











1)  check-in body, breath, mind, mood
set intention for practice/day - sukhasana

2)  feel feet/ground
tadasana




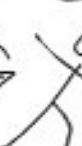

3)   - optional - lift/lower heels with arms
then, repeat #2 + re-affirm intention
4-6x

4)    4-6x, opt. stay 4-6 breaths

5) transition  →  or  → 






then:    4-6x, opt. stay 4-6 breaths

6) transition as above

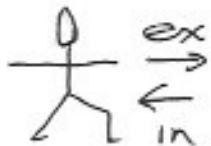

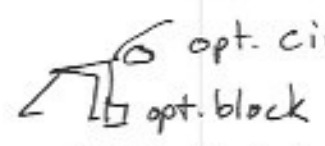

    or  stay 4-6 breaths



7) repeat #4

8) circle hips, shoulders, neck

9)      ≈ 4x/side

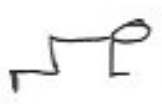
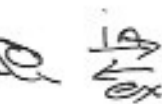

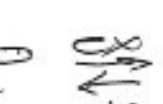
Caroline Owen



10)   then  opt. circle arm
opt. block
stay 4-6 breaths
: repeat on other side →  shake it out between

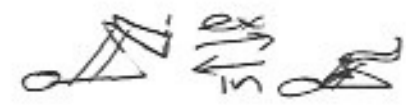
11)   opt. stay in forward bend 4-6 breaths
repeat 4-6x



12)   or  twist - alt. sides
4-6 x. opt. stay
optional

13)     or  4-6 x




14)      4-6x
optional

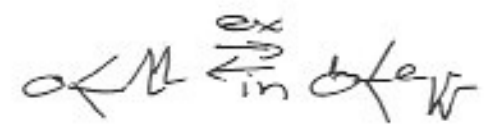
15)  or  relaxed/alert \approx 2 min
RC-affirm intention

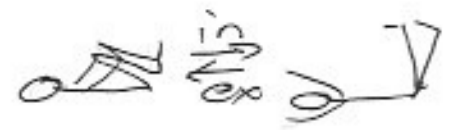
16)  4-6x

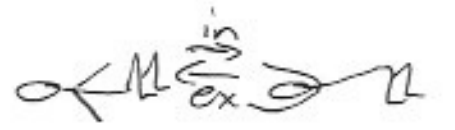

17)   4-6x then circle ankle
both sides


18)  circle hip both sides





19)  or  stay 4-6 breaths / side
 between sides + after - rock/circle

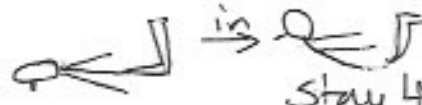

20)  twist alt. sides 4-6x
opt. stay 4-6 br/side

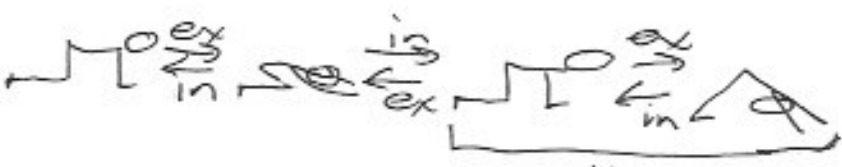
21)  4-6x

22)  4-6x opt. stay
 - opt. block

23)  4-6x




24)  4-6x opt  or
opt. between 
stay 4-6 breaths  knees down

25)  stay 4-6 breaths or 

26)  4-6x
optional

27) optional  →  →  stay 4-6 br.

28) repeat #26 if you do #27

29)  sit quietly 2-20 min - reaffirm intention
then  - check in + follow breath
chant om śāntiśāntiśāntiḥ
(shanti, shanti, shantihi)
 send peace to all beings