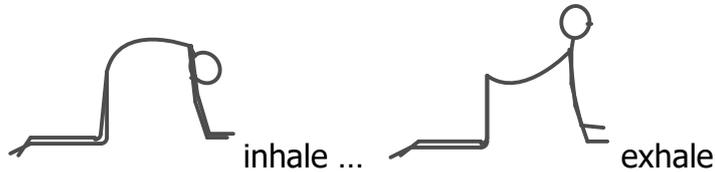
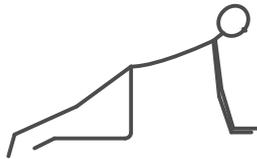


Three for ... New Perspectives

First warm up. Come to all fours and take some easy movements with the breath in Cat to Cow:



Then stretch out the calves and backs of the knees:



Then add in some half sun salutations keeping the movements soft and the knees a little bent, from Tadasana inhaling the arms up and lifting the chest a little, and then gently exhaling to fold down, bringing the arms towards the floor or your shins. Repeat three or four times with steady breath.



Pranayama: Viloma breath Viloma is an interrupted breathing technique, using a series of brief pauses during your breath. This pranayama introduces the concept of expanding the breath and lung capacity through controlling your breath.

- Find a comfortable seat, maybe cross legged (sukhasana) or kneeling. Use and props if you need to, you could even sit in a chair with a straight back if you prefer. Place one hand on your belly and the other on your heart.
- Take a minute to deepen your inhalations and exhalations to "warm up" your breath.
- Then inhale completely, feeling your belly, then diaphragm, then ribs expand.
- Now exhale one third of your breath. Pause. Exhale two-thirds. Pause. Exhale completely. Continue, ensuring you feel comfortable throughout the practice.
- You could set a timer (with a soft alert) so that you can focus on your practice for a set period, gradually building over time.



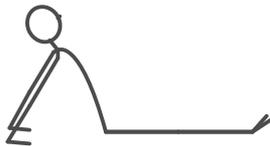
Ardha Chandrasana (Half Moon) balance at the wall: You will need a yoga brick for this pose. Stand with your hips and shoulders against a wall, but your feet a few cm out from the wall. Turn the right foot out to 90 degrees with your feet about 60cm apart. Have the brick in your right hand, and let the knees start to bend and straighten, as if you're gently bouncing. Look down to the floor keeping your hips and shoulders in contact with the wall, and bounce a couple of times, pressing with your back foot to lift yourself up into the pose, placing the brick onto the floor in

front of you and resting the hand into it to steady you. Keep looking down until you feel comfortable. Raise the left arm towards the ceiling, keeping the left (upper) leg engaged, pressing your heel away and flexing the foot. Lastly, turn the head to look up towards your hand, as long as your neck is comfortable. To come out, look down, press into your brick and bend the front knee, "popping" yourself back up to center. Repeat on the other side.



Sasangasana (Rabbit): Come to Balasana (Child's Pose), then grasp your heels with your hands. Engage your bandhas and round your spine, rolling from the forehead to the top of your head while lifting your hips away from your heels. Stay here for 8–12 breaths. To come out, slowly roll forehead back to floor, lowering hips to heels. Rest in child for a couple of breaths before

coming up. Pad knees if uncomfortable when you raise hips. Place head on a yoga block if you can't reach hands back to heels or put your head to the floor.



To finish: Bend the knees and rock from side to side on the hips, then take a simple seated backbend. Lie down onto your back.

Take a gentle lying twist keeping feet on floor, to release through knees, legs and back. Take knees over to the right first and plug the left shoulder into the floor, gazing towards the left if that doesn't hurt your neck. Breathe here for a few breaths and change sides, using your bandhas to lift the knees up to center and lower them to the left.



Finally, rest in Savasana (corpse pose) for a few minutes