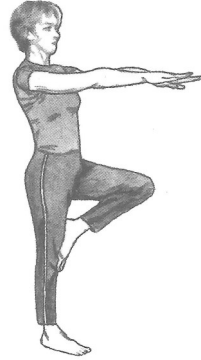


U3A Yoga 35th Anniversary poses

Flamingo



Stand with the feet together and the hands in prayer



Place the left foot on the right knee. **INHALE** the hands forward



EXHALE the hands together



INHALE the hands up. Repeat 3 or 4 times



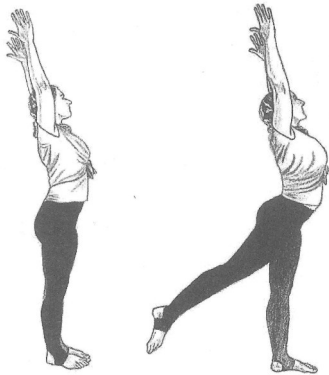
EXHALE your head down to your knee and **INHALE** the hands into **Flying Bird**



Place your right hand on your knee and your left hand on top. **EXHALE** as you lower your head to your knee.

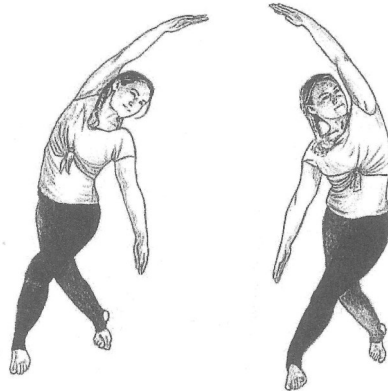
Return to the beginning, change sides and repeat.

Supple Body Sequence



Feet together. **INHALE** with palms facing and lean back a little. Hold for 3 breaths.

INHALE the right leg behind



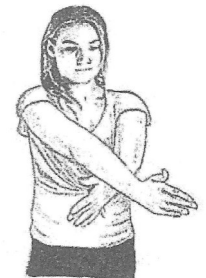
Lower the right leg behind and push up on the toes. Lower the left arm and bend to the left.

Change sides and repeat



Hand cuff stretch

Change sides and repeat



Scissor Stretch.

Right wrist on top of left wrist **EXHALE** and stretch the right shoulder. Change hands over and repeat

U3A Yoga

Varanasi Sun Salutations



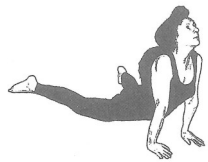
1. Stand with hands in



7. **INHALE** and move right foot forward into **High Crescent Moon**



Repeat changing sides



6. Widen the knees and slide the legs out. Swing forward into the **High Cobra**



5. Kneel on all fours



2. Bend the knees. **INHALE** into **Upward Arm-chair**



3. **EXHALE** into **Standing Forward bend**



4. **INHALE** up. **EXHALE** step backwards to **High Crescent Moon**

Canoe



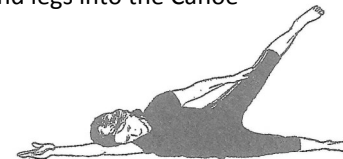
1. **INHALE** as you raise the left arm and leg. **EXHALE** them down



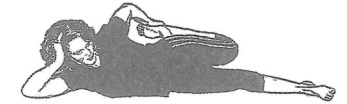
2. **INHALE** as you lift left arm and right leg



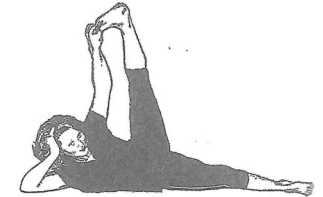
3. **INHALE** as you lift both arms and legs into the Canoe



4. Bring your toes towards your head. Press down with right hand and side of right foot



5. Catch your left foot with your left hand



6. Catch hold of left foot or lower down if necessary. Straighten the leg

Repeat on other leg



7. Roll over onto the abdomen with hands and feet wide. In the **Stomach Balance**



8. Exhale the big toes together and put the hands back into the **Flying Bird**

U3A Yoga

Swimming Dragon

Each full sequence of 6 half circles should take one minute

