
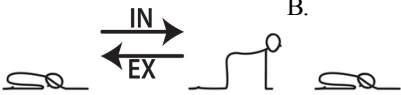
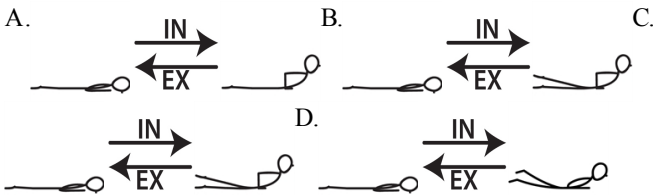
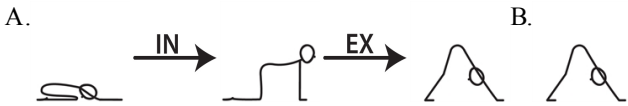
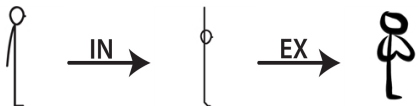




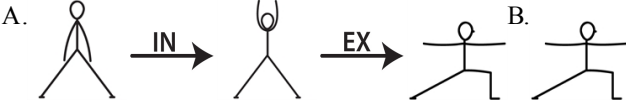
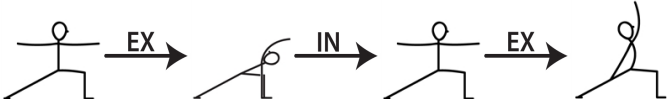

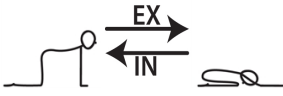








Y12SR Sample Class for FB

1.		Increase to comfortable maximum breath	-Awareness: What's present now? - Foundation -Keep com in' back
2.		4X's Long slow, deep breath B. Hold 6-8 Breaths	. Speak about 'the pause button'
3.		A. 2X's B. and C. 1X/side D. 2X's	
4.		A. 4 x's Increase IN/EX each rep B. Hold 6 - 8 Breaths	
5.		1 x	Check in body, energy, mind. Come back to connection, gratitude, intention, service.
6.		6 - 8 Breaths	Teach foundation, core, expression
7.		3x's	
8.		A. 3x's B. Hold 4 - 6 Breaths	
9.		4 - 6 Breaths	Check in: body, energy, mind. connection, gratitude, intention, service

Y12SR Sample Class for FB

10.		<p>A. Repeat 4x's deepening posture and lengthening breath with each rep.</p> <p>B. Hold 6 - 8 Breaths</p>	
11.		4x's	Repeat on other side.
12.		4-6 breaths	check in.
13.		4 - 6X's increase IN/EX with each rep; then rest in child's pose for 4 breaths	
14.		<p>A. 4 x's</p> <p>B. Hold 4 - 6 Breaths</p>	B. hold ankles or interlace hand beneath
15.		4X's increase length on EX with each rep	
16.			
17.		Rest 5 - 8 minutes	
18.		<p>Seated breath practice</p> <p>6' 3' 6' 3' for 6 breaths</p> <p>Meditation</p>	Hold/explain chin mudra
19.		Breath naturally	Notice what's present. Keep Comin' Back...



Y12SR Sample Class for FB