









30 min Practice for the Pelvic Region



① Shavasana for 3 mins 


②     side to side, knees together, head to opposite side from knees, work with breath x 5 each side


③  apasana - knees to chest x 5



④    bridge. Keep feet & toes on floor. Knees forward & stable. Work legs! x 5 (work to it)
Rest

⑤ Marjariasana - cat   rest in child 

⑥ Sphinx  adjust elbows - no pinching in lower back. Release shoulders, draw chest forward & up. 5 breaths.  rest!

⑦ Pada Hastasana - forward bending pose 
- release through spine, shoulders
- softer knees
- come up on inhale, head last

⑧ Vrkasana - tree  balanced on one leg, lifting out of pelvis, knee soft in standing leg, foot of other leg against the side of shin bone. 5 x breaths.

⑨   fingers interlocked, palms up, inhale up, exhale backs of hands to crown x 10

⑩ lie in shavasana  for as long as you like!