



BYRON BAY BLISS

5m 17s

Enjoy this blissful yoga session to feel calm
and focused within your busy day



Movement	Seated modifications	Other modifications	Progressions	Watch points
Eagle Twist	Just do the upper body part of the Eagle Twist	Raise your left arm out in front of you. Use your right forearm to gently pull your left arm across your body and towards your chest. Hold for 5 deep breaths, then switch sides. Do the Eagle Twist standing on two feet (instead of lifting one foot).	Try the Eagle Twist with your: - Eyes closed, to challenge your balance, or - Foot lifted higher off the floor and twisted around the opposite leg	* Standing tall (chest upright) * Shoulders down and neck relaxed * Focusing on something still (at eye height in front of you) * Breathing deeply
Pterodactyl Take-off	Sit with your arms out straight and lean over towards one side. If possible, slide the leg you're leaning towards out wide to the side.		While doing Pterodactyl Take-off... - Lift the heel of your bent leg off the floor, or - Move your back arm down along your straight leg and reach your front arm up towards the ceiling. Arch your body over towards your straight leg, looking up towards your hand.	* The foot on your bent knee facing to the side and the foot on your straight leg facing forward. * The knee of your bent leg above your ankle * Shoulders down and back * Chest upright * Arms straight out to the sides



Movement	Seated modifications	Other modifications	Progressions	Watch points
Dragonfly Zoom	Lean forward with a straight back. Stretch your arms out wide like wings. Squeeze your shoulder blades down and back to hold your wings high for 5-10 deep breaths.	Do the Dragonfly Zoom with your hands on the desk in front of you, or pressing against a wall in front of you.	While doing the Dragonfly Zoom: - Lift your leg and/or arms slightly higher, or - Put your arms out in front of you, instead of out to the sides	* Hips and shoulders parallel to the floor * Arms and legs straight * Actively stretching head and lifted foot away from each other
Leopard Stretch	Sit with a sturdy desk in front of you. Lean forward from your waist, reaching your hands as far forward on the desk as your can.		While doing the Leopard Stretch, place your left hand on top of the right to feel a stronger stretch. Hold for 5 deep breaths then switch hands.	* Hips up in the air. If your hips are lower, slide your hands further forward to lift your hips up.
Armadillo Curl	Curl your body down, reaching towards your feet.	Complete this stretch with one leg bent (with the bent knee pointed out to the side). Lean forwards to bring your chest towards the straight leg.	While doing the Armadillo Curl, flex your toes back towards you	* Legs straight * Shoulders down and back * Deep breaths (not holding your breath)