


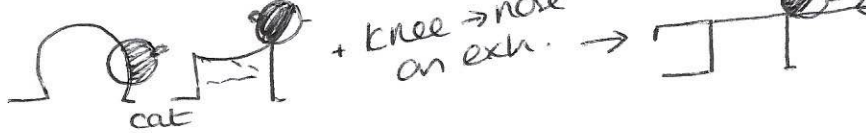
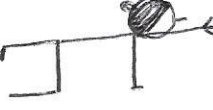

# Day 6: Balances!



Props:-  
Brick  
Strap.

•  yjayji breath  
x 12 rounds.

•  pawanmuktasana  
(-joint freeing series-) } rotahous!-  
ankle  
hip  
shoulder


•  brick squeeze.

•  + knee → nose  
on exh. →  +/- option:  seated Alternative!-  
opp arm  
leg


•  tadasana. →  standing  
twist  
-thumb as  
drishti


\* This is intended as an  
aide memoire of our  
practical.\*

•  inh: cactus arms  
exh: forearms together.  
warrior 1.


•  inh: raise leg  
exh: cross over  
standing leg.



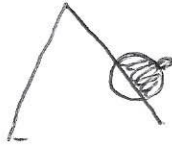
Then: 1 or 2 of the following  
balances.

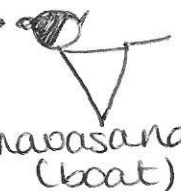
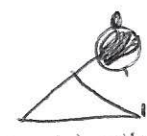



•  natarajasana (dancer)  
"I am light"

•  vrksasana (tree)  
"I am steady"

} option to transition  
straight from  
natarajasana → vrksasana

•  garudasana (eagle)  
+ 'soaring' eagle.  
"I am free"

→  →  → 

•  navasana (boat) →  paschimottasana →  Bridge  
Dwi Pada  
Pitham →  subtle twist/  
windscreens  
wiper →  222.

Janice @  
Radiance  
Yoga.