivening morning practice – by Nicky Hayes July 2018**

Yoganjalisaram Śloka 22

Wake before dawn and

Face East to worship the Sun.

Again and again do the prānayāma

And you will enjoy good health

Śloka 23

Practicing asana, eating moderately

With a stable mind, worshipping the Lord -

Now shanti overflows.

*Pranayama*

Kapalbhati - Seated with an upright using a brick

25 (3 recovery breaths), 25 (3 recovery breath), 50 (3 recovery breaths).

*Limbers* – from the joint freeing series.

* Wrist cirles x6 each direction
* Finger flicks, wrist and arm shaking 30 seconds
* Elbow circles (x6 in each direction)
* Shoulder rotations backwards and forwards x9 repeat

Extend legs into dandasana

* Point foot on inhale, exhale to flex x6
* Ankle rotations x 6 in each direction
* Knee circles x6 each direction each leg
* Piston legs inhale draw leg in hold shin, exhale replace to floor x6 each leg, inhale draw leg in open out to side exhale, inhale draw back up to ceiling exhale replace to floor x6

Marjariasana (cat pose) x6

Adho Mukha Svanasana

1. Normal, peddle out legs for 6 Breaths
2. Raise right leg to 90 degrees x6 breaths repeat second leg
3. Twisted dog – right had to left ankle first x 6 breaths each side
4. Bunny hops x10 to each side of Mat

Surya Namaska version 1 x2 to each side

Sutra Namaska version 2 x2 to each side

Standing poses

Virabhadrasana II x6 breaths

Trikonasana x6

Virahadrasana II palms turned up to ceiling x6

Ardha chandrasana x6

Virabhadrasana II X1 breath, Repeat 2nd side

Vrksasana (tree pose) x6 breaths hand at heart x6 breaths palms together overhead

*Breakdown poses at wall for live feedback from the wall on your alignment*

Trikonasana – back to the wall try and keep your shoulders and hands on the wall

Virabhadrasana II – mat short end onto wall use a brick on knee cap and use the wall the straighten from arms and align torso

Ardha Chandrana – mat short end onto wall, forward fold to a brick and place right foot on the wall, turn out foot 90 degrees, align right hip over left, raise right hand and look up beyond right thumb if steady.

*Counterpose*

Jathara parivritta – lying spinal twist

Savasana – 10 minutes

Seated - meditation 5 minutes beginners, 12 intermediate, 20 advanced breathe in mentally repeat the word let, breathe out the word go ….

Namastė