Prep Phase

Exercise
Kneeling up- Neck strengthening exercises.
Cat Stretch- add one leg outs to side & back for hip opening too
Rest position with breath focus

Main Phase

Exercise	Options	Focus	External Cue	Hands on
Spine Stretch X5	Diamond position Legs straight	Breath into back of ribcage	Breath in to the back of your t-shirt	Back of hands on back of ribs
Draw one knee in, point and flex foot. Change to other side then use leg to lower back to mat				
100 X1	Use towel to support head position Both legs long	Breath into mat Find length through whole body	Lightly press in to towel Weight into back of waistband	
Shoulder bridge prep X6	Range of motion	Hip extension	Keep leggings higher than t-shirt	Press into my fist between your big toes.
Side Kicks X 5 each	Towel between ear and arm Front & back Up & down Small circles	Maintain length in top line of waist Eye position Focus on hip extension	Reach around the room, stretch past the bottom of your mat	Gentle pull their ankle.
Mermaid stretch				
Swimming-legs only X10	Single side Both legs lifted Prop under pelvis to help alignment	Legs- Hip extension Straight leg Legs together	Reach from front of leggings	
Cat stretch- focusing especially on head & upper back elongation to extension				

Exercise	Options	Focus	External Cue	Hands on
Swan prep-upper body only X 6	Range of motion Hand position	Carry head upwards and backwards Move from hips	Lift dot on top of head up to ceiling	Hover hand over top of head
Rest position				
Leg Pull Front- rock forwards & back X 3 each side	Keep one knee down Hover knee Both legs straight	Big toe press Head position Long line-heel to head	Look at front edge of your mat	
Spine Twist X 5 each way	Diamond position Legs straight	Ribs go forwards and back Lengthen up	Dots on ribcage	Hover hand on top of head
Roll up X5	Start seated Range of motion	Equality of shape through the back line Head position	Press into back of waist band	Keep stretching finger tips to me as pull back
Seal X5	Leg openings only Add rolling	Head position Open hips not clap feet		
Side kick kneeling prep X4 each	Bring long leg forwards Add twist Add side bend	Hips staying open	Clock on pelvis- number 6 forwards	Press back into my fist on stabilising heel
Side bend X 3 each side	Keep hips down Lengthen legs	Head position Shoulder position	Pull side seam of t-shirt into arm	Hover hand over crown of head