Explore the asymmetries practice

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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.

| 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. |