



Dynamic Balance Breath and Vinyasa Preparation



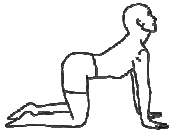
5 Breaths with Technique



5 Breaths - Extending



Twist - 5 each side



Inhale

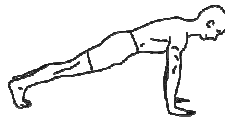


Exhale

5 repetitions



Exhale



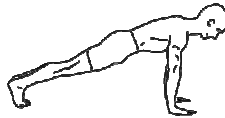
Inhale



Alternate x 5



Exhale



Inhale



Exhale



Repeat x 5



5 breaths



Upward Facing Dog



Exhale



Inhale



Exhale



Inhale

This Last sequence is repeated 5 times and becomes the movements that connect postures through the rest of the session.

Key Points

Moving slowly from posture to posture will increase strength.

The breathing technique practiced in the first posture is used throughout.

Use one breath per movement – create rhythm in your practice.