

# True North Alignment

## 1. Ground down like **EARTH**

FEET

Both feet face 12 o'clock

Ground down the 4 corners of your feet

Stretch your toes out on the mat

LEGS

Inner ankles back, outer ankles down

Outer shins in

From the skin to the muscle to the bone, hug in



## 2. Flow like **WATER**

Soften your joints

Keep your pelvis neutral;

Lift the front of your pelvis as your tailbone descends



## 3. Build an inner **FIRE**

From the skin to the muscle to the bone, hug in

Pull the pit of your belly in and up

Draw your front ribs together, expand your mid-back

Expand from the inside out



## 4. Soften like **AIR**

Thoracic spine draws in;

Upper arm bones back

Shoulder blades move towards your spine & press into your body

Expand from the inside out



## 5. Create **SPACE** for something new

Draw in to create full expression out!



# Sequence

## Integration

Childs pose  
Table top  
Cat Cows  
Lower to mat  
Up dog  
Down dog  
Bend your knees  
Step / float forwards  
Ragdoll  
Mountain  
Hands to heart centre  
Om

## Sun A

Mountain  
Forward fold  
Halfway lift  
Chaturanga  
Up dog  
Down dog  
Bend your knees  
Step / float forwards  
Halfway lift  
Forward fold

## Sun B

Chair>>  
Forward fold  
Halfway lift  
Chaturanga  
Up dog  
Down dog  
3-Legged dog (right/left)>  
Warrior I  
Chaturanga  
Up dog  
Down dog  
Repeat^  
Bend your knees  
Step / float forwards  
Halfway lift  
Forward fold  
Repeat^^  
Chair  
Forward fold  
Halfway lift  
Chaturanga  
Up dog  
Down dog

## Side Angles

3-Legged dog (right/left) >  
Warrior I  
Warrior II  
Reverse warrior  
Side angle  
Extended side angle  
Chaturanga  
Up dog  
Down dog  
Repeat^

## Twists

Bend your knees  
Step / float forwards  
Halfway lift  
Forward fold  
Chair, hands to heart centre  
Chair twist (right/left)>  
Side crow  
Chair twist  
Bound forward fold / Gorilla  
Repeat ^ left with Gorilla  
Chaturanga  
Up dog  
Down dog

3-Legged dog (right/left)>  
Crescent lunge  
Hands to heart centre  
Crescent lunge twist  
Repeat^

Chaturanga  
Up dog  
Down dog  
Step / float forwards  
Halfway lift  
Crow / Yogi squat  
Chaturanga / Shoot back  
Up dog  
Down dog  
Step / float forwards  
Half way lift  
Forward Fold

## Balances

Mountain  
Hands to heart centre  
Tree right & left  
Eagle (right/left) >  
Leg raise  
Airplane (Warrior III)  
Half moon  
Ragdoll  
Repeat^  
Mountain  
Dancer right & left

## Triangles

Mountain  
Forward fold  
Half way lift  
Chaturanga  
Up dog  
Down dog  
3-Legged dog (right/left)>  
Warrior I  
Warrior II  
Triangle  
Wide leg, side facing, forward fold  
Front facing forward fold  
Twisted triangle  
Chaturanga  
Up dog  
Down dog  
Repeat ^

## Backbends

3-Legged dog (right/left)  
Flip dog  
Side plank  
Chaturanga  
Up dog  
Down dog  
Repeat ^ / lower to mat  
Locust x 2  
Bow x 2  
Up dog  
Camel  
Childs pose  
Down dog

## Hip Openers

3-Legged dog (right/left)>  
Half pigeon (right/left)  
Down dog  
Repeat^  
Double pigeon right & left  
Frog  
Table top  
Dolphin  
Headstand (optional)  
Down dog  
Step/jump through

## Core

Boat  
Leg lifts  
90/60/30  
Bicycles

## Forward Folds

Single seated leg extension right & left  
Seated forward fold

## Heart Openers

Reverse table top  
Fish  
Bridge  
Wheel

## Inversions

Happy baby  
Viparita  
Shoulder stand  
Plough/Deaf man's pose

## Rest

Sleeping baby  
Supine twist right & left  
Savasana

1. Breath  
2. Pose  
3. P2P  
4. TNA  
5. Share  
6. Voice volume  
7. ENERGY!

