

OM YOGA - Kate Hamilton-Hunter – January 2025
Home Practice - Sequence 2 from Childs Pose

- Resting Childs Pose for 2 minutes, observing the breath.
- Elbows Cat / Cow x 6 rounds.
- Wide-knee Childs pose x 6 breaths. Side Stretch to each side along thigh x 6 breaths. OR Table > Side bend.
- Dolphin pose x 6 breaths > Elbows Cat / Cow x 3.
- Wide-knee Child Twist x 6 breaths to each side.
- Elbows Cat Twist x 6 breaths to each side.
- Table pose – Hold Cat x 3 breaths Hold Cow x 3 breaths
- Weaving Cat to each side – push top shoulder back for a full spinal twist.
- Cat / Cow / Downward Dog > rest in Supported Child.
- Table pose – right leg out to side Tiger Twist x 6 reps.
- Swap sides. Then full Tiger pose x 6 to each side.
- From Table pose – circle right hip x 3 each direction.
- Lift knee to side to strengthen side hip.
- Extend right leg, left leg for a Balance.
- Bird Dog – left hand to right knee and extend.
- Cat / Cow / Downward Dog / Childs pose.
- Flowing Cat > Child > Cow and Flowing Dog pose.
- Sphinx pose on belly x 6 breaths.
- Lower and put hands under shoulders, small lift for Baby Cobra. Try full Cobra or a gentle hold > Childs Pose.
- Meditation / Mudra / Pranayama / Circular Breath / OMs