



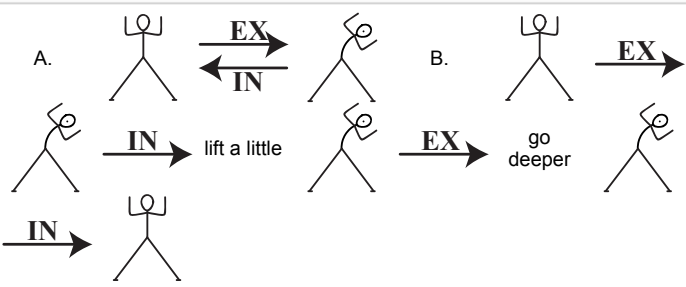
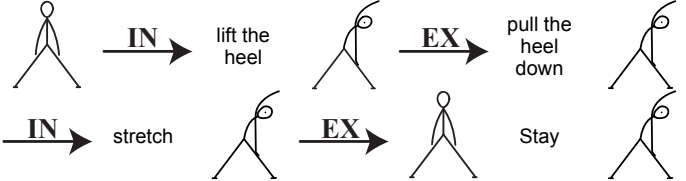


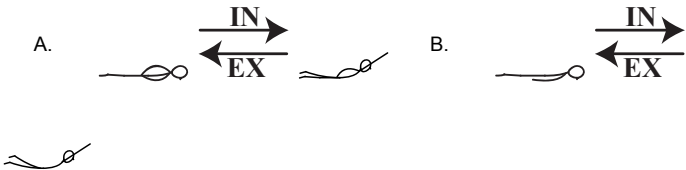



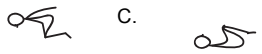









Explore the asymmetries practice

1		6-12 breaths	Starting position. To get settled, to observe the flow of the breath, to compare right and left side of the body.
2		Repeat 4x/ea side Stay 4 breaths	Warm-up. To warm up hips and shoulders, to begin lengthening on right/left side.
3		2x with each arm.	Vajrasana. To warm up the lower back, hips, shoulders and neck.
4		4 cycles	Adho Mukha Svanasana. To lengthen both sides of the torso, to stretch the legs one at a time.
5		A. Repeat 4x alternating sides. B. Add a slight "pumping action", lifting out of the pose a bit on the inhale and moving deeper into it on the exhale /2x on each side.	Utthita Trikonasana "cactus arms" adaptation. To strengthen the lateral structures of the torso and hip.
6		Repeat 3x and then stay in the pose for 4-6 breaths.	Utthita Trikonasana "heel lift" adaptation. To stretch the lateral structures of the torso and hip.
7		4 breaths	Compensation for #5 and #6. To stretch the back, hips and both sides of the torso.
8		A. Repeat 4x alternating sides. B. Add a slight "pumping action", moving out of the pose a bit on the inhale and moving deeper into it on the exhale /2x on each side.	Cat cow "chase the tail" adaptation. To strengthen the lateral structures of the torso and hip.
9		A. Repeat 2 on each side. B. Repeat 4x.	Salabhasana/Vimanasana. To stretch the lateral structures of the torso and shoulder girdle, to stabilize the sacrum and the lower back.

Explore the asymmetries practice

10		Repeat 4x	Apanasana. Compensation for #9. To stretch the lower back.
11	A.  B.  C. 	A. Repeat 4x alternating sides. B. Repeat 4x then switch sides.	Jathara Parivrtti. To stretch the lateral structures of the hip, shoulder girdle and neck.
12	 Stay 	A. Repeat 2x, then add a slight "pumping action", moving out of the pose a bit on the inhale and moving deeper into it on the exhale /2x. B. Stay 4-6 breaths, then switch sides.	Parighasana. To alternately contract and stretch the lateral structures of the torso, shoulder girdle and neck.
13	 Stay 	Repeat 4x, stay 6 br.	Paschimottanasana. Compensation for #12. To stretch the lower back and mobilize the shoulders.
14	 Stay 	Repeat 3x, then hug the knees to the chest.	Compensation for #13. To mobilize the spine, stretch the hip flexors and neck, to prepare for rest.
15		Stay 3-5 min	Get settled. Compare right and left side of the body, notice if there is a difference from the beginning of the practice. Rest.