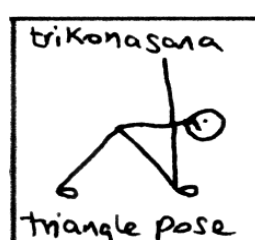
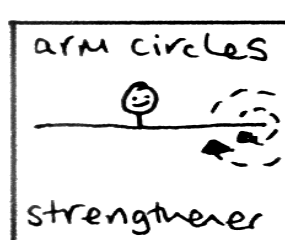
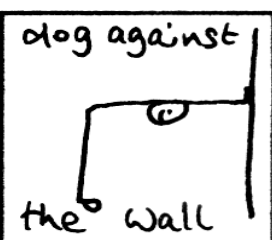
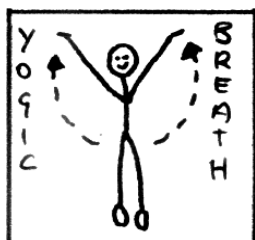
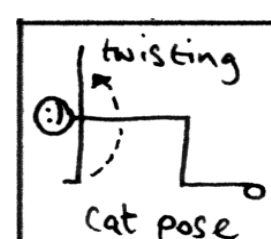
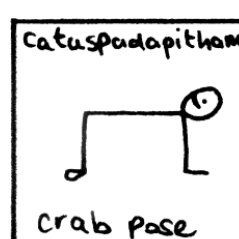
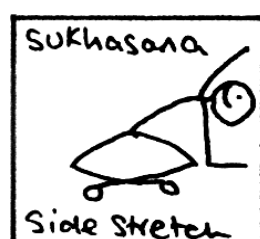


# YOGA FOR EVERY DAY

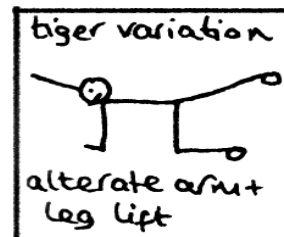
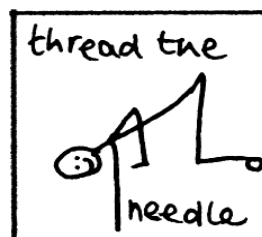
Put on your favourite music and try to do 3 or 4 of these and see where it leads you. Sun salutation on reverse



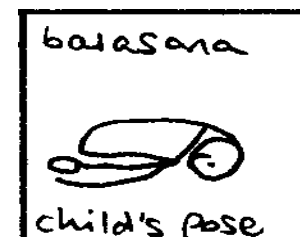
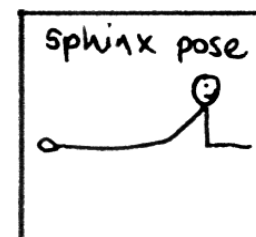
Pawanmuktasana = release of every joint from toes to nose. Move each joint at least 4 times a day.



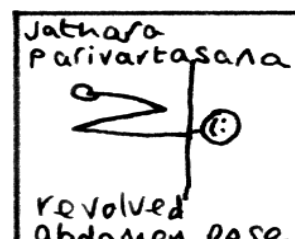
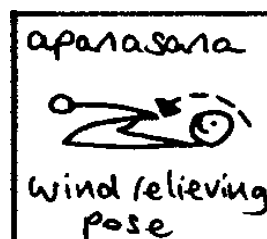
Practice balance: toes up then heels up Or Tree pose



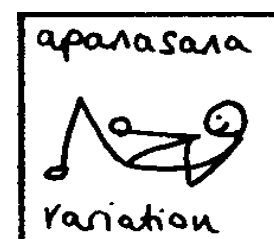
Lie face down and locate core strength. Move arms and legs.



The bridge pose can be done legs alone or with legs and arms. Locate core strength and tilt pelvis a few times first



Then: Wind-screen wiper legs: feet wide knees together



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Please contact me if you'd like a personalised sheet or something a little different, I am happy to chat over the phone. Check my facebook page and website for updates or new sheets and I will be in touch through newsletters.

Find your favourite 5 or 10 minutes of music to breathe and relax afterwards