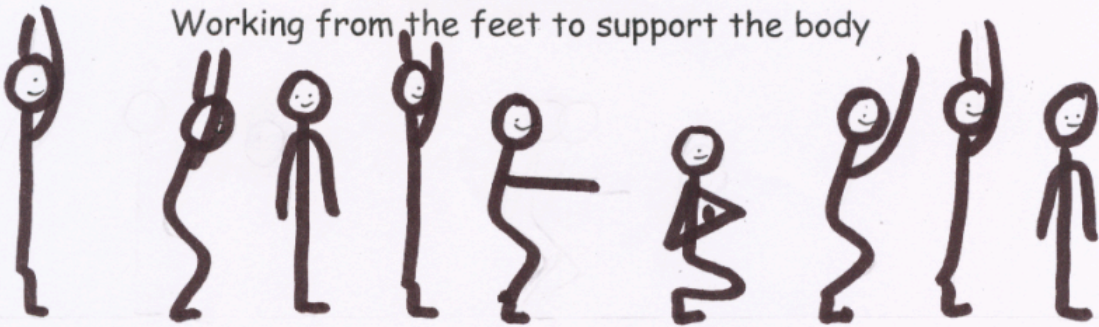


Footprinting

Working from the feet to support the body



Inhale up to toes. Exhale & return firm, even footprints to mat. Hold Utkatasana.

Stay on toes as you drop, counterbalancing weight of pelvis with arms.

Inhale up on toes, exhale to Tadasana



Stand with the balls of the feet and toes up on a block, heels to floor.



Inhaling, raise the arms & lift heels. Exhaling, drop arms and heels.



Remove block, stand in Tadasana & let the footprints support the Mountain.



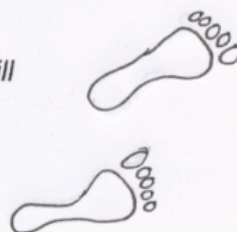
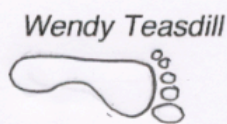
Exhaling, soften knees, drop the weight through the R foot as you take the R arm forwards, L arm back; inhale to upright and repeat on the other side.



Same as before but take L foot back to Trikonasana stance. Inhale, raise arms and go into Trikonasana, maintaining dynamic feed of pelvis from feet via legs.



To return to Tadasana, soften the knees and elbows, push from the feet up, & step forwards in a reversal of the process. Repeat other side.



Wendy Teasdill