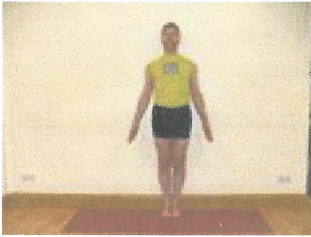
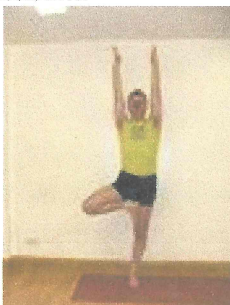
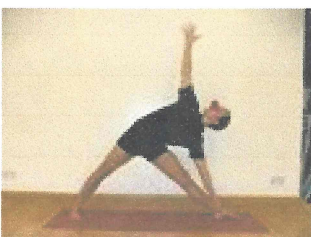
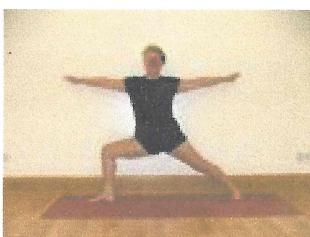

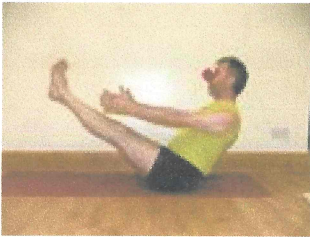
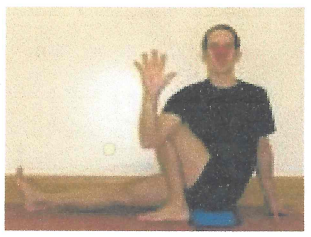
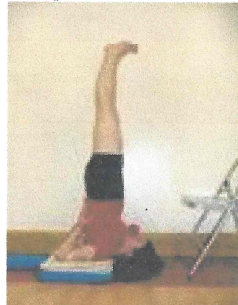




## COMIC RELIEF PRACTICE SHEET – 'Invigorating!' (20mins)

<p><b>1. Tadasana</b></p> 	<p>Stand with your feet together. Legs straight, arms straight, tighten your knees, lift your quadriceps. Lift your chest. Extend the neck up and soften the face and eyes. (1 min)</p>	<p><b>2. Vrksasana</b></p> 	<p>Stand in Tadasana (1) Lift your right leg and place the heel into your groin keep your right knee well back. Lift your chest and spine upwards, extend your arms over the head. Repeat to left side. (20 secs per side)</p>
<p><b>2. Trikonasana</b></p> 	<p>From Tadasana, jump your feet apart. Stretch your arms out sideways level with your shoulders. Legs wide, right foot out, left foot in. Exhale, extend laterally, take hand to leg, chest to face forward. Keep legs strong. Repeat on left side. (20 secs per side)</p>	<p><b>3. Virabhadrasana II</b></p> 	<p>From Tadasana, jump your feet apart. Stretch your arms out sideways, level with your shoulders. Legs wide, right foot out, left foot in. Bend right leg to form a right angle, left leg straight. Lift the chest and side trunk evenly, look at the right hand. Repeat on left side. (20 secs per side)</p>
<p><b>5. Utkatasana</b></p> 	<p>Stand in Tadasana. Inhale, take arms over the head. Keep your heels down knees together, bend the legs. The trunk moves forward but keep upward stretch of the trunk and arms. (20 secs x2)</p>	<p><b>6. Paripurna navasana</b></p> 	<p>Sit in Dandasana, bend the knees so that the feet are flat. Hold the back of the knees with both hands. Walk the feet in until you are on tip-toes, then raise both legs in the air, keep them straight and the spine lifted. Arms forward in line with shoulders, extend palms. (20 secs x2)</p>
<p><b>7. Marichyasana III</b></p> 	<p>Sit in Dandasana. Place the foot on the floor in line with the right buttock bone. Right hand behind you on the floor or brick and stretch the left arm upwards and then elbow over the outside of your right knee. Exhale and rotate your chest and shoulders to the right and turn your neck and head. Repeat to the left. (20 secs x2)</p>	<p><b>8. Sarvangasana</b></p> 	<p>Assemble your lift, to make a thick pad about 2ft. square. Lie down with your shoulders, upper back and upper arms on the lift. Back of your head on the floor. Go to Halasana (9) on floor or chair, place a belt around your elbows, hands onto your back press them into your back ribs, lift the trunk and take legs to a vertical position.. Come down carefully, bend your knees. (2 mins)</p>
<p><b>9. Halasana</b></p> 	<p>From Sarvangasana, carefully lower your legs to the chair or the floor. Keep your back supported and continue to work your legs. (1 min)</p>	<p><b>10. Savasana</b></p> 	<p>Lie down flat on your back, lie straight. Bend the knees initially to lengthen the buttocks, waist and hips towards the heels. (5 mins)</p>