

OM YOGA - Kate Hamilton-Hunter - January 2025  
Home Practice - Sequence 1 - Semi-Supine

- Lie down in semi-supine and take at least 6 breaths.
- Simple Lying Twist x 6 each side.
- Right knee up to shoulder and extend left leg along the mat – squeeze then circle into the hip at least 6 times in each direction. Lower to the floor. Repeat on the left.
- Both knees up and pull to chin. Circle both hips x 6.
- Legs up and shake plus arms up in the air and shake.
- Full body stretch – front, back, right and left.
- Roll onto left side. Shoulder Spiral with right shoulder x 3 in each direction. Arm up and over, pulling out left should-blade. Hold in this deep lying twist from 6 breaths up to 2 minutes.
- Repeat by rolling onto right side.
- Semi-supine. Knees to chest and squeeze in. Cross ankles to pull in closer. Hold for 6 breaths – 2 minutes.
- Supported Bridge with blocks / bricks. Hold for 6 breaths – 2 minutes.
- Lying Twist variations. Simple Twist x 6 to each side.
- Cross right leg over left x 3 with a 6 breath hold to each side. Repeat with left over right.
- Feet go wider than hips – Windscreen Wiper Twist x 3 each side with a 6 breath hold to both sides.
- Full Bridge pose x 6 with a hold if comfortable.
- Meditation / Mudra / Pranayama / Circular Breath.