
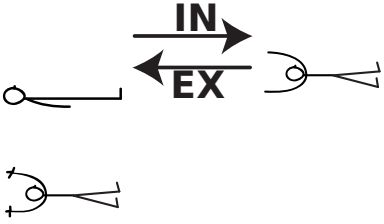









Langhana Class

<p>1</p> 	<p>Observe the surroundings. Observe breath. Is there agitation? Are you foggy? Do you feel small and a little peevish?</p> <p>3 Chest focused breaths 3 Belly focused breaths. Exhale as if you're moving stagnant air.</p>
<p>2</p> 	<p>6x IN/EX = 6 (2x), 8 (2x), 10 (2x) Stay last 3 BR and stretch through fingers and toes IN/EX = 12</p>
<p>3</p> 	<p>2x no arms 4x with arms IN=6 EX=8 (2x), 10 (2x), 12 (2x)</p>
<p>4</p> 	<p>4x</p>
<p>5</p> 	<p>6x IN=6 EX=8 (2x), 10 (2x), 12 (2x)</p>
<p>6</p> 	<p>2x no legs RET=2 4x alternate leg lift RET = 4 (2x), 6 (2x)</p>
<p>7</p> 	<p>4x FB</p>

Langhana Class

<p>8</p>	<p>6x IN/EX = 8 (2x), 10 (2x) 12 (2x)</p>
<p>9</p>	<p>see video</p>
<p>10</p>	<p>EX into progressively deeper forward bends. Increase EX</p>
<p>11</p>	<p>IN 6 EX 8 as if you're moving stagnant air IN6 EX 4 PAUSE EX 4 PAUSE</p>
<p>12</p>	<p>3x twist to one side IN=6 EX = 10, 11, 12 Then IN 6, EX 12 twist 1/2 way IN 6 STAY THERE, EX 12 twist the rest of the way Do both sides</p>
<p>13</p>	<p>4x FB</p>
<p>14</p>	<p>3x IN 6 EX 12 press feet together feel pelvic floor contraction 3x IN 6 EX 12 lift knees 1/3 of the way, feel contraction from pubic bone to navel 3x IN 6 EX 12 lift knees 2/3 of the way, feel contraction from pelvic floor solar plexus</p>
<p>15</p>	<p>Cross right knee over left 3x twist to the left. Stay and increase EX to 12 SUS to 6</p>
<p>16</p>	<p>4x alt sides and turn head toward the knee you're pulling in</p>
<p>17</p>	<p>Rest</p>

18



Observe surroundings. Observe breath.
IN from crown to root. Exhale from root to crown.
Begin counting your breath
IN 6 EX 8, 10, 12

Begin segmenting EX
IN 6, EX 2 SUS 2 (6x)
IN 6, EX 3 SUS 2 (4x)
IN 6, EX 4 SUS 2 (3x)
IN 6, EX 6 SUS 3 (2x)
IN 6, EX 12 SUS 3 Goal Breath. Do this 6x

Practice deep easy breathing 6 BR to back out of the practice

Rest in the goodness of God's creation