

Hello PYT!

I hope you are all doing really well.

It's week 3 so we are continuing to build upon our practise. You might find this class challenging, so remember to listen to your body and take any variations you need to make the practise suit you. Child's pose is always an option - as is lying down on your mat for the whole 30 minutes ;) I promise next week's video will be a little more relaxing.

This week we are looking at our mid section - our abdominals (at the front) and our thoracic spine (at the back) - and using twisting poses to do so. Our abdominals keep us upright and help keep all our insides in place! Our thoracic spine is the longest part of our spine and helps us rotate our mid-section. Your homework for the week: how many vertebrae are in your thoracic spine?

I hope you've tried creating a time-lapse of your practise - I think it's really fun! See you next week!

Sarah x

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