
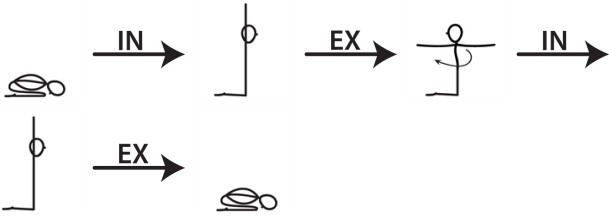


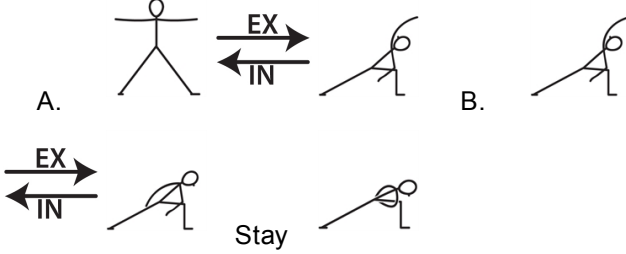
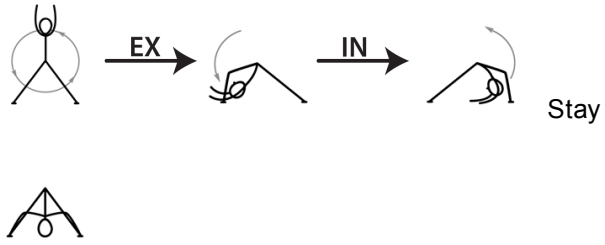

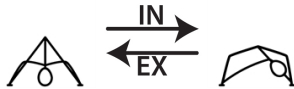
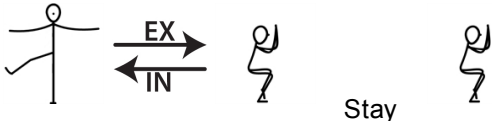
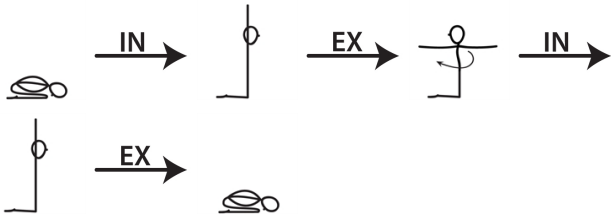




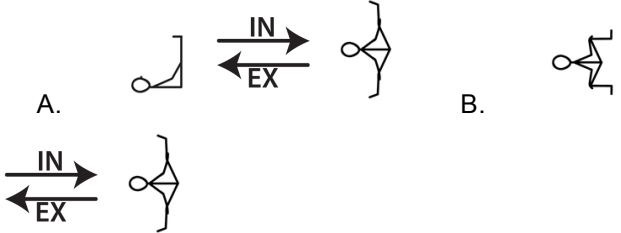

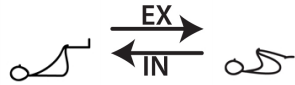
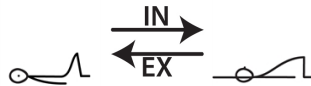


## Alert, present and ready: Eagle pose practice

1.		3-5 minutes	Sukhasana. Deepen the breath, lengthen the spine. Notice if you are leaning forward or back. Reflect on whether you want to get done with this practice quickly, or delaying the start, or somewhere in between. Become aware of your body in this moment.
2.		3x on each side. Deep breathing.	Vajrasana twisting adaptation. To warm up the lower back, upper back, hips, neck and shoulders.
3.		Repeat 4x, then hold for 4-6 breaths. Try to stay completely present and alert when you hold the pose. Focus on progressive abdominal contraction on exhale on the count of 6. Switch sides.	High knee marching/Tadasana one leg lift adaptation. To introduce balancing on one leg, to warm up the hip flexors and begin stretching the upper back.
4.		Repeat 4x, then hold for 4-6 breaths. Try to stay completely present and alert when you hold the pose. Focus on progressive abdominal contraction on exhale on the count of 6.	Utkatasana. To warm up the lower back, to strengthen the upper back, to prepare for the squatting action in Garudasana.
5.		A. Repeat 4x. B. Repeat 4x, then hold the pose for 4-6 breaths. Try to stay completely present and alert when you hold the pose. Focus on progressive abdominal contraction on exhale on the count of 6.	Utthita Parsvakonasana. To warm up the hips, shoulders, upper back and neck.

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<p>6.</p>		<p>Repeat 4x, then hold the pose for 4-6 breaths.</p>	<p>Sun sweep/Prasarita Padottanasana. To compensate for #5, to loosen up the back, hips and shoulders.</p>
<p>7.</p>		<p>Repeat 4x, then hold for 4-6 breaths. Try to stay completely present and alert when you hold the pose. Focus on progressive abdominal contraction on exhale on the count of 6. Then switch sides.</p>	<p>Standing chair twist. To prepare for balancing on one leg, to flex and adduct the hip, to contract the upper back and stretch the front of the shoulder in preparation to Garudasana.</p>
<p>8.</p>		<p>Repeat 4x.</p>	<p>Prasarita Padottanasana. To compensate for #7, to loosen up the back, hips, shoulders and neck.</p>
<p>9.</p>		<p>Repeat 4x, then hold for 6-8 breaths. Try to stay completely present and alert when you hold the pose. Focus on progressive abdominal contraction on exhale on the count of 6. Then switch sides.</p>	<p>Garudasana. Stand on left leg. IN: "Spread the wings", bringing the right leg out. EX: Bring the palms and elbows together, place the right leg over the left one. Repeat 4-6x, then fold into Garudasana.</p>
<p>10.</p>		<p>Repeat 3x on each side.</p>	<p>Vajrasana twisting variation. To compensate for #9, to mobilize the back, hips, shoulders and neck.</p>
<p>11.</p>		<p>Repeat 4x, then hold for 4 breaths. Try to stay completely present and alert when you hold the pose. Keep your breathing deep.</p>	<p>Vimanasana/Shalabhasana. To compensate for #9, to stabilize the lower back and sacrum after asymmetrical poses, to mobilize the upper back and shoulders.</p>
<p>12.</p>		<p>Repeat 4x</p>	<p>Urdva Prasarita Padasana. To compensate for #11, to stretch the lower back, and hamstrings in preparation to #13.</p>

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13.		A. Repeat 4x B. Repeat 4x	Supta Prasarita Padangusthasana. To compensate for #9, to abduct the hips and stretch the inner thighs.
14.		Repeat 4x, then hold for 4 breaths. Try to stay completely present and alert when you hold the pose. Focus on progressive abdominal contraction on exhale on the count of 6. Then switch sides.	Jathara Parivrtti windshield wipers adaptation. To compensate for #9 and #13. To twist the spine, to alternately adduct and abduct the hips.
15.		Repeat 4x	Apanasana. To compensate for #14, to stretch the back.
16.		Repeat 3x on each side, alternating the arms.	Dvipada Pitham with three feet positions. To compensate for #9 and #15, to stretch the hip flexors, shoulders and neck.
17.		Stay aware of the feedback from your body. Deepen your breath to IN/EX 8 seconds and then 10 seconds.	Savasana. Rest, integrate.
18.			"Sweet spot" meditation (below).

"Sweet spot" meditation.

Get settled, deepen the breath. Shift the weight of the body slightly slightly back. Imagine that it represents lingering in the past, unwillingness to move forward. Then lean slightly forward and imagine that it represents rushing into the future, focusing on what needs to get done instead of being here now. Then find a sweet spot between the to extremes, feel yourself being right here, right now, in the present moment.

Deepen your breath. Focus on exhalation. Every time you exhale imagine sinking into your foundation, connecting to the ground. Become more stable with every exhalation. Then focus on your inhalation. Every time you inhale feel yourself becoming taller and more spacious. Stability on exhalation, spaciousness on inhalation - notice how those two sensations are connected and how they support each other. Find the sweet spot between the two, breathe deep.

## Alert, present and ready: Eagle pose practice

With every inhalation feel the air going in and with every exhalation feel the air coming out. On the inhale imagine taking in new energy and experiences, on the exhale imagine ridding yourself of the unwanted stuff. Find the sweet spot where you allow the energy to move through you, keeping only the things that nourish you.

Stay present in your body in this moment. Stay aware of your sensation for the next few breaths.