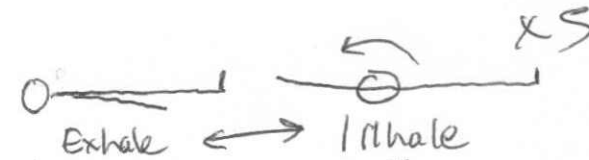


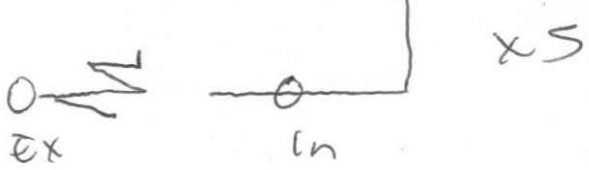
# Warm up Routine

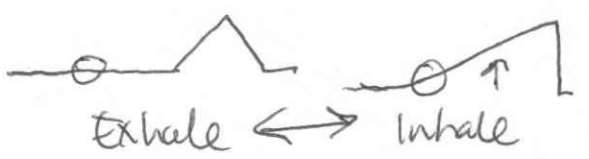
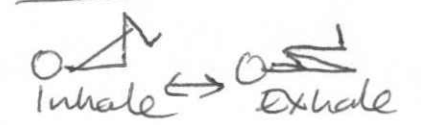
Lie on back. Be comfortable.


Body Scan - observe sensation in body from head to toes then back up.

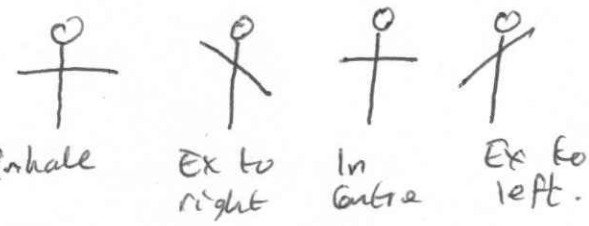
Breathe awareness - Then bring attention to the breath in nostrils. Observe the natural flow of breath and be aware of the soft movement in the abdomen and chest.


①  x 5 Sweep arms overhead toward floor on inhaled, lower down on exhaled.

②  x 5 ③ Knees side to side.  
Bend knees, feet as wide as mat, arms out to side. Inhaled, on exhaled slowly lower knees to right, each way head turns to left. Inhaled back to centre, repeat on other side

④  x 5 ⑤ Knees to chest  
 x 5

⑥ Cat/Cow  x 5

⑦ Standing Rotation  x 5  
Inhaled      Ex to right      In      Ex to left.

⑧ Side Bend  x 5 each way  
Keep feet together inhaled      Ex to right      In centre      Ex to left

⑨ Arm Circles (Sweeping Clouds)  
On inhaled cross wrists in front + raise arms  ⑩ Loose standing rotation.  
Stand with arms loose by side. Turn chest from side to side allowing arms to swing out  
Exhaled, lowers arms out to side