
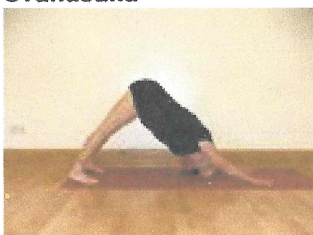

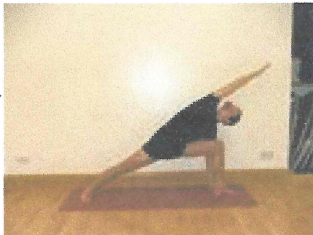

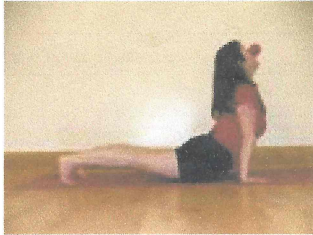

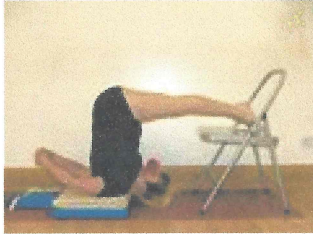



COMIC RELIEF PRACTICE SHEET – ‘No time at all’ (15mins)

1. Tadasana 	<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>	2. Adho Mukha Svanasana 	<p>Lie down on the mat, flat on your front. Hands in line with the tops of your shoulders, feet hip width apart. exhale, come to "all fours" lift the buttock bones high, straighten your arms and legs. (1 min)</p>
3. Trikonasana 	<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>	4. Parsvakonasana 	<p>From Tadasana jump or step your feet apart. Arms and legs straight. Right foot out and left foot in, left leg straight, exhale, bend the right knee to form right angle. Right hand by right foot on floor, left arm over by head. Right side of the trunk forward, left side backwards. (20 secs per side)</p>
5. Virabhadrasana II 	<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>	6. Urdhva Mukha Svanasana 	<p>Lie on the floor face down. Keep feet about one foot apart toes pointing straight back. Palms down at the side of the chest. Exhale, push down on the hands, raise the trunk upwards. Lift the chest and take the head backwards. (20 secs x2)</p>
7. Bharadvajasana 	<p>Sit on a chair, back of chair on your right side. Feet and thighs hip width apart. Sit tall. Rotate to face back of the chair, hold the sides. Right hand to "push the side chair", left hand to "pull the side chair". Lift the chest, relax the shoulders. Inhale to lift, exhale and rotate. Repeat to left side. (1.5 mins per side)</p>	8. Halasana 	<p>Prepare your lift as shown. Head on floor, shoulders, upper arms on lift. On exhalation, take feet over onto the chair, lift the spine and support your back with your palms. Legs straight. (1 min)</p>
9. Savasana 	<p>Lie down flat on your back, lie straight. Bend the knees initially to lengthen the buttocks, waist and hips towards the heels. Tuck under the shoulderblades and relax the shoulders</p>	<p>- down. Extend the legs and release them outwards, extend the arms and release them outwards, palms up. Breathe softly and evenly (5 mins)</p>	