

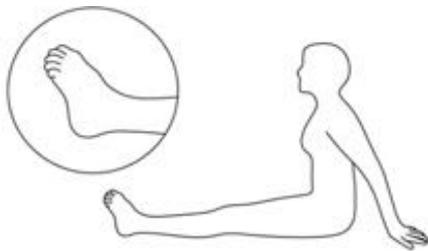
### Toe to Top Sequence

For you created my inmost being; you knit me together in my mother's womb.

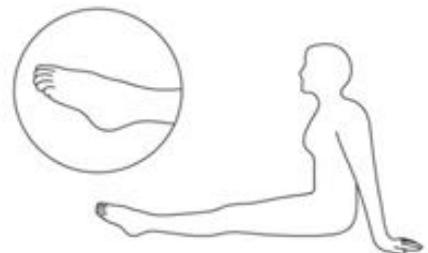
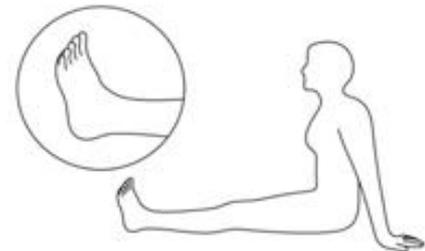
I praise you because I am fearfully and wonderfully made; your works are wonderful.

Psalm 139:13-14

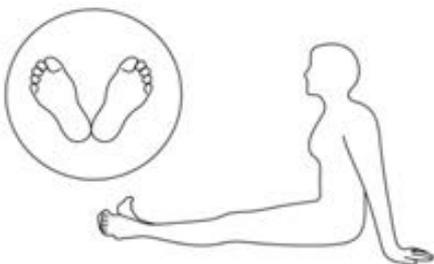
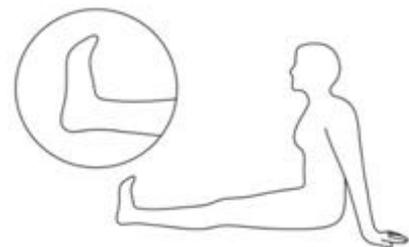
In Maranatha Yoga, limbering practices are a means to exercise good stewardship over all our component parts and embody an element of gratitude in which we thank God for the miracle of our creation in his own image. Limbering prepares joints and muscles for more sustained posture work and to promote greater ease and steadiness for the stillness and silence of meditation. Based on the Pawanmuktasana Series, these exercises are also good for beginners to yoga, for people who have stiffness in their body and for those convalescing from illness. It's important to remember that Yoga is non-competitive - the rule of thumb is always to 'listen to your body' and only do what feels right for you. Its usual to practise this routine sitting on a yoga mat but you can sit on a chair if preferred. Before commencing remove any jewellery or wristwatches.



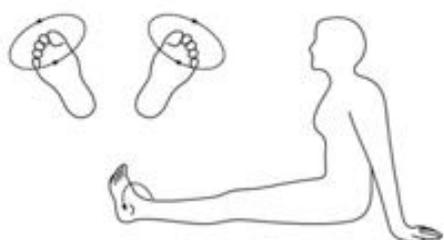
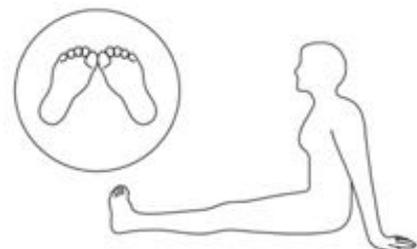
1. **Toes** Curl the toes on inhalation. Stretch and separate the toes on exhalation. 10X.



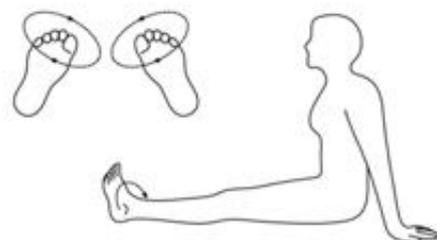
2. **Ankles** Point feet away on inhalation. Flex feet towards shins on exhalation. 10X.



3. **Ankles** Evert feet on inhalation (toes out), invert feet on exhalation (heels out). 10X.



4a. **Ankles** Rotate ankles (right foot circling clockwise, left foot anti-clock wise). 10X.



4b. **Ankles** Rotate ankles (left foot circling clock-wise, right foot anti-clock wise). 10X.



5. **Ankle crank** Place right lower leg on left thigh and hold the right foot in the left hand. Circle the foot to rotate the ankle, 10X in each direction. Then repeat with left foot across the right thigh.

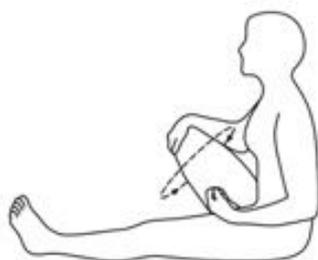


6. **Knees** Hold the right calf in both hands. On the inhalation, raise the leg to extend the knee. On the exhalation bend the knee drawing the leg to the body. 10X. Repeat sequence on the left side (as shown).



7. **Knee crank** Interlace the fingers to 'cradle' the right knee in the hands. Raise the right foot just slightly from the floor. Circle the right foot and lower leg clockwise 10X. Repeat anti-clockwise. Then repeat the exercise on the left side (as shown).

8. **Knees Half Butterfly** Place the right foot on the left thigh and hold in place with the left hand. With the right hand on the right knee simulate the 'flutter' of a butterfly's wing, by gently pressing the knee downwards momentarily and then releasing. Do this 10X. Repeat with left foot on right thigh.



9. **Knee Rotation** Place the right foot as high up as possible on the left thigh and hold in place with the left hand. With the right hand on the right knee, gently 'circle' the knee clockwise 10X and then 10X anticlockwise. Repeat with left foot on right thigh.



10. **Knees 'Full Butterfly'** Place the soles of the feet together and holding them with both hands draw them as close into the body as comfortable. Simultaneously (again simulating the flutter of the wings of a butterfly) press both knees towards the floor and then release. Repeat 10X .

**11. Dynamic Spinal Twist** Take a seated position with the feet a comfortable distance apart and hands resting on the knees. Twist the upper body to the left bringing the right hand to touch the left big toe, stretching the left arm to the rear. Turn the head, directing the gaze to the left hand. Both arms should form a straight diagonal line (as shown). Return to the starting position then twist in the opposite direction; bring the left hand to the right big toe and stretch the right arm behind. Turn the head, directing the gaze to the right. Repeat up to 10X.



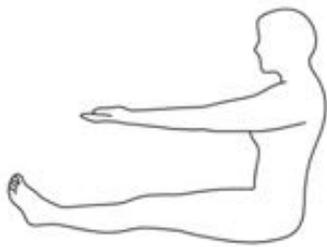
**12. Finger Curl and Stretch** In a comfortable sitting position; on the inhalation close the fingers over the thumbs of both hands to make tight fists. On the exhalation straighten and spread the fingers. Repeat 10X.



**13. Wrist Bend** In a sitting position with your arms straight out in front of you; on the inhalation flex the wrists to point the fingers downwards. On the exhalation point the fingers up (as if you are pressing the palms against a wall in front of you). Repeat 10X.



**14. Wrist Rotation** In a sitting position; cup the right elbow in the left hand, make a loose fist of the right hand and circle the right wrist 10X in each direction. Repeat with the left wrist.



**15. Elbow Flexion** Sitting with both legs outstretched; on the inhalation extend both arms with palms upward. On the exhalation bend both arms at the elbows and touch the shoulders with the fingers. Repeat 10X.



**16. Shoulder Socket Rotation** In a sitting position; place the fingers on the shoulders and raise the elbows up and out to a 'coathanger' position. Keeping the fingers in contact with the shoulders, 'draw' circles with the elbows, first clockwise 10X and then repeat anti-clockwise. Aim to make the circular movements of each elbow as large as possible by bringing the two elbows to meet in front.



**17. Neck Flexion (Up and Down)** Sit with both legs outstretched and on the inhalation slowly tilt the head upwards and backwards to gaze at the ceiling. On the exhalation draw the chin towards the chest, tilting the head forwards and downwards. Repeat 3X.



**18. Neck Flexion (Sideways)** Sit with crossed legs. Inhale, and on the exhalation slowly tilt the head to the right. Return to centre on the inhalation and on the next exhalation tilt the head to the left. Return to centre and repeat 3X.



**19. Neck Rotation** Sit with crossed legs and hands on knees. Inhale and on the exhalation slowly rotate the head to the right. Return to centre on the inhalation and on the next exhalation rotate the head to the left. Return to centre and repeat 3X.