




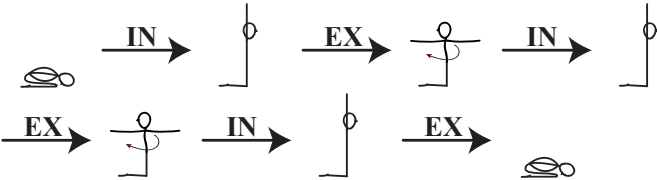

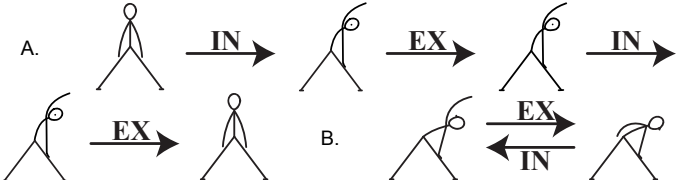

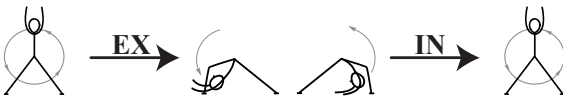






Quick pick-me-up practice for an afternoon slump

1		IN/EX: 6 sec / 6 breaths.	Sukhasana. Bring your attention to the breath, notice which one is easier - Inhalation or Exhalation? Gradually deepen IN and lengthen EX.
2		IN/EX: 6 sec / 4 breaths.	Cat/Cow pose. To deepen the breath, to begin moving the body, and to link breath and movement.
3	A.  B. 	A. IN/EX: 6 sec / 4 breaths. B. IN/EX: 6 sec / 6 breaths, alternating sides.	Chakravakasana adaptations. To deepen the breath, to introduce axial extension and lengthen the sides of the torso to facilitate better breathing.
4		IN/EX: 6 sec / 6 breaths, alternating sides.	Salabhasana adaptations. To deepen the breath, to introduce a back bend, and lengthen the sides of the torso to facilitate better breathing.
5		IN/EX: 6 sec / 3 cycles, alternating sides.	Vajrasana adaptations. To compensate for #4, to warm-up the muscles of the rib cage to facilitate better breathing.
6		IN/EX: 6 sec / 4 breaths.	Ardha Utkatasana/Ardha Uttanasana. To warm-up the muscles at the front and the back of the rib cage to facilitate better breathing.
7	A.  B. 	A. IN/EX: 6 sec / 3 cycles, alternating aides. B. IN/EX: 6 sec / 4 breaths, then switch sides.	Uttitha Trikonasana heel lift adaptation. To deepen IN, to introduce side bending and lengthen the sides of the torso to facilitate better breathing, to warm up the neck in preparation for Pranayama. A. IN: Lift the heel up. EX: Plant the heel down. IN: Stretch through the side.
8		IN/EX: 6 sec / 4 breaths, then switch sides.	Sun sweep. To use large flowing body movements for energizing effect, to lengthen the sides of the torso to facilitate better breathing, to warm up the hips for sitting in Pranayama.
9		IN/EX: 6 sec / 4 breaths.	Prasarita Padottanasana adaptations. To use stronger movement for energizing effect, to lengthen the sides of the torso to facilitate better breathing, to warm up the hips for sitting in Pranayama.
10		IN/EX: 6 sec / 3 cycles, alternating aides.	Sukhasana with twisting adaptations. To compensate for #9, to warm-up the muscles of the neck and rib cage to prepare for Pranayama.

Quick pick-me-up practice for an afternoon slump

11		IN/EX: 6 sec / 4 breaths.	Sukhasana forward bend adaptation. To compensate for #10, to stretch the muscles at the back of the rib cage to facilitate better breathing.
12		Viloma Ujjayi: IN/EX: 8 sec / 6 cycles IN/EX: 10 sec / 6 cycles	Pranayama. Viloma Ujjayi (Alternate nostril inhalation). IN: Left nostril EX: Ujjayi IN: Right nostril EX: Ujjayi Afterwards check in, notice how you feel.