

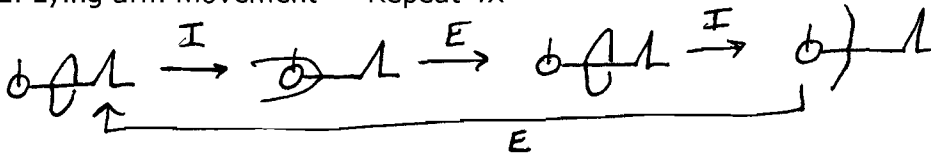
Short Floor Practice Kathy Ornish, 2006

1. Seated Breath Awareness -

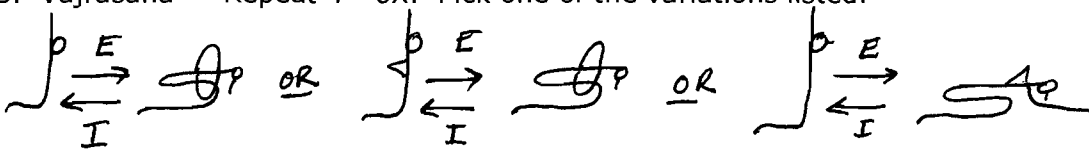


Progressively lengthen and deepen breath
Notice the spine lengthen on inhale and go back to neutral on exhale
Notice the state of the mind

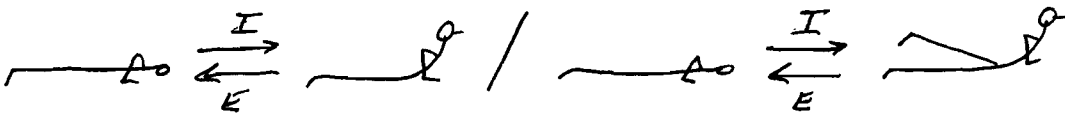
2. Lying arm movement - Repeat 4X



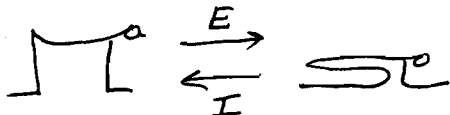
3. Vajrasana - Repeat 4 - 6X. Pick one of the variations listed.



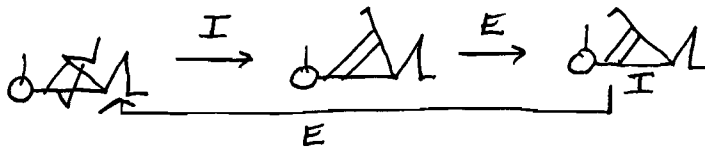
4. Bhujangasana/Salabhasana - Repeat 3X/3X, alternating sides



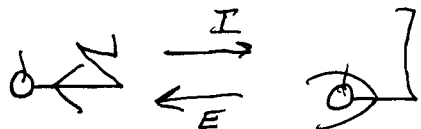
5. Cakravakasana - Repeat 6X



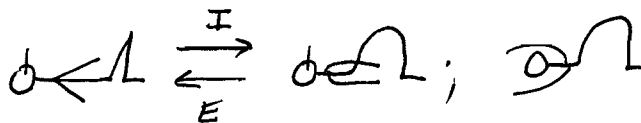
6. Supta Eka Padangusthasana - Repeat 3-4X each



7. Urdhva Prasarita Padasana - Repeat 4-6X



8. Dvi Pada Pitham - Repeat 2X; Repeat 2X



9. Apanasana - Repeat 4-6X

