



Pavanmuktasana

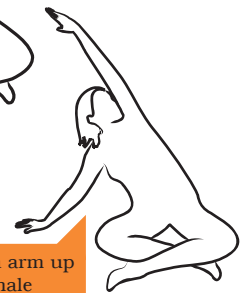
1. Begin on inhale and interlace hands.



2. Exhale and push hands forward, concave spine and tilt pelvis backwards.



3. Inhale reach arms up overhead and exhale release to the side.



4. Inhale reach arm up to the right, exhale release back to centre.



5. Inhale reach arm up to the left, exhale and release back to the centre.

6. Bring right arm across the body, inhale lift, lengthen spine, exhale twist spine.



7. Bring left arm across the body, inhale lift, lengthen spine, exhale twist spine.



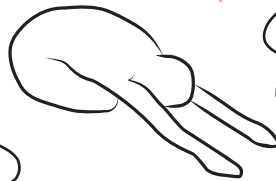
9. Change leg cross so other shin is in front. Inhale reach arms up.



10. Exhale, bend elbow work hand down back.



16. Inhale lengthen spine, exhale fold forward and soften.



15. Repeat on other side.



14. Exhale swing arms down place right elbow into left, if possible bring palms together. Exhale to release out of posture.



13. Inhale reach arms up.

12. Repeat 9, 10 and 11 on other side.



11. Swing top arm around and interlace hands if possible. Exhale to release

