

Guided Meditation

Neck Stretching / Greeva Sanchalana – 3 to 5 times

- Cross-legged position
- Ear Shoulder - 10
- Neck circles 10 per side
- Shoulder Socket Rotation / Skandha Chakra – 3 to 5 times, FB
- Elbows touch in front

Table Top Cat – Cow

- Cat-Cow
- Full cycle
- Plank
- Knee Twists -Slow - 15 sets **EDGE**
- Plank
- Vinuasa
- Child's Pose / Balasana or down dog

Sun A's 3

Vinuasa

Bends

Standing Forward Bend – Padahasthasana

- Chest on knees
- Bind - Peace fingers

Standing Back Bends

Side Bends With Roles

Vinuasa

Childs or Down Dog

Warriors

Right Leg

Warrior A

Warrior B

Revers

Dragon fly

Left Leg

Warrior A

Warrior B

Revers

Dragon fly

Childs

Factoid

34 hypertensive patients were assigned at random either to six weeks' treatment by yoga relaxation methods with bio-feedback or to placebo therapy (general relaxation). Both groups showed a reduction in blood-pressure (from 168/100 to 141/84 mm. Hg in the treated group and from 169/101 to 160/96 mm. Hg in the control group). The difference was highly significant. The control group was then trained in yoga relaxation, and their blood-pressure fell to that of the other group (now used as controls).

RANDOMISED CONTROLLED TRIAL OF YOGA AND BIO-FEEDBACK IN MANAGEMENT OF HYPERTENSION - July 1975 - Epidemiology and Medical Care Unit, Northwick Park Hospital, Harrow, Middlesex, United Kingdom

Ballance

Tree Pose / Vrikshasana

½ Moon

Triangle

Triangle Pose / Trikonasana

- Left
- Right

Wide Leg Forward Folds

Vinyasa

Backbends

Three Backbends

- Camles

Yin

Butterfly pose

Shivisana

Closing Meditatio