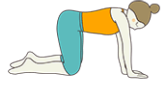


Starting Poses



2. Table Top



3. Gorilla Garland



4. Reverse Table Top



5. Gate Pose Flow: review the yamas and niyamas



6. Child's Pose



7. Finger Presses



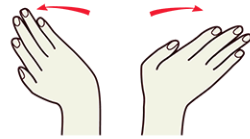
8. Rhinoceros

1. Kundalini Spinal Warmup

YAMAS: 5 Moral Foundations



9. Wrist Flex: AMHISA, do no harm



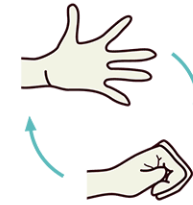
10. Wrist Waves: SATYA - don't lie



11. Wrist Rolls: ASTEYA - don't steal



12. Wrist Rotation: BRAHMACHARYA - don't cheat (chastity)

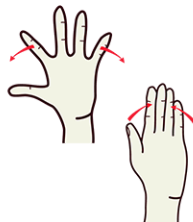


13. Hand Clenches: APARIGRAHA - non-greed

NIYAMAS: 5 Right Behaviours



14. Prayer Lift: SAUCA - purity



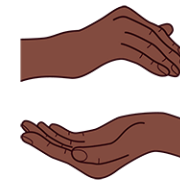
15. Finger Separations: SANTOSA - contentment



16. Martyn's Guitar Exercise: TAPAS - self-discipline



17. Palm Warming: SVADHYAYA - self-reflection



18. Energy Ball: ISVARAPRANIDHA - connect to a higher power