









Honouring our inner light

						
Tadasana - Begin with a moment of gratitude	Warrior 1	Warrior 2	Parshvakonasana - keep forearm on thigh if taking hand to floor compromises the opening of the chest area	Mountain	Sleeping Pigeon - careful if have any hip issues	Yoga Mudra - Hands either behind or above - weight on crown of head
		<p style="text-align: center;">Move on exhale between postures. Hold each posture for 5 to 10 breaths. Start with the side with active Swara. And then do the other side. As you practice stay in your body and be aware of the skin, bones, muscles, fascia, tendons. Be aware of all the sensations and how they vary. Notice the way the breath moves and how it moves the body. Notice your emotions.</p> <p style="text-align: center;">Remember that outer joy is an extension of the love we have for ourselves - honour who you are right now - let go of who you wish you were or were not.</p>				
Child Pose - listen to yourself, your inner thoughts, your breath						

Please be very careful when practicing the above, especially Yoga Mudra and do not do if you have any neck issues.

If in doubt get in touch with me or your doctor before practicing. Be sensible and listen to what your body needs and wants to do...you know it best.

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