



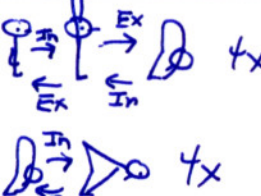
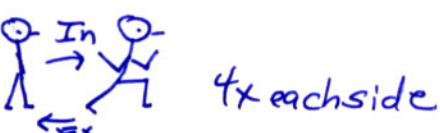
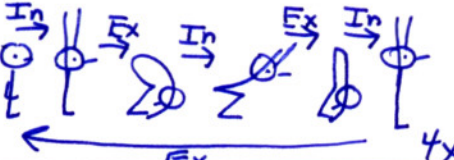
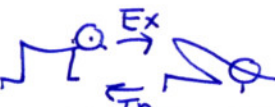





Pre-gardening practice to warm up the back, legs and shoulders

	<p>Sit comfortably, hands on your thighs. Start to deepen the inhale and lengthen the exhale, bringing the inhale and exhale to 4 seconds each.</p>
	<p>Come to your hands and knees. Inhale, stretching the spine forward and lifting the chest. Exhale back to child's pose.</p>
	<p>Lie on your stomach, elbows bent, forearms on the floor. Inhaling, lift the chest and the chin. Exhale back down.</p>
	<p>Starting in child's pose with your hands on your lower back, inhale the arms up as you come to standing on your knees. Exhaling, sweep the arms behind you, hands on the low back, head the floor (child's pose).</p>
	<p>Stand up, feet parallel. Inhaling, sweep the arms up over your head. Exhaling, stretch the back forward and over to your toes (keep the knees slightly bent). Inhale back up, then exhale the arms down at your sides.</p> <p>At the end of the last round, stay down and hold on to your big toes. Inhaling, lift the chest and straighten the elbows, keeping the back of the neck long. Exhaling, sink back down.</p>
	<p>Stand at back of mat, feet parallel. Turn the right toes out and take a big step forward with the left foot. Square the hips. Inhaling, rock forward onto a bent left knee, keeping the back foot firmly on the floor, and sweep the arms open and back, elbows bent. Exhaling, straighten the left knee and release the arms back down. Last time stay in the lunge, continuing to lift the chest forward.</p>
	<p>Stand with feet parallel. Inhaling, stretch the arms up overhead. Exhaling, reach the arms forward and down to your toes as you sink into a squat. Inhaling, lift the chest and arms. Exhaling, stretch the arms back to your toes, keeping the abdomen close to your thighs and straighten the knees. Inhale the arms and torso back up, exhale the arms down at your sides.</p>
	<p>Come to your hands and knees. Inhale, stretching the spine forward and lifting the chest. Exhale back to child's pose.</p>
	<p>Lie on your back, knees to your chest, arms to your sides. Inhale, then exhale as you twist the legs to the right and the head to the left. Inhale back to center, exhale to the other side. Stay in the twist one breath longer each round.</p>
	<p>Pull the knees into your chest and put your hands on your knees. Inhaling, straighten the elbows as you push the knees away; exhaling, pull back in.</p>
	<p>Rest!</p>