Seated Sequence

1. **Dandasana**
   - Staff Pose
   - Take 3-5 breaths here. Legs and tummy engaged.

2. **Paschimottanasana**
   - Seated Forward Bend
   - Gently fold forward. With your inhale back off and exhale fold. Can breath here from 5-15 breaths.

3. **Baddha Konasana**
   - Bound Angle Pose
   - Inhale to slowly come up to sit. Then draw the feet together. Sit tall and breath into the hips for 5-10 breaths.

4. **Paripurna Navasana**
   - Full Boat Pose
   - Work with any variation whilst building up abdominal strength. Try to hold for 5 breath and repeat 3 times.
5. **Paschimottanasana**  
Seated Forward Bend  
Fold forward again for 3-5 breaths to rest the abdominals.

6. **Adho Mukha Svanasana**  
Downward-Facing Dog  
To Transition step into Downward Facing Dog for 3 breaths.

7. **Balasana**  
Child’s Pose  
Lower the knees to the mat and take 5 breaths in Child’s pose with your awareness on the lower back.

8. **Sphinx Pose**  
With the elbows under the shoulders and the shoulder away from the ears. Hold Sphinx pose for 3-5 breaths.

9. **Bhujangasana**  
Cobra Pose  
Rest between poses and then come up into Cobra - hands under shoulders, 3-5 breaths.
Salambhasana
Locust Pose

Rest between poses. Inhale to lift into Locust and keep the back long. Either hold for 3 breaths or else hold to 1 breath and repeat 3 times.

Balasana
Child's Pose

Rest back on Childs Pose for 10 breaths.