

# *An energising home practice*

*30-minute session*

This dynamic session includes key asanas and provides a refreshing intermediate practice. It builds up strength, stamina and flexibility, and stimulates all the chakras. This morning practice is a good way to start your day. If you are not confident about some of the poses, replace with a similar easier pose. For example, replace the Upward Bow with the Camel Pose. Remember to practice mindful breathing in all poses.



## *1. Tadasana, Mountain Pose*

Stand upright Feet together, big toes touching. Spread the weight evenly on the feet. Lift the kneecaps, press the front of the thighs back. Lengthen both sides of the torso. Lift the chest, press the shoulder blades into the back. Extend the arms straight down the sides of the body. Look straight ahead. The body extends upwards with the base as firm as a rock. This pose teaches balance, centring.



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## 2. Padangusthasana, Big Toe Pose

Stand in Tadasana. Step the feet hip width apart and parallel to each other. Exhale and fold forward from the hips. Hold the big toes with the first two fingers and the thumbs. Press the toes down, stretch the thighs up. Gripping the toes lengthen both sides of the torso, bend the elbows out to the side. Draw the sides of the trunk and front of the chest down towards the floor.

## 3. Trikonasana, Triangle Pose

From Tadasana, step the legs out 4-feet apart, feet parallel. Turn the left leg out to 90 degrees, and turn the right foot slightly in. Stretch both arms. Exhale and extend the trunk to the right and hold the shin firmly. Turn the torso up, turn the head up and look at the extended right arm. Repeat on the right side.



## 5. Utthita Parsvakonasana, Extended Side Angle Pose

Step the legs out from Tadasana to 4-foot distance. Turn the right foot out to 90 degrees, left foot in. Bend the right leg to 90 degrees. Extend the right arm and place the right side of the torso on the right thigh. Stretch the left arm straight up, feeling the stretch. Repeat on the left side.

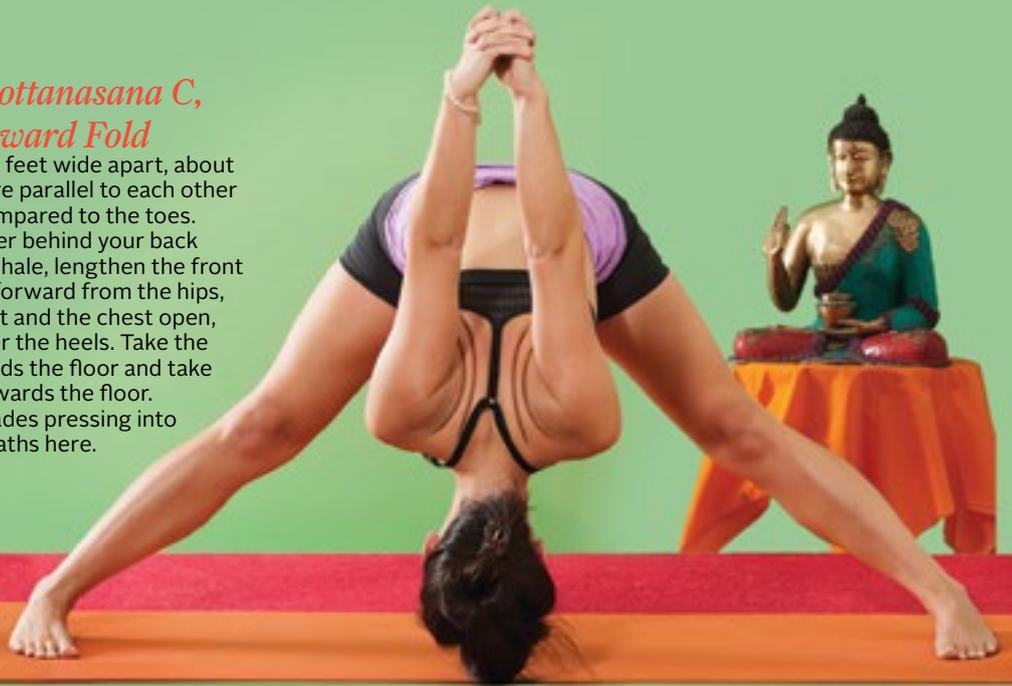


## 4. Parivrtta Trikonasana, Reverse Triangle

From Tadasana step the legs out to 3-1/2 feet wide. Turn the right leg to 90 degrees, turn the left foot 60 degrees. Exhaling, turn the trunk towards the left leg. Firm the leg muscles, keep the hips square. Lengthen the right arm and bring it to rest on the outside of the left leg. Look up towards the left arm. Repeat on the right side.

## 6. *Prasarita Padottanasana C,* *Wide Legged Forward Fold*

From Tadasana, step the feet wide apart, about your legs' length. Feet are parallel to each other and heels slightly out compared to the toes. Bring your palms together behind your back and clasp your fingers. Inhale, lengthen the front of the body, exhale fold forward from the hips, keeping the back straight and the chest open, and keeping the hips over the heels. Take the crown of the head towards the floor and take your arms all the way towards the floor. Maintain the shoulderblades pressing into the back. Take a few breaths here.



## 7. *Pachimottasana, Seated Forward Bend*

From Dandasana, sit with your legs outstretched in front of you and your feet flexed. On an inhalation lengthen your spine, gently pressing your sitting bones into the floor.

Keeping the front of the body open and long, on an exhalation gently begin to fold forward, hinging from the hips and not rounding the back. To go deeper into this pose, with each inhalation, lift and lengthen the front of the torso and with each exhalation release a little more fully into the forward bend.



## 8. *Janu Sirasana,* *Head to Knee Forward Bend*

Sit with the legs outstretched in front of you. Inhale, bend your right knee and place the right foot close to the perineum. Exhale, let the right knee move out to the side. The right foot now rests against the inside of the left thigh. The right lower leg rests on the floor. Flex the left foot, press the top of the thigh down, lengthen the spine on an inbreath and on an outbreath turn the spine a little to face the left leg and fold forward from the hips. Keep your spine long, chest open and shoulders drawn down. Relax your face. Repeat on the left side.



### 9. *Purvottasana, Upward Facing Plank*

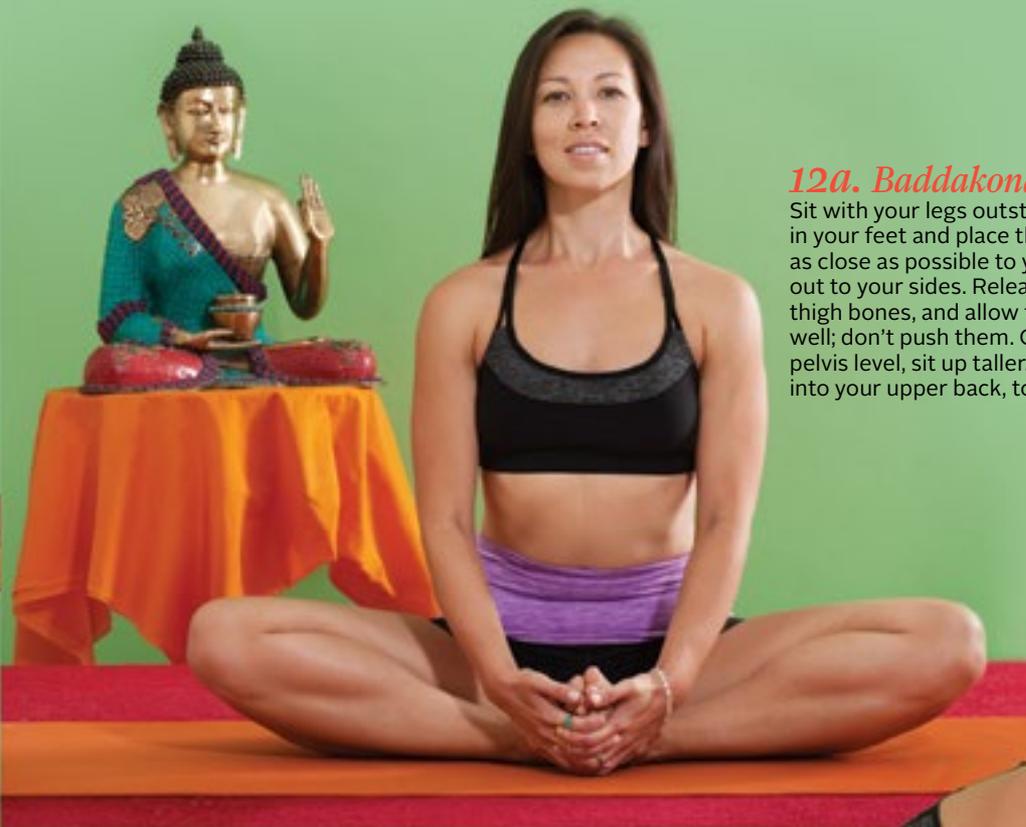
Start in Dandasana. Place your hands behind your hips with the fingers pointing towards the toes and point your feet. Roll the inner thighs in, draw the belly in and up and on an inbreath lift your hips up as high as you can. Firm the shoulder blades on the back to help lift your chest as high as possible. Only when the chest is lifted and open take your head back. Stay here for about 5 breaths, then on an exhalation lower the hips back down into Dandasana.

### 10. *Marichyasana, Sage's Pose*

Sit in Dandasana, then bend the right knee and put the foot on the floor, with the heel as close to the right sitting bone as possible. Hold the knee to lengthen the trunk up and keeping the left leg firm and grounded, turn to the right. Bend the left elbow in front of the right knee. Take the left arm back and use it to lengthen further. Press the left arm and right knee against each other to turn the left side of the trunk more. Continue lengthening the spine with each inhalation, and twist a little more with each exhalation. Repeat on the left side.

### 11. *Pariplavanasana, Boat Pose*

Sit with your knees bent, feet on floor, hands behind you, fingers pointing towards the feet. Lengthen the spine, draw the belly in and widen the collar bones to open the chest. Lean back and lift your feet off the floor, bringing the shins level with the floor. Maintaining the lift through the spine and keeping the chest open, arms extend to the front parallel to the floor. When possible straighten the legs out, still keeping the lift through the spine. Stay for 2-5 breaths; work up to 10 breaths.



### *12a. Baddhakonasana, Cobbler's Pose*

Sit with your legs outstretched in front of you. Pull in your feet and place the soles of the feet together, as close as possible to your pelvis, let the knees fall out to your sides. Release your groin, the head of the thigh bones, and allow the knees to relax down as well; don't push them. Clasp the feet and keeping your pelvis level, sit up taller. Firm your shoulder blades into your upper back, to help open your heart.



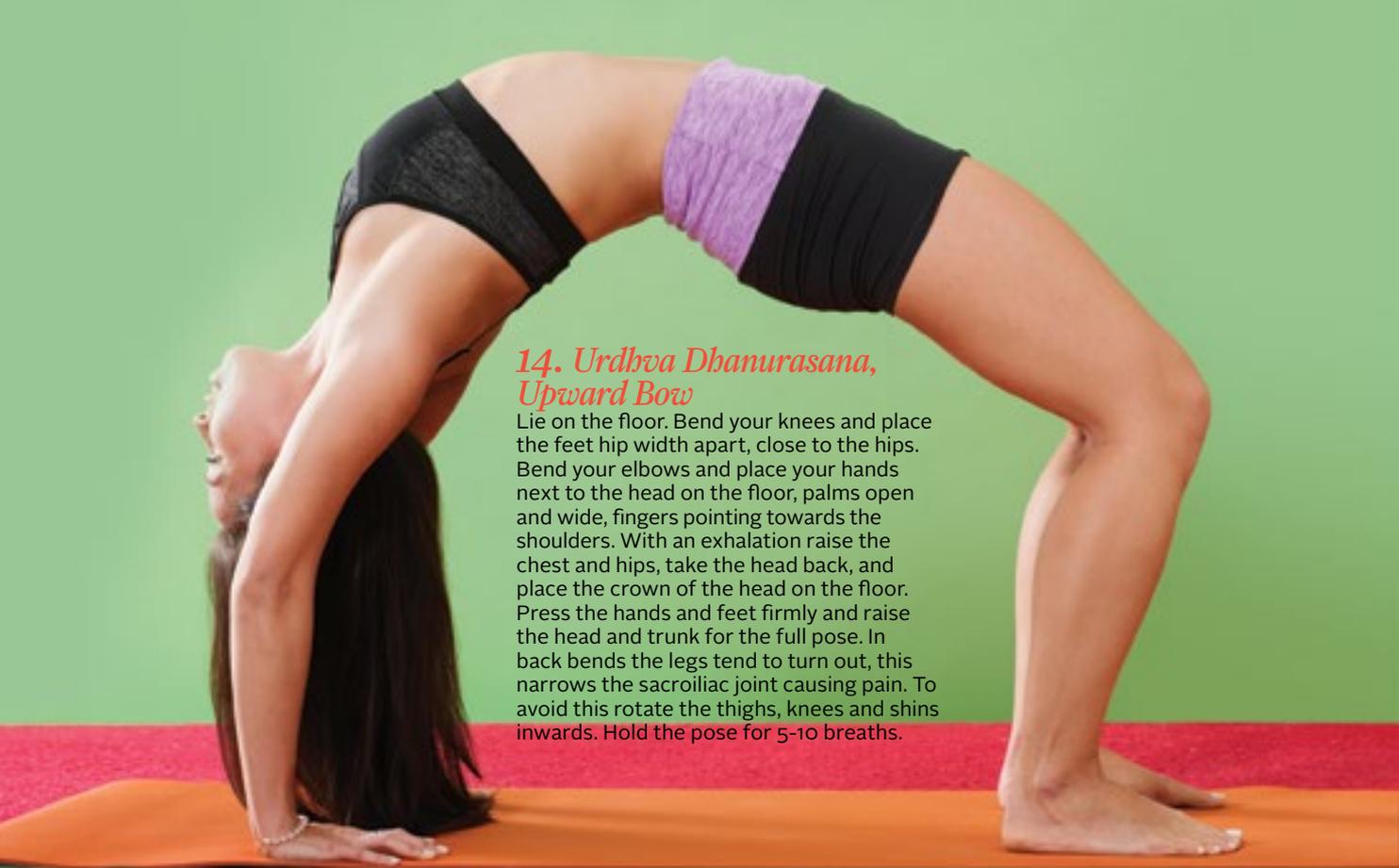
### *12b. Baddhakonasana, Cobbler's Pose*

Moving on from the foundation of the previous pose, on an exhale extend your chest forward and downwards. Hinge from the hips. Remember to keep your back straight, avoid rounding the upper back.

### *13. Upavista Konasana, Wide Angled Seated Forward Fold*

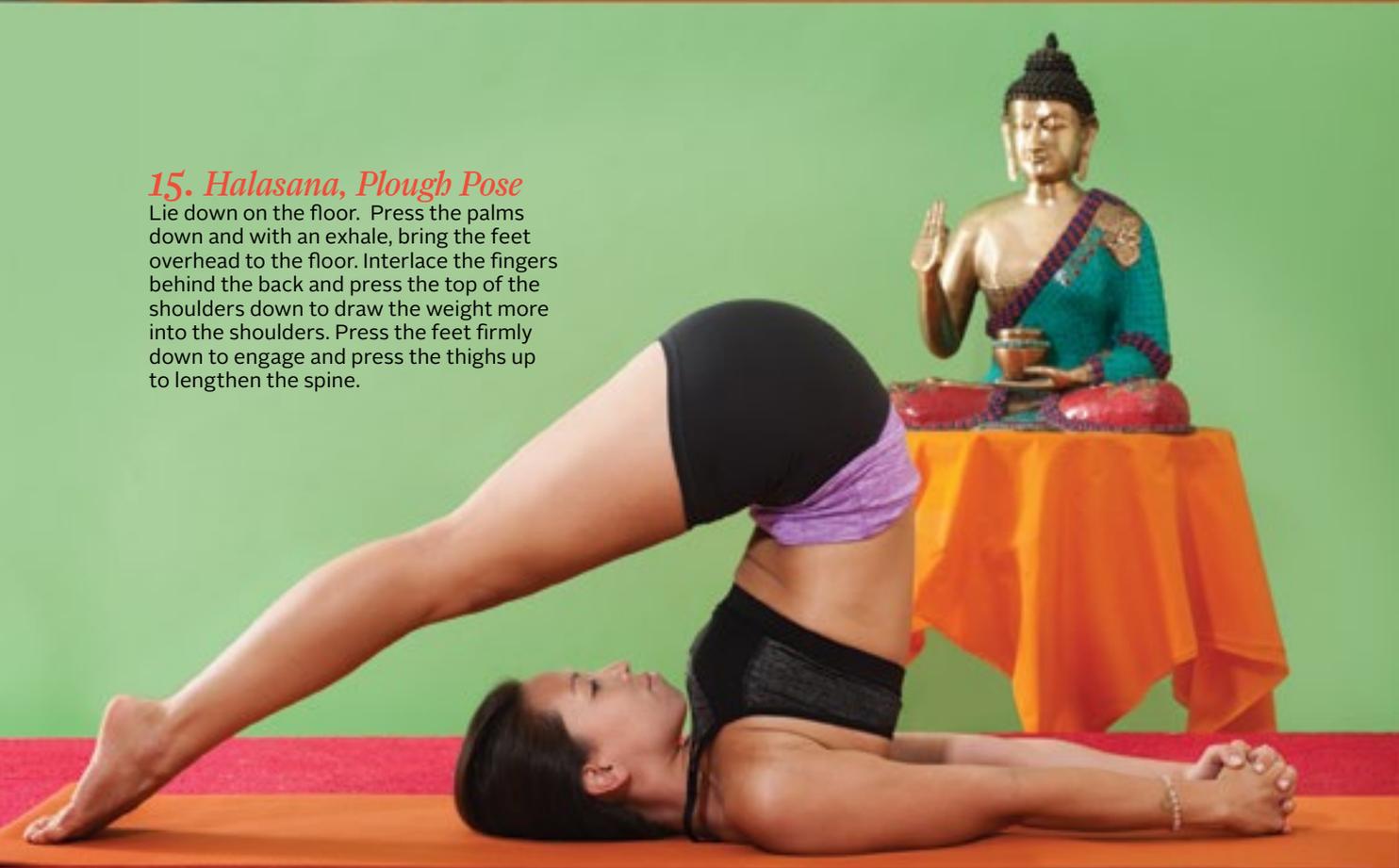
From Dandasana widen your legs apart. Keep your back straight. Sit on a folded blanket or block if you can't sit with a straight back. Flex your feet, keep your knees and toes pointed up towards the ceiling. Press the legs, sitting bones down again to help raise the spine. Pull up the thighs and descend the top of the thighs. Sitting up with a straight back, grip the toes and maintaining the length along the front of the body, extend the torso to bend forward. Increase the forward bend on each exhalation until you feel a comfortable stretch in the backs of your legs. Stay in the pose for 1 minute or longer. Then come up on an inhalation with a long front torso.





### *14. Urdhva Dhanurasana, Upward Bow*

Lie on the floor. Bend your knees and place the feet hip width apart, close to the hips. Bend your elbows and place your hands next to the head on the floor, palms open and wide, fingers pointing towards the shoulders. With an exhalation raise the chest and hips, take the head back, and place the crown of the head on the floor. Press the hands and feet firmly and raise the head and trunk for the full pose. In back bends the legs tend to turn out, this narrows the sacroiliac joint causing pain. To avoid this rotate the thighs, knees and shins inwards. Hold the pose for 5-10 breaths.



### *15. Halasana, Plough Pose*

Lie down on the floor. Press the palms down and with an exhale, bring the feet overhead to the floor. Interlace the fingers behind the back and press the top of the shoulders down to draw the weight more into the shoulders. Press the feet firmly down to engage and press the thighs up to lengthen the spine.

## 16. *Matsyasana, Fish Pose*

Lie down on your back, bend your knees, arms alongside the body, palms down. Lift your hips and slide your hands underneath the upper buttocks. Inhale and press into your elbows and shoulders, lifting the chest and pulling the head under. The top of the head is on the floor. There should be very little weight on it. Breathe, hold the pose for around 5 breaths.

REBECCA PRITCHARD left the corporate world 3 months ago in order to devote herself to her heart and her love for yoga. She studied Hatha and Vinyasa yoga and successfully completed a diploma course in nutrition. She is currently in India studying yoga therapy.



## 17. *Uttanapadasana, Raised Legs Pose*

Once you are stable, extend one leg at a time, stretching through the heels, with a slight inner rotation of the upper legs. You can further deepen the pose by lifting the arms and pressing the palms together.



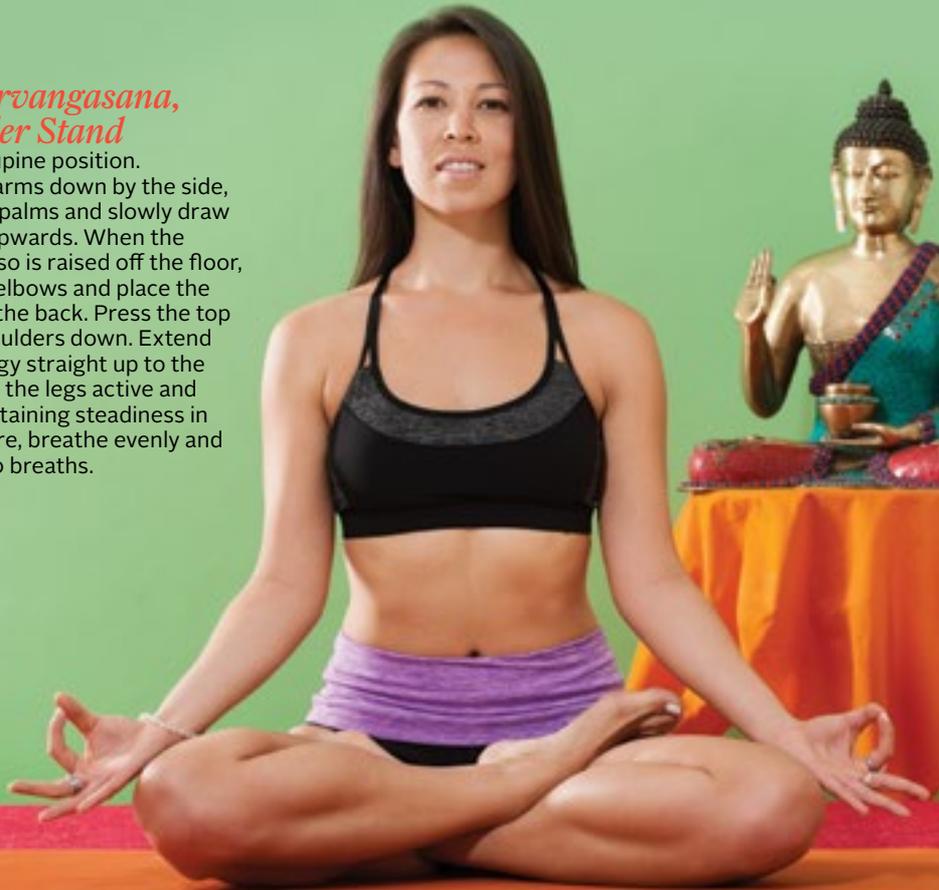
### **18. Sarvangasana, Shoulder Stand**

Start in supine position. With the arms down by the side, press the palms and slowly draw the legs upwards. When the whole torso is raised off the floor, bend the elbows and place the palms on the back. Press the top of the shoulders down. Extend your energy straight up to the feet, keep the legs active and firm. Maintaining steadiness in the posture, breathe evenly and stay for 10 breaths.



### **19. Padmasana, Lotus Pose**

The torso rises up from the compact support of the crossed legs. This is one of the principal postures used in meditation. Press the shoulderblades into the back and lift the diaphragm. Sit perfectly still, keeping the face relaxed.



### **20. Savasana, Corpse Pose**

Relax all the parts of your body. In addition to quieting the physical body in Savasana, it's also necessary to pacify the sense organs. Soften the root of the tongue, the wings of the nose, the channels of the inner ears, and the skin of the forehead, especially around the bridge of the nose between the eyebrows. Let the eyes sink to the back of the head, then turn them downwards to gaze at the heart. Release your brain to the back of the head.

