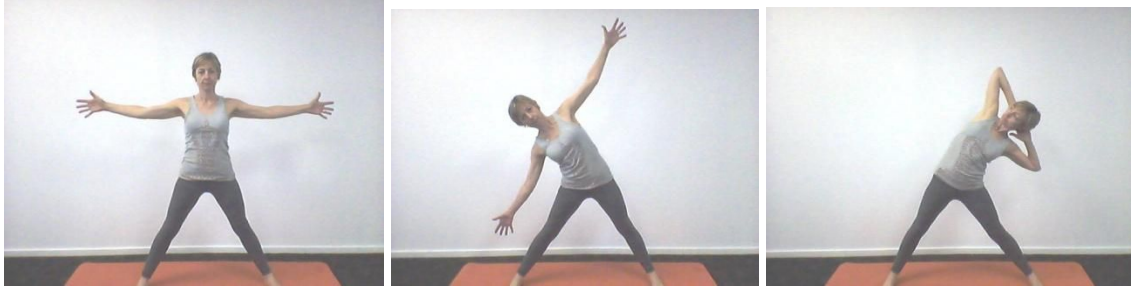


Change of season meridian yoga sequence

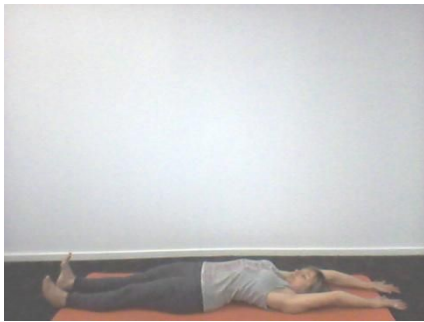
Start with the Do In body tapping

Optional: 2+ rounds of Sun Salutations



Side opener pose. 3-5 x each side.

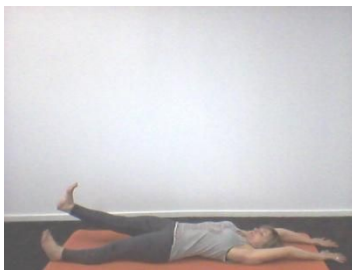
*hands clasped behind head more challenging



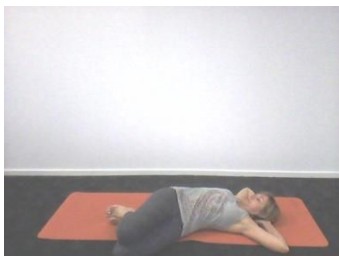
Lengthen through each side



Dynamic leg lift 5-10 ea side



Optional: do ea leg 5 times lowering to just above the floor. Exhale lift.



Lying side release. Keep feet & knees tightly together. Exhale legs to side without letting knees slide apart. 5 ea side



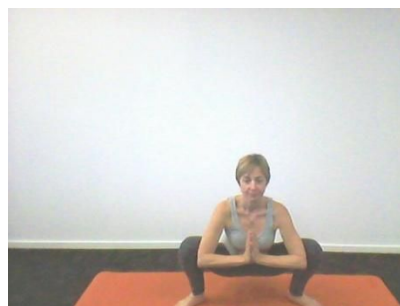
Psoas stretch. Hold ankles if can, exhale each knee down 5 times, then hold for a few breaths. Relaxing back/hip down towards floor.



Wide Bridge. Feet wider than hips, hold ankles or hands on floor. Exhale lift 8-10 times. Then hold and squeeze knees inwards 5-10 times. Relax on back to finish.



Dynamic Leg swing. Raise right leg, extend through heels. Exhale across left without rolling onto left hip. Inhale up/exhale out wide. 5-10 times. Repeat left leg.



Optional: add some squats, exhale lower keeping knees in line with toes. Go as low as comfortable and hold for a few breaths. *No pain should be felt in knees.

Finish with another round of sun Salutations or lie down and rest for 10 belly breaths ☺