

A large, solid pink circle serves as the background for the entire graphic. Centered within this circle is a large, bold, black lowercase letter 'r'.

**r**

**roseyoqa**

GROW STRONG

# Cut out and keep

**Before any movement or meditation, set an intention to find peace in the practice**

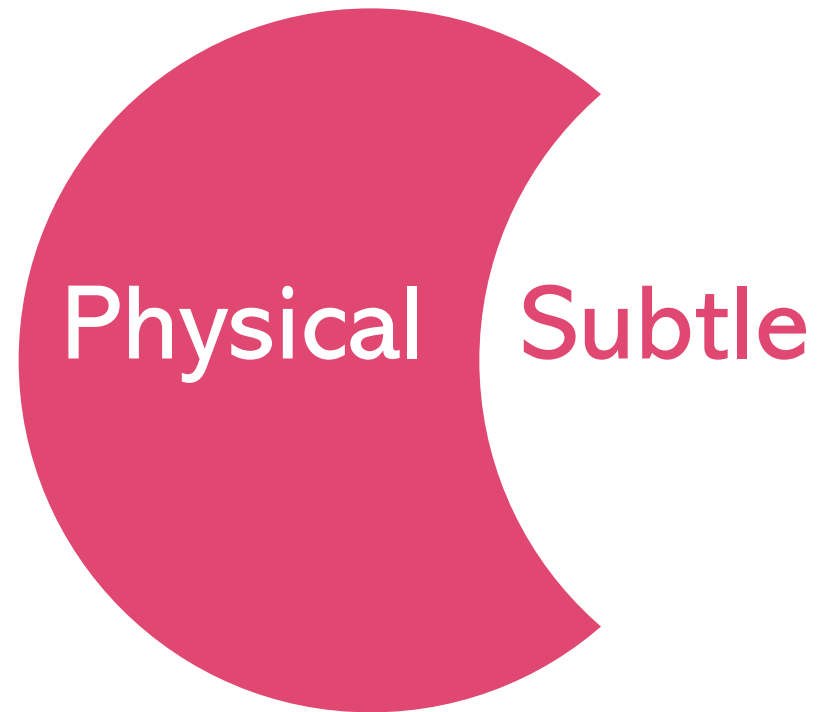
- Yoga should bring you joy and never pain
- You are not your body, your body is your student
- All movement and power comes from the core within
- The Earth, gravity is a friend that gives you strength

**After every movement or meditation thank yourself, as teacher and your body as student**



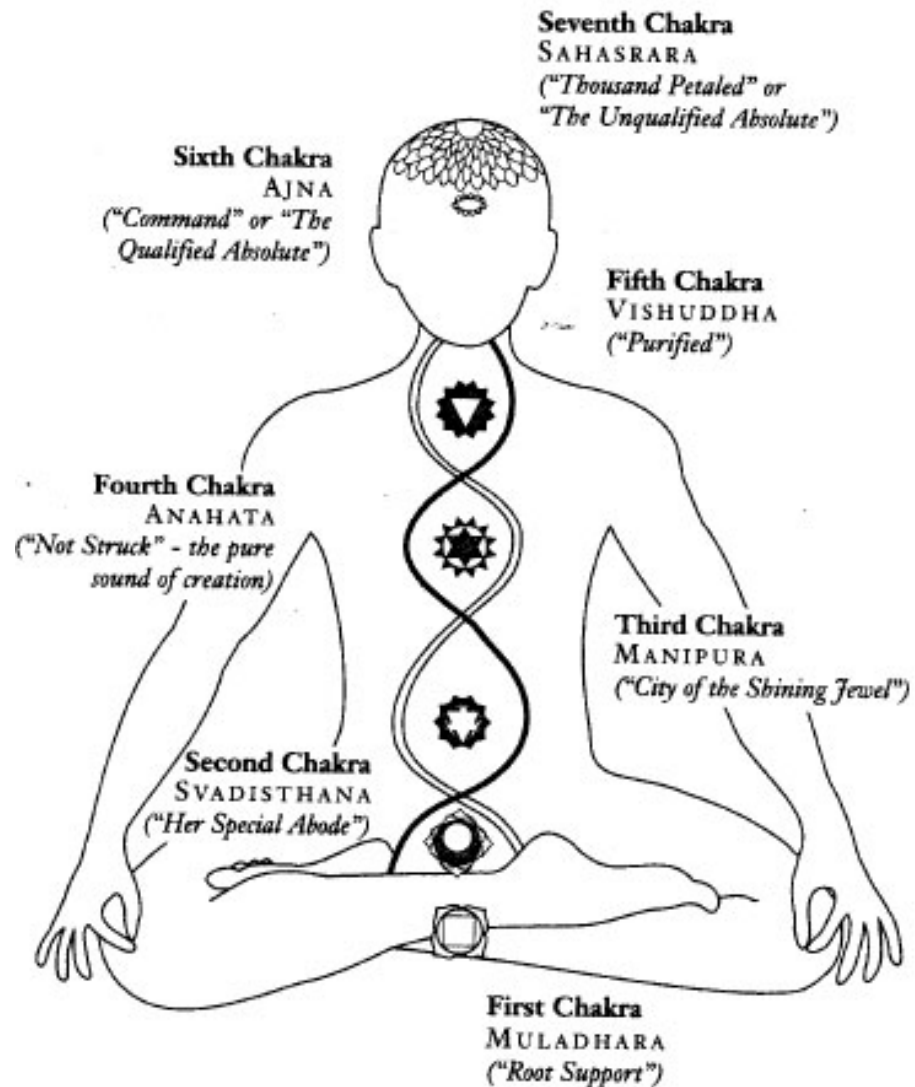
# Introduction

The practice in the first few weeks of yoga starts the awakening of the physical body and the subtle body – the two sides of every being





**The physical body**, although we use it everyday to a greater or lesser degree, needs to be woken up to it's full potential for comfort and joy. This potential is often curbed by supposed disability, illness or stress, from external and internal factors. The role of yoga is to dissolve any barriers that stop the body from realizing it's true potential for harmony

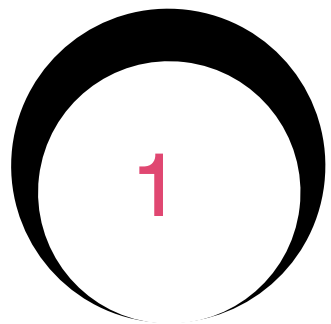


**The subtle body** is the system of energy that pervades our bodies and generates force and rhythm. The potential of the subtle body or force is in turn, also curbed by external and internal factors such as stress or trauma or disability. The role of yoga is to rewire the subtle body, so that there are no blockages or cul de sacs in the vital force, allowing it to feed the physical body without interruption

# First sequence

The practice in the first few weeks of yoga starts the awakening of the physical body and the subtle body – the two sides of every being

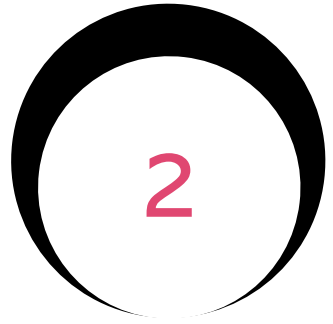




## Scan

Survey your whole body, starting from the top and moving down, through every organ, limb, gland and nerve, giving attention and acceptance to each aspect, as you go through, feeling the weight of gravity on whichever part is in contact with the floor or seat.





## Breathing posture

Be aware of the breath, feeling it rising and falling. Spend a few seconds observing it while feeling a gentle pull of a string at the tip of your head. Let the string feed through your core, down past your organs, parallel with your back, towards earth



3a

## Hand energy

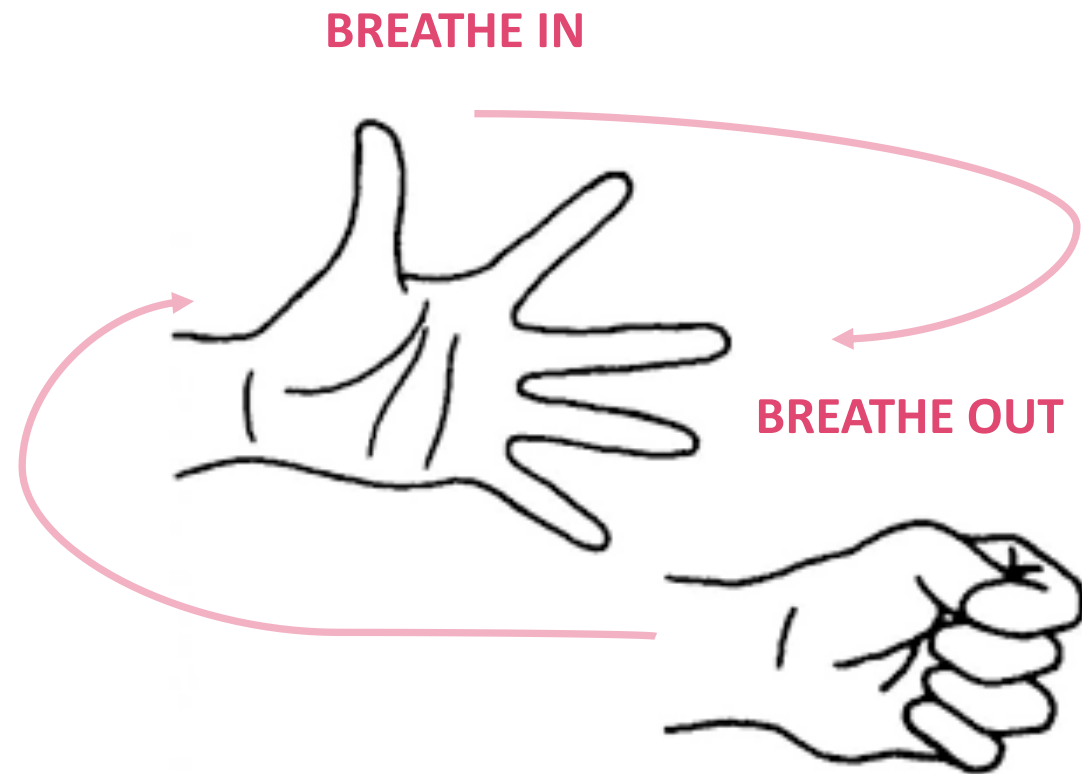
Let your attention go to your neck, feeling the vertebrae that support your head and crown your back. Let that attention flow down like a river dividing in two at your shoulders, flowing then down your arms, into your wrists and into the 5 channels radiating out of the palm's delta



3b

## Hand and breath

Raise both arms at shoulder height keeping them straight in front  
Open the hands and, with the palms facing down, spread and stretch the fingers of both hands. Close your fingers to make a fist by keeping your thumb inside. The fingers should be wrapped slowly around the thumbs. Open your hands again and stretch and spread your fingers.

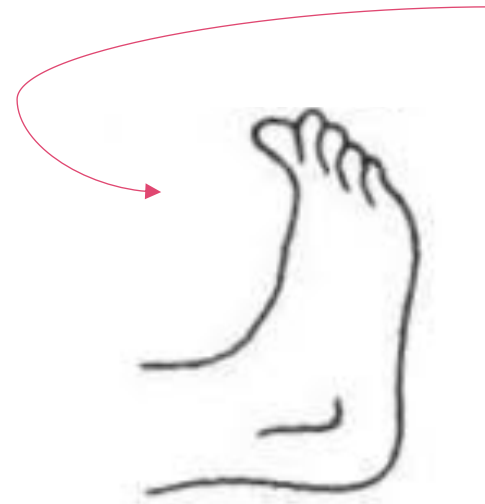




## Feet

Extend the legs in front, sitting on the ground/on a low sofa/seat, extend legs and rest heels on the ground, toes pointing up. Inhale, moving toes backward, feeling stretch across the balls of the feet and space between toes. On the exhale, curl your toes over towards the balls of your feet

BREATHE IN



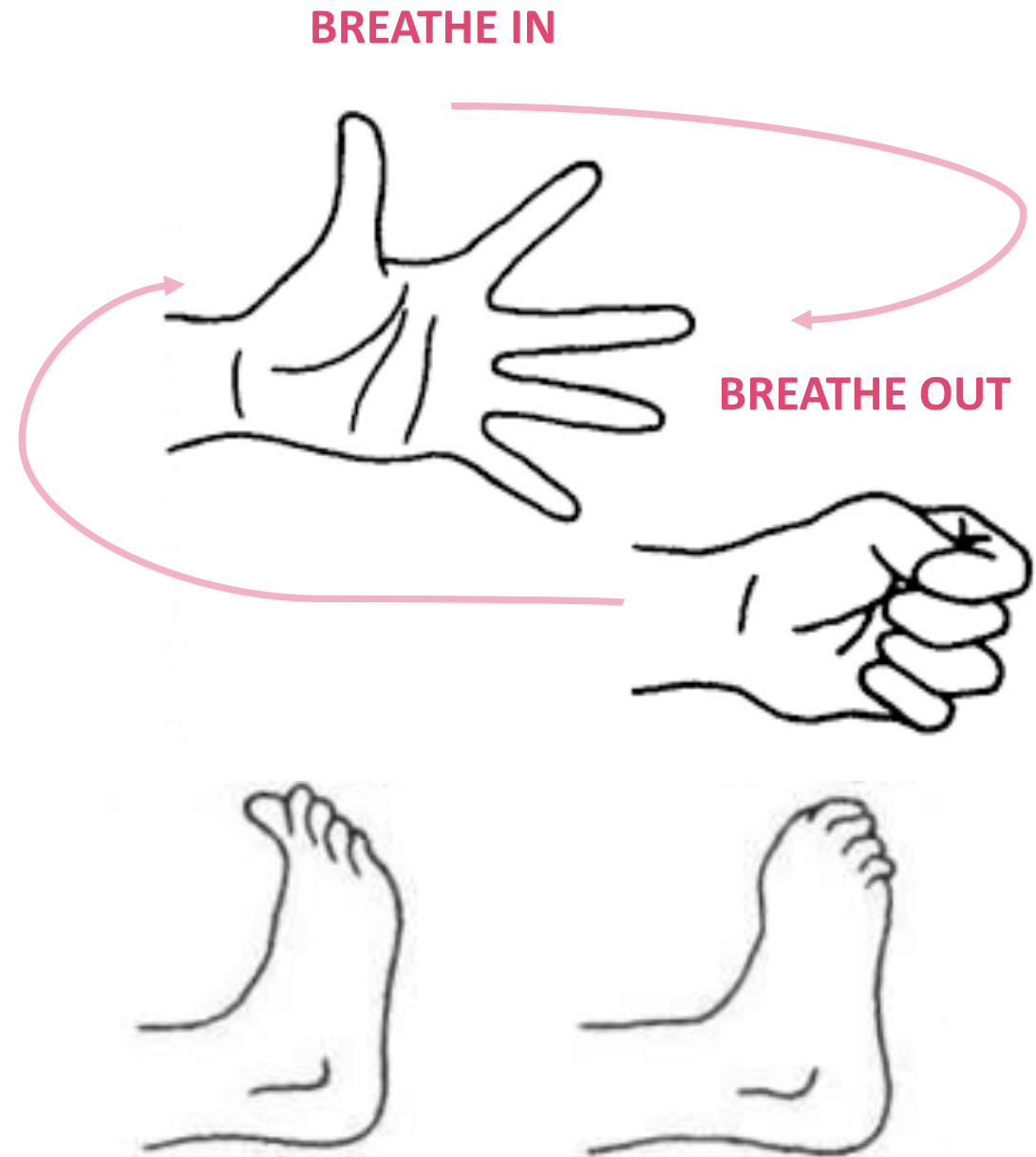
BREATHE OUT

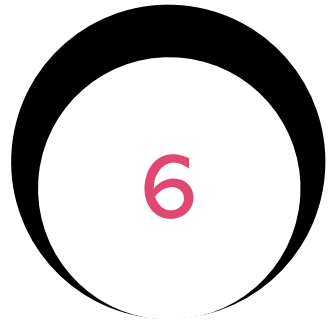




## Hands and feet

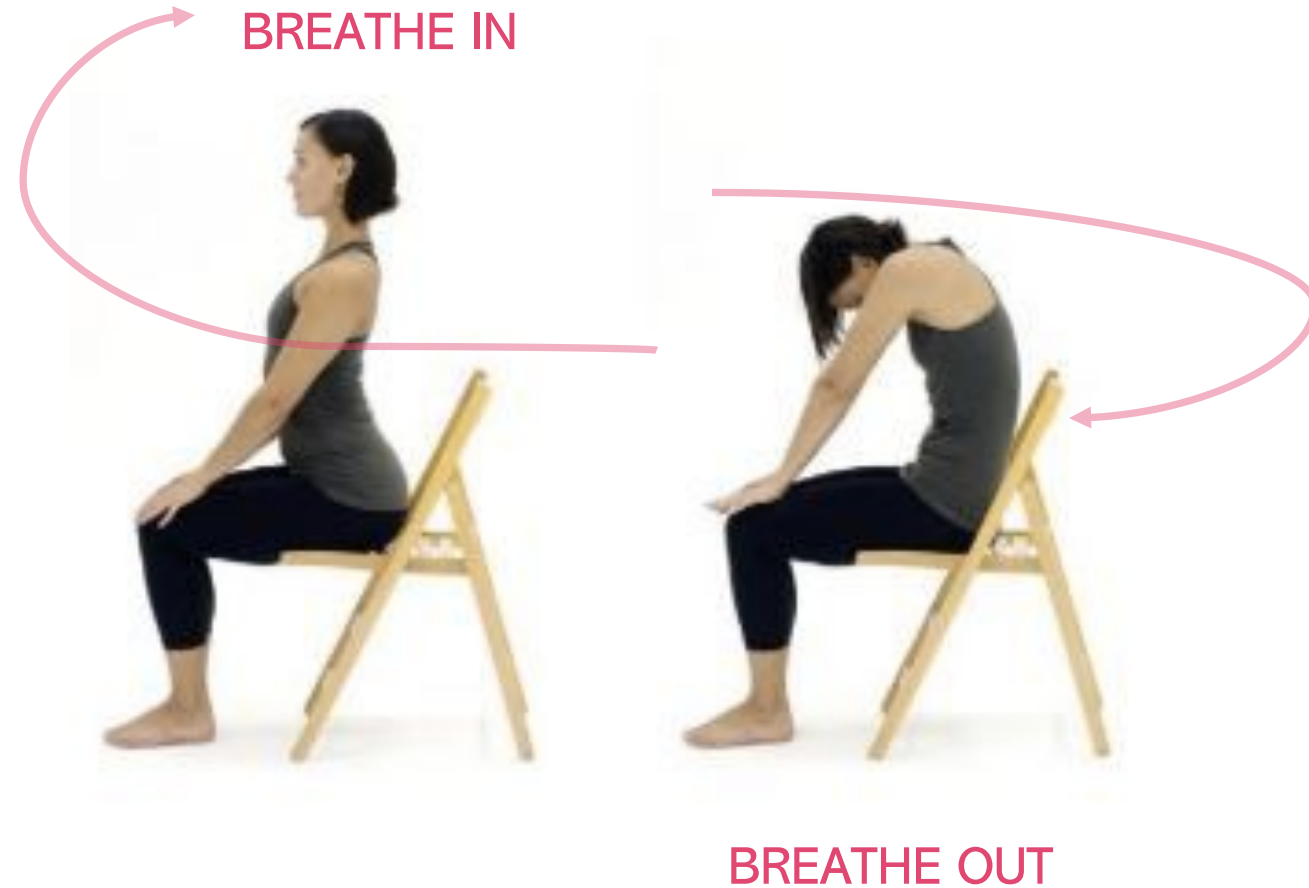
Now we combine the 2 previous moves. Inhale, opening the hands and feet, exhale, closing the hands and feet. Never forcing the breath, letting it come gently and naturally in and then gently and naturally out. If at any point you feel breathless or confused, stop, rest and go back to either just hands or just feet





## Cat and cow

Ground your buttocks and feet, feel them spread evenly across the seat/floor. Rest palms on knees. Inhale, raising chest out, feeling pelvis and buttocks slide up and back. Exhale, arching shoulders and back and feeling stomach suck back towards your spine.

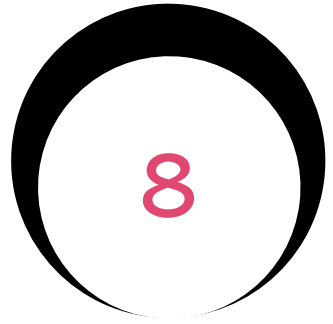




## First twist

Ground yourself. Rest palms on knees. Inhale, lifting one arm up, twisting your back towards the opposite side, letting the other arm follow, letting your leading arm come down on the opposite knee/hip. Exhale. Take a few breaths, return to centre on an inhale and repeat on the other side.

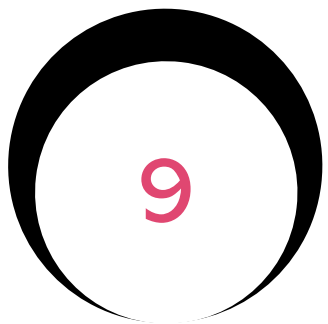




## Leg raise

Ground back, head and arms, letting yourself fully relax into the floor for a few breaths. Inhale, bending one knee up with core. Exhale. Inhale, pointing toes of leg on the floor, engage buttocks, tilt up pelvis, lift long leg with lower thigh and core. Hold leg straight a few inches off the ground for a few breaths. Exhale, lowering leg slowly. Repeat X3 then switch sides

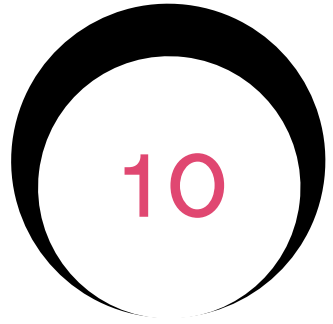




## Legs raise

Ground back, head and arms, letting yourself fully relax into mat for a few breaths. Inhale, bending both knees up with core, resting feet on the ground. Exhale. Inhale, engage buttocks and core and tilt pelvis up, press the hands to mat and let legs lift up. Rest feet on a wall/chair if needed. Take a few breaths. On an exhale gently lower feet and extend legs.





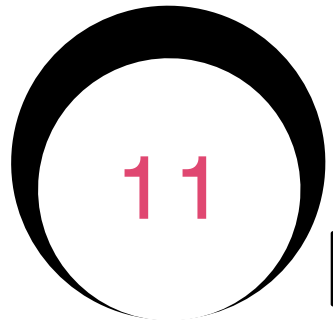
## Stretch

Ground back, head and arms, letting yourself fully relax into mat for a few breaths. Inhale, lifting arms over head, elbows straight as poss., let palms touch. Feel belly sink towards spine, and lower back soften. Point feet. Take a few breaths, noticing feeling of elongation. Exhale, letting arms come up to right angle over the core before coming down to sides. Rest and relax

BREATHE IN



BREATHE OUT



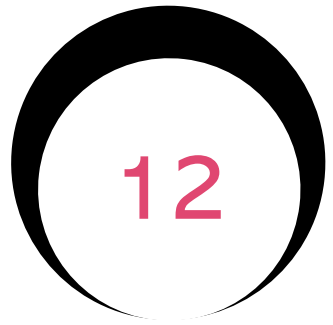
## Knee to chest

Ground back, head and arms, letting yourself fully relax into mat for a few breaths. Inhale, lifting one leg up to hold your knee. Exhale, holding knee and flexing extended leg's foot. Take a few breaths. Exhale, gently lowering knee and resting foot on the floor with knee bent. Inhale and let the foot gently slide back to join the other leg on the floor. Switch sides.



BREATHE IN

BREATHE OUT



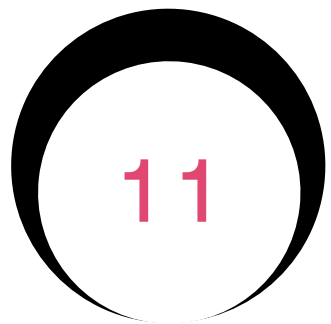
## Second twist

Ground and relax. Inhale, lifting one leg up. Hold knee. Exhale. Inhale, lift and hold other knee. Feel back relax into floor. Inhale, raising arms into 2 triangles or extend them like a T. Exhale and let one knee drop sideways and the other knee follow. Rest both knees there on ground/pillow-stack. Take a few breaths. Inhale, engage core and gentle lift to centre. Other side



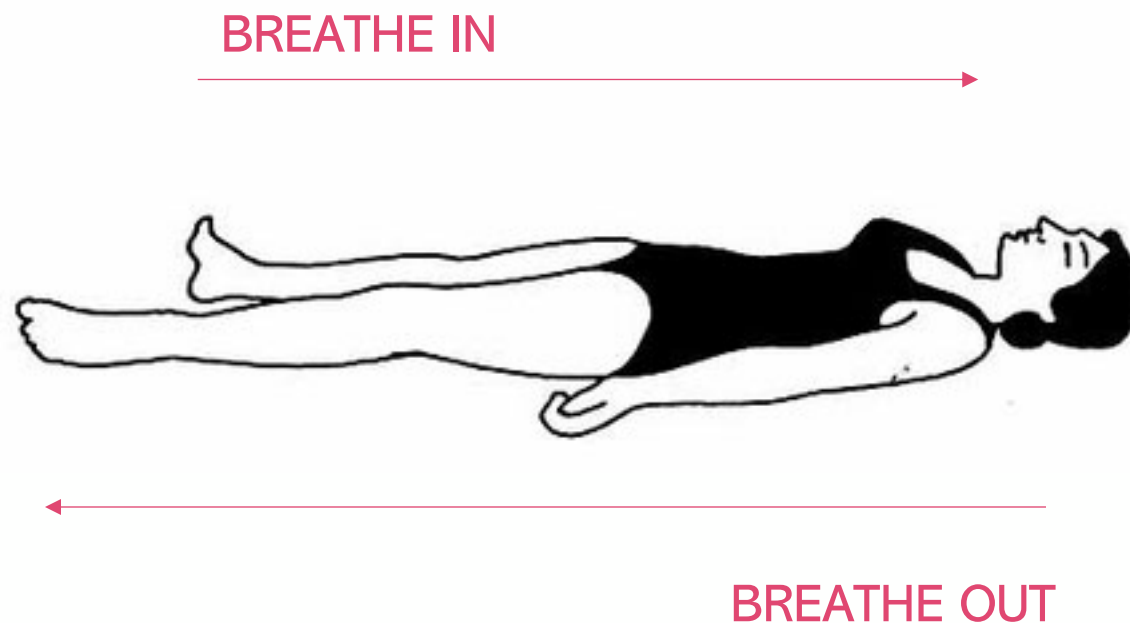
BREATHE IN

BREATHE OUT



## Corpse

Let your feet and arms roll out to wherever is comfortable. Let your neck relax and your head rest on the floor/a thin pillow. Rest the backs of the hands on the floor, if possible. Notice all the points of contact with the ground relax in total submission and acceptance of the healing force of gravity



12

# Nidra

Listen to the sounds in the room, then outside. Bring the listening into your body.

Notice any pains or pleasures, physical/mental, as if assessing another person objectively.

Then bring attention to the top of your skull and slowly move through your body with a light and warm attention, giving equal focus to all the parts of the body, as you pass.

Let the warmth pervade you. Feel it radiate out to surround you.

After as many minutes as you like, slowly bring your attention back to sounds within you, then the room, then outside.

Slowly let your eyes open and feet and hands start the process of coming back into the day/night with renewed life

You can do this  
anywhere in any  
position



# Physical and Subtle benefits of the practice

- Increases flexibility in the spine
- Improves blood flow to the internal organs and extremities
- Awakens coordination of breath and body
- Cleanses fascia, digestive and lymph systems
- Tones muscles in the upper legs and lower back
- Releases tension throughout internal and external musculature, respiratory and nervous systems

- Creates acceptance and peace throughout the body
- Energises the mind and so the body
- Eases grief and depression and pain
- Releases negative thought patterns throughout the mind and body
- Heightens awareness of the world - inside and out
- Awakens the self and motivates