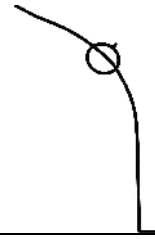
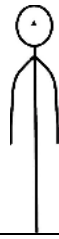


Seven Minute Daily Yoga Practice “ A Moving Pranayama”

Breath leads all movements, breath through nose but feeling breath at throat



x4

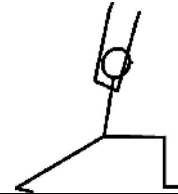
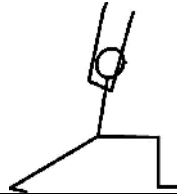
Inhale raise arms

Exhale lower arms

x4

Inhale raise arms

Exhale bend forward



x4

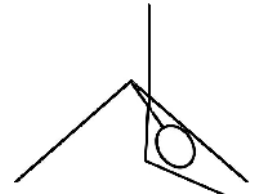
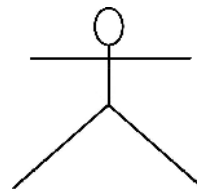
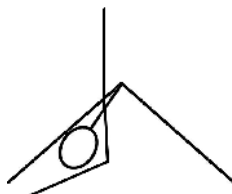
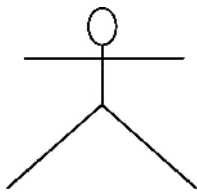
Inhale raise arms

Exhale forward

x4

Swap legs inhale raise

Exhale bend forward



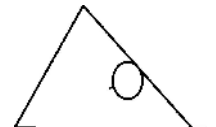
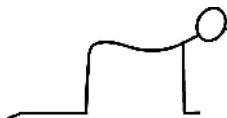
x4

Arms & legs wide

Exhale twist

Inhale up

Exhale other side



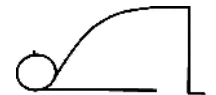
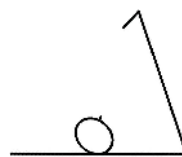
x4

Inhale look up in cat

Exhale child pose

Inhale cobra – use abs

Exhale down dog



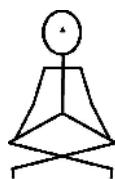
x4

Hands knees, knees chest

Inhale legs up

Exhale hands knees
knees chest

Inhale raise hips



x4 rounds alternate nostril
breathing 'Nadi Shodhana

x4 “Sur yar.. yar namaha”
(welcomes the sun)

Sit totally still for 3 minutes – observe, repeat mantra
silently I on inhale, Am on exhale