

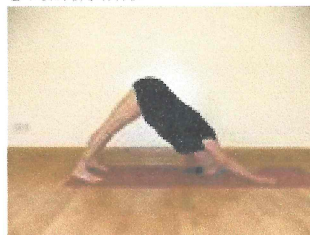
COMIC RELIEF PRACTICE SHEET – 'Stretch then relax' (30mins)

1. Sukhasana



Sit in Dandasana on a lift. Cross your legs in front of you. Have the shins crossing and the back of the heels stretching. Back straight, lift your chest, keep the neck long, head and chin level. Hands on the floor behind you level with your hips. (1 min)

2. Adho Mukha Svanasana



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)

3. Parsvottanasana



Start in Tadasana with a chair placed on your right side with the back rest nearest to you. Take your feet about three and a half feet apart. Turn left foot deep in and the whole right leg and body to face the chair. Both legs straight, fold from the hips and place hands on the back of the chair. Repeat to left. (30secs per side)

4. P. Padottanasana



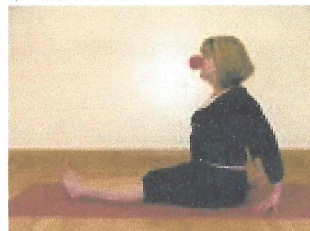
From Tadasana(1)spread the legs wide apart, at least 4ft. Keep the legs straight and lift thighs up and away from the knees. Fold forward from the hips and place your hands on the floor or blocks, look up and stretch the back straight. Exhale and place head on floor or lift, bend elbows back. (30secs)

5. Uttanasana



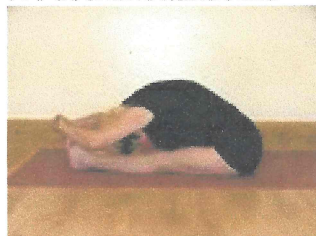
Stand with your feet shoulder width apart. Inhale and take the arms over the head, fold your elbows. Exhale and take the trunk and arms down. Keep your legs working by pulling up the thigh muscles. (30secs)

6. Dandasana



Sit on the floor or on a block with your legs together stretched out in front with trunk upright. Extend the legs and knees press them down into the floor. Press the fingertips into the floor and raised the chest and spine up. (1 min)

7. Paschimottanasana



Sit in Dandasana, exhale, lean forward and catch the feet using a belt if needed. Stretch the trunk up. Make the back concave. Lift the chest and look up. Keep the knees straight, exhale, bend forward over the legs and take head down. (30secs)

8. Malasana



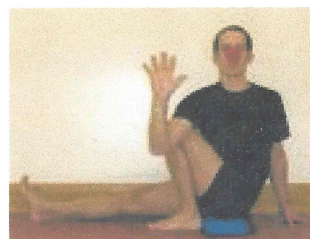
Squat down with the heels together on the floor or raised on a foam block. Widen the knees and take the arms forward and stretch them in line with your shoulders. (30secs)

9. Upavistakonasana



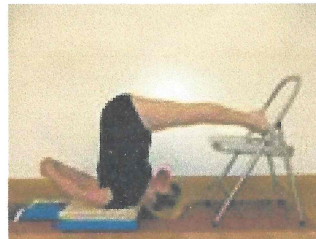
Sit in Dandasana (6). Take the legs as wide as possible. Keep the legs straight, stretch the heels away and keep the thighs and shins facing upwards. Hands behind you, level with the hips, lift the chest and keep the back straight. (1 min)

10. Marichyasana III



Sit in Dandasana. Place the foot on the floor in line with the right buttock bone. Right hand behind on the floor or brick and stretch the left arm upwards and then elbow over the outside of your right knee. Exhale, rotate your chest and shoulders to the right and turn your neck and head. Repeat to the left. (30secs per side)

11. Halasana



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. (2 mins)

12. Savasana



Lie down flat on your back, lie straight. Bend the knees initially to lengthen the buttocks, waist and hips towards the heels. (5 mins)