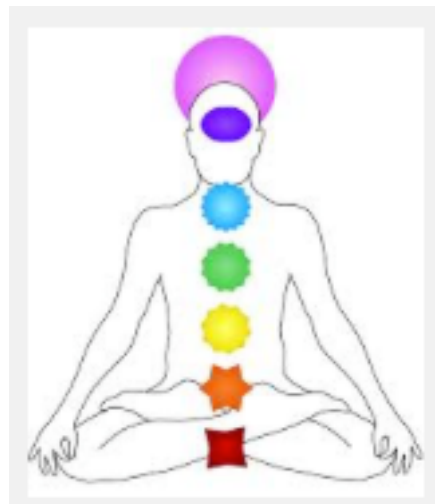




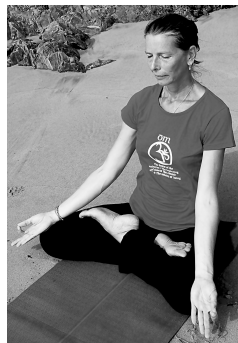
DAILY
ESSENTIAL
PRACTISE



Daily essential practise with Tara Sandra ©
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General guidelines for continuing a home practise.

- A shorter practise but regular is much more effective than a longer, but only occasional practise.
- Find a time of the day when your stomach is empty or when your digestion is finished (3h after a big meal at least).
- Start with sitting quietly, with a straight back. Take a breath or two to allow yourself to arrive here, leaving aside any other concern. Sing OM 3 times
- Remember that your practise is about preparing the body for Dharana/Dhyana concentration/meditation. End your practise in the same way, sitting quietly, take a breath or two to be present or sit for a longer period of time, as the Asana practise will have quieten the mind.
- Pranayama can be practise either before a strong Asana session or after a gentle Asana session.
- Sing OM 3 times at the end of the session and dedicate the positive energy developed by your practise for a high purpose.
- Become aware of your breathing more often throughout the day, and try to bring a relaxed flow to it, and see what happens ! You may well find you get less upset, and for shorter periods of time. Practise also gently lengthening the breath without creating tension.
- And finally, let your practise be a pleasure and you are more likely to want to return to it.



Warm ups and sun salutation : follow instruction on first booklet.

From all 4 come into **Downward facing dog (DD) : Adho Mukha Svanasana**

Starting with **Mooladhara Chakra**, standing poses.

Inhale : look forward, exhale step the right/left foot in between the hands



Inhale come up. Arms at shoulders level, front heel in the middle of the arch of the back foot, engage the front thigh, lock the kneecap
Inhale lengthen forward, exhale drop the front arm on the block behind the front leg.

Front buttock moving in, opposite hip bone opening up, open the chest towards the sky.

Trikonasana



Bend the front knee, lower the upper hand onto the hip, Shift the weight onto the supporting front leg, and lift up the back leg.
Engage the supporting leg.

Ardha Chandrasana

Step back in DD and repeat on other side starting from Trikonasana
End in DD

Inhale : look forward, exhale step the right/left foot in between the hands



Inhale : lift up the chest, arms at shoulder level, bend the front knee above the ankle, front heel in the middle of the arch of the back foot

Virabhadrasana 2



Reverse warrior : Inhale, arch back, front arm towards the sky,
Exhale, Parsvakonasana, front hand on the outer edge of the front foot. Repeat 3-5 times.

Repeat on other side, end with DD.

Poses can vary from one day to another.

2 Chakras : Svadhisthana : forward bend

From DD,
Inhale step the right/left foot forward, in between the hands, align both heels, back toes turned 60 degrees forward. Engage the front thigh, kneecap locked. Inhale lift the chest, exhale lengthen the torso and fall over the front leg.

Parsvottanasana

Step back in DD and repeat on other side end with DD



walk the feet to the center of the mat and walk the hands back, next to the feet.

Uttanasana

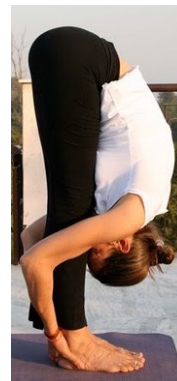
then bend the knees and sit down

Extend both legs, Dandasana

Bring the right/left heel by the groin, foot along the inner opposite thigh, 2nd leg straight, foot flexed. Inhale lengthen the torso forward exhale fall over the stretched leg

Janu Sirsasana

Repeat on other side



3rd Chakra : Manipura : twist

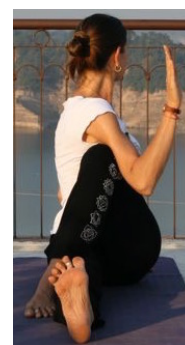
Extend both legs, Dandasana

Place the right/left foot outside of the opposite knee, same side hand behind the sacrum
Inhale lengthen the spine, exhale twist to the right/left, outer elbow resting on the opposite outer knee
Release back into Dandasana
repeat on the other side

Marichyasana

Come into a squatting pose, feet flat on the floor
Right/left shoulder inside the right/left knee, arm around the lower leg.
Inhale lengthen the spine, exhale open the opposite side of the chest towards the sky,
Hands holding
Repeat on other side

Pasasana



Lie on the back, both legs up, arms at shoulder level.
Inhale. On the exhale lower both legs towards the
right/left hand, look at the opposite hand.
Repeat on other side

Jatara Parivartasana



4th Chakras : Anahata : Back bends

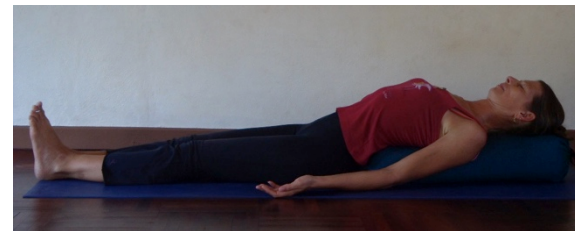
Sit with bent knees, outer edge of the feet parallel to each other,
hands behind the back, fingers pointing forward. Inhale lift up
the hips, higher than the knees. Stay there, equal weight on
arms and feet.

Table top



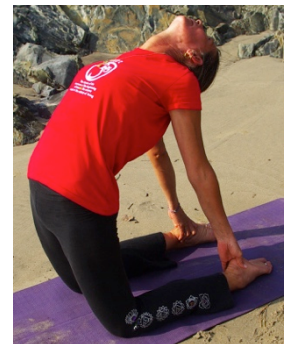
Lying down, back supported by a bolster or 2 blocks.

Supported Matsyasana



Start by kneeling with knees hip width apart.
Place the hands on the lower back, press the pubic bone
forward. Arch the chest and head back, lower the hands
on the ankles.

Ustrasana



5th Chakras : Vishudhi : chin lock

Fold you blankets as a support for shoulderstand.
On an inhale extend the legs behind the head, adjust
your shoulders with the edge of the blanket, 2 fingers width
inside the blanket

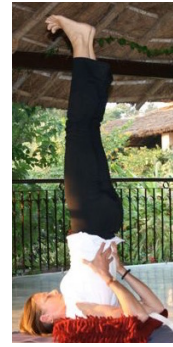
Shalambasana



Place the hands on your lower back and on an inhale bring the legs up. Press the sacrum towards the pubic bone. Legs engaged. Stay several breath. DON'T roll the head.

Sarvangasana

Release by dropping the feet behind the head and slowly unroll the spine back to the floor. Counter pose with Matsyasana



6th Chakra : Ajna : third eye

Start on all 4. on an exhale lower the buttocks to the heels, keep the hands walking away from the chest, lengthening the spine. Lower the forehead to the floor.

Addho Mukha Virasana



7th Chakra : Sahasrara : crown

Mesure the distance between your elbows shoulders width apart. Interlock the fingers, place the top of the head on the floor, back of the head into the hands. Walk the feet closer to the chest,once the buttocks are above the shoulders, bend the knees and bring the feet up. Slowly straighten the legs. Inverted Tadasana. Tail bone straight up, thighs engaged. Press the forearms on the floor to keep the weight away from the head.

Sirsasana

Rest in Child's pose after you release.



End with 15 mn **Savasana**

