



LIFE IS NOW PAIN CARE™

Practice 2 - Neil Pearson

Start on back
make breath longer, smoother and calmer
each about 6 breaths
focus on movement of the belly as breathe in and out
add chin mudra
focus on lateral rib movement
add chinmaya mudra
focus on moving the ribs over the heart
add adhi mudra
3 part breath
add brahma mudra
Take note of how breath feels, how body feels, how mind feels, how spirit feels
Set your intention for today's practice.
Reach your legs long on the floor, and your arms long towards the wall behind you
Curl into a ball
Reach again, and come to three part breath
Curl into a ball again and come to three part breath
on back with knee bent
single knee to chest
double knee to chest
hip/knee circles
cross ankle on opposite knee/thigh - thread the needle
one knee to chest, hold on to back of that thigh, reach that foot to the sky, and
the other leg and foot to the front of the room
feet wide as mat, breathe out let knees roll to side so twist spine.
breathe in and
bring back to centre, then other side with breath - about 6 times
turn soles of feet to touch, let knees fall away from each other, place hands on
belly - breathe
cross ankle on other thigh - twist to the side, and find a place to stay and let go -
each side twice
come to hands and knees
three part breath
cat cow
repeat each of these 5-6 times each side
breathe in, lift right arm to front, breathe out, let it come back to the mat; repeat
alternate sides,
breathe in, take arm to side and twist with spine, breathe out come back down,
then other side
breathe in, lift arm and opposite leg, breathe out bring them down
breathe in, lift same arm and leg, breathe out, bring them down
breathe in, lift both arms and legs at once ;)
child's pose - three part breath
kneeling - lengthen body as if standing, then three part breath
step one foot forward to kneeling lunge - sink down into hips, then breathe arms
up over head, and down as exhale (about 9 breaths), then repeat on other side
gate to half circle vinyasa - 5-6 times each side, holding gate with three part
breath on last rep each side. (parighasana and ardha mandalasana)

Standing - three part breath
side bend
wide leg, star side bend
wide leg forward bend
wide leg back bend
Standing belly, then ribs, then chest, then three part breath
with hand mudras
Arms over head, fingers intertwined - side bend
Arms behind back, fingers intertwined - side bend
Forward bend
Step back to triangle
Step back to warrior 1 - position legs, hips and spine, then raise and lower arms with
breath
Step back to warrior 2 - position legs, hips and spine, the raise and lower arms with
breath
Forward bend
Step back to triangle - then add three part breath
Step back to warrior 1 - then add three part breath
Step back to warrior 2 - then add three part breath
Forward bend
Eagle
Sun salutations
Come down to floor
Fish
Use hands to draw chin to chest, then pull knees to chest
Fish with three part breath
Use hands to draw chin to chest, then pull knees to chest
Bridge - up and down with breath,
stay up with three part breath
balance on one leg with three part breath
Reclined twist
Savasana