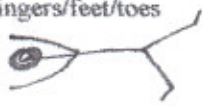


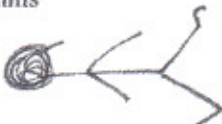



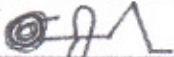


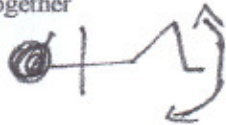
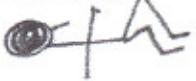

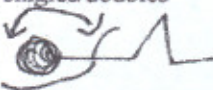







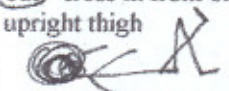
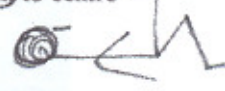
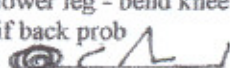









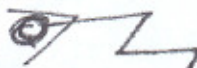









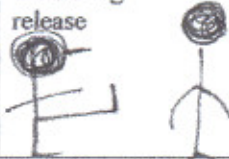


Move slowly and carefully with the breath - repeat each movement several times

1	ease out gentle stretch including hands/fingers/feet/toes 	ease each knee to chest 	gentle roll of head on floor 	point / stretch toes to shins 
2	rotate wrists 	rotate ankles 	base of spine rock 	connect with breath try to deepen the breath - slowly - steadily - smooth and easy 
3	lengthen 1 leg with 1 knee to chest 	gentle ham string stretch 	easy twist - feet/knees together 	for stronger twist feet/knees apart 
4	stretch upper back tone abs lift head with hands 	shoulder movements semi circles - singles/doubles 	hip circling - finger tips to knees 	pelvic tilts 
5	sequence in both feet mat 	out knee to chest 	in lengthen leg in air 	out stretch leg to side 
	in to centre 	out - cross in front of upright thigh 	in to centre 	out - tone abs lower leg - bend knee if back prob 
	in bend knee foot back to mat 	out widen both knees 	in draw back tog 	rest 
6	lying on front snake 	sphinx 	cat 	swan 
7	cat 	swan - tuck toes 	lift into dog - stretch tailbone up 	walk hands to feet with soft knees 
8	Tadasana 	single side stretches coming onto balls of feet 	gentle side bends - hands to waist 	balance - tree 
9	sequence foot on front of thigh/shin 	stretch up 	stretch forward 	extend leg release 
10	Spend 10 mins relaxing - ease head /stretch the mouth -tense - squeeze - relax every part of the body - working from toes upwards - try breathing 5 in / 7 out - HAPPY CHRISTMAS ☺			