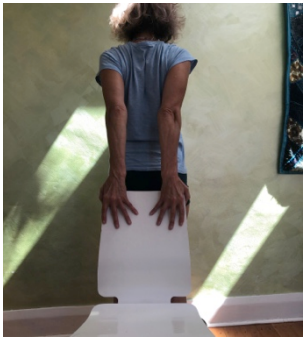


# Kirsten's Home Practice Class 24 March, 2020



1. Hold back of a chair, roll arms and shoulders back. Lift chest.

**Repeat 1 and 2, holding each time for at least 1 min.**



2. Torso & arms horizontal, legs vertical. Chest forwards, shoulder blades backwards.



3. Back to wall, heel at wall, leg bent, foot on chair.

**Do 3 & 4 each side, holding for 1 minute**



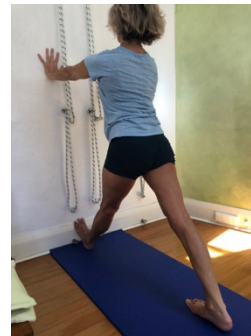
4. Back to wall, heel at wall, leg straight, foot on chair.



5. Utthita Trikonasana, back to wall, hand to top of chair



6. Back to wall, foot on seat of chair, hand to top of chair

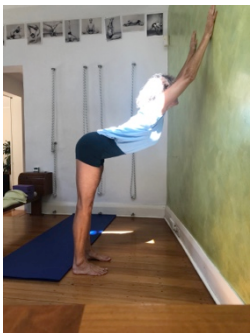


7. Straight legs, hips level, hands at shoulder height. Chest up.



8. Hips level, Arms up wall chest up & towards wall, shoulders down.

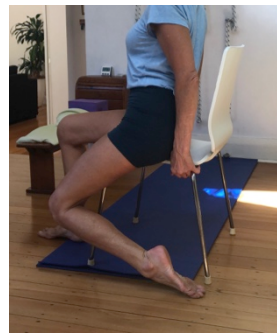
**Do R foot forward then L foot forward (ie both sides). Hold each post for at least 30 seconds.**



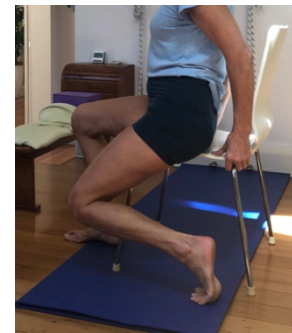
9. Back arch – arms & sternum up. Legs strong, sit bones up. **Hold 1-2 min.**



10. Keep knees together as straighten one leg. Foot up, thigh down. **Repeat each side 3 times.**



11. Ankle stretch - all 5 toenails on floor. Extend big to away. **Hold each side 2 min.**



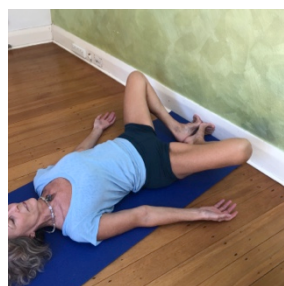
12. Foot stretch – toes pointing forward, heel above toes. **Hold each side 2 min.**



13. Chatushpidasana Feet parallel, arms down, buttocks up. **Hold 1 min. Repeat**



14. Bent leg, knee to armpit. Straight leg foot to wall. Shoulders broad. **Each side 1-2 min.**



15. Supta Baddha Konasana **Be in pose 2-5 min.**



16. Savasana – relax – soften everywhere including breath. **Be in pose 5-10 min.**