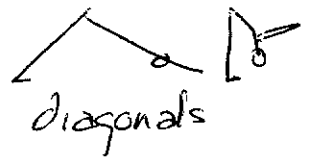
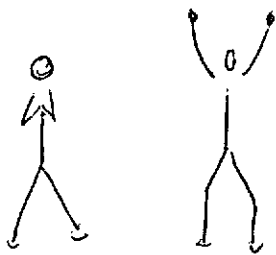


CLEANSE PRACTICE

45 mins+

2 small balls/blanket
2 long straps

hands + feet



arm pit side chest



fists + feet pulse



hand massage



circles back

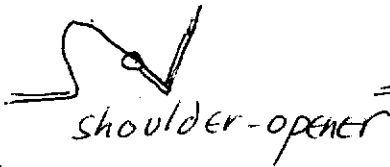
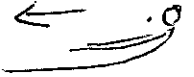


happy farmer

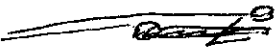
thumbs to armpit/hole

twist

both sides
1st chakra



shoulder-opener

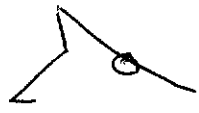


blanket/balls in deep lower belly



bekasana salabhasana + roar!

belly + groins



liquid dog



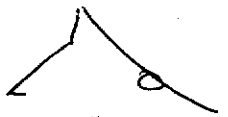
roar!



1/2 pigeon

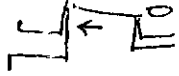


roar!

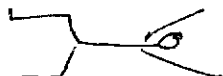


other side

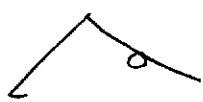
neck + VOICE



frog



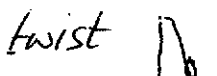
croak



belly circles

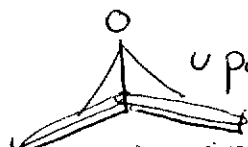


twist



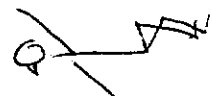
utkatasana

base

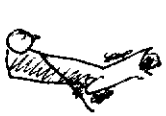


upa vista

criss-cross straps



gentle supine twist



or

or continue into longer standing poses / inversions / forward bends

Make sure you drink plenty of H₂O & have enough REST