**Yoga Menu – June 2017**

**Starters**

Surya Namaskar x6

Apasana – working with breath holding and lifting chest to knee.

Moving cat to strengthen arms and keep pelvis mobile

**Mains**

Mountain (downward dog) but raising legs and twisting

Any forward folds

Sitting side stretches, with wide legs

**Puddings**

Shavasana with Yoga Nidra if time

Brahmari breath (humming bee breath)

Nadi shodona (alternate nostril breathing)

Meditation for 15mins (cheeseboard!)

I put the date down next to each one when I have done it.

If something else creeps in I note that too!

Play with it and make it a practice you love doing....and then once it is a habit more and more time will be spent on it.