

Discover the beauty of hatha yoga

****Please go to www.self-elevation.com in the YOGA section to check the step by step guidance for each of the poses below and most importantly to check the contraindications. You should not attempt any of the poses unless you have carefully read the instructions and contraindications.**

Always remember to listen to your body and not force yourself into any of the poses. Accept and surrender where your body is at in that moment, without resisting or pushing further. Embrace your body and let it take its time to evolve into the poses. Be patient with yourself and kind with your physical self. Yoga is a journey we take towards self-discovery so connect with your body, breathe deeply, observe how you feel as you go in each of the poses and most importantly stay present in the moment.

Breathing tip: Inhale and count to 5, exhale and count to 5. Keep your breath consistent throughout your entire practice.

**Namaste
Miriam**

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ENERGISING 20 MINUTE SEQUENCE (can be done at any time of the day)

**Please check the step by step guidance of each of the below poses in the yoga section at <http://www.self-elevation.com/yoga.html> or by clicking on the "see instructions" next to the title of each pose.*

** Do the sequence below once on one leg until and including the 6th pose and then repeat on the other leg. Start with your most dominant side. (eg. if you are right handed, start with your right leg)*

**This sequence is energising for the body and mind. It provides a deep stretch to the muscles, helps tone the body and increases flexibility of the spine and the mind.*

** Before you begin, sit in a comfortable seated position with your back straight, close your eyes and take three deep breaths through the nose and exhale deeply through the mouth. As you inhale slowly count to 5 and as you exhale do the same. It is advised to do a light joint warm up before you begin, especially slow rotations of the neck, wrists and ankles.*

Sun salutations x2 (mantra: OM SURYA NAMAHA) ([see instructions](#))



1. Mountain pose ([see instructions](#))



2. Triangle pose ([see instructions](#))



3. Warrior II ([see instructions](#))



4. Reverse Warrior: ([see instructions](#))



5. Extended side-angle pose (x2 options) [\(see instructions\)](#)



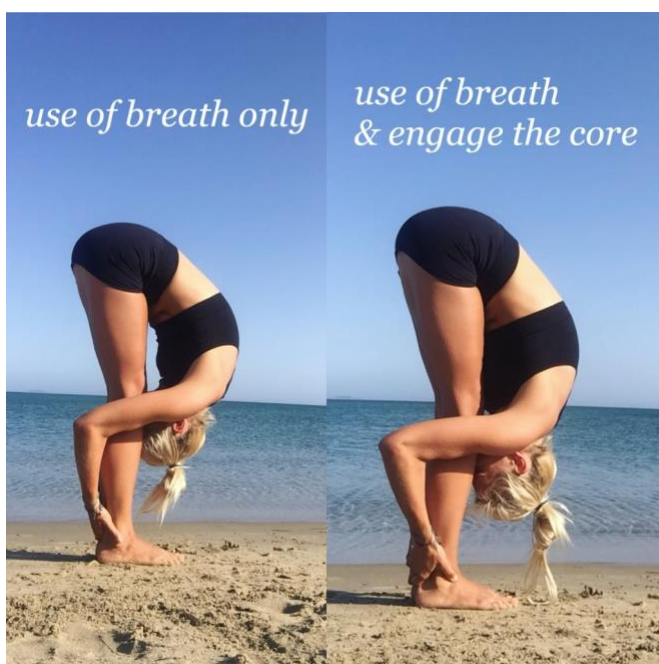
6. Warrior III [\(see instructions\)](#)



7. Wide legged forward bend pose ([see instructions](#))



8. Forward bend pose ([see instructions](#))



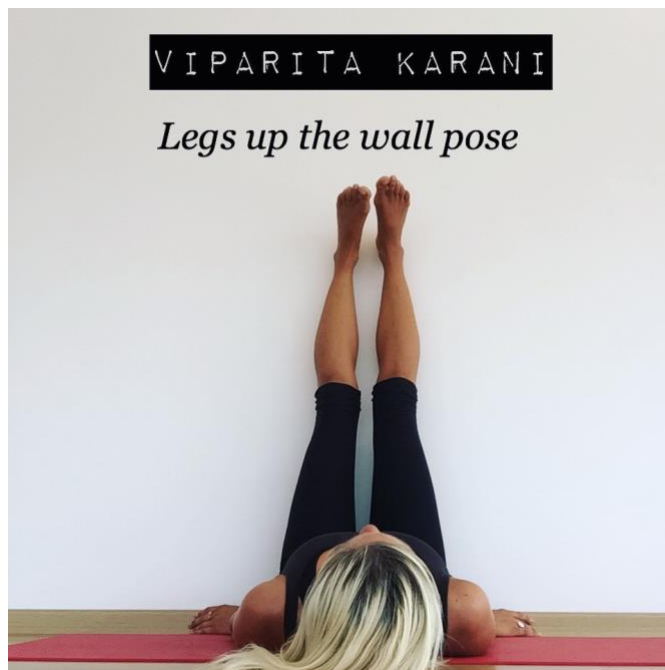
9. Rabbit pose ([see instructions](#))



10. Yogic Bicycle ([see instructions](#))



10. Viparita Karani [\(see instructions\)](#)



EXTRA 10 MINUTES OF RELAXATION & MEDITATION: (Optional)

*Lie down in shavasana for 5 minutes, with your whole body resting peacefully on the mat, on your back, palms facing the ceiling. Relax your body and focus on your breath.



*End with a 5 minute meditation with your hands in chin mudra, bringing your index fingers connecting with your thumbs. Chin mudra connects us with our consciousness, releasing all needs, wants, desires and letting go of the ego, completely focusing just on our breath. Relax, breathe deeply and just be.

****If you have any of the conditions mentioned in the contraindications, please check with your medical practitioner before doing that pose or the complete sequence.***

** Disclaimer: This program is to be used by following the step by step guidance from self-elevation.com including the contraindications. Self-elevation.com takes no responsibility for how the practice is carried out by each of the persons who attempt it; Ultimately, it is the person's responsibility to keep themselves safe during the practice taking in consideration the contraindications which should be discussed with a medical practitioner and follow the guidance for each of the poses. This sequence should be practiced in a safe and spacious, well aired/ ventilated environment.*