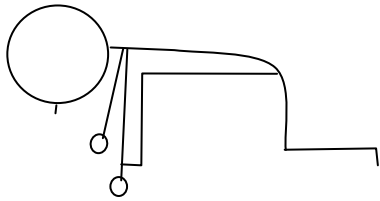
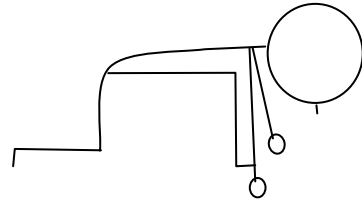


9.



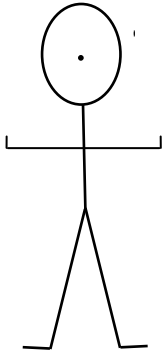
Turn to right. Hands in fists. Bend both knees and lower left knee to mat. Fists either side of right foot. Lower head to knee.
Greet Earth.

10.



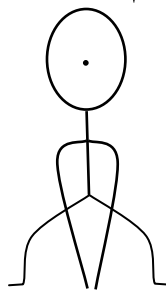
In-breath, come to standing. Turn to centre and repeat 9. to the left.

11.



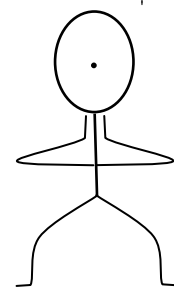
Come to standing with arms above head. Take arms to sides with palms outwards.
Greet Space.

12.



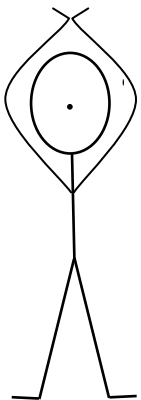
Squat.
Greet Water.
Make Lotus bud.

13.



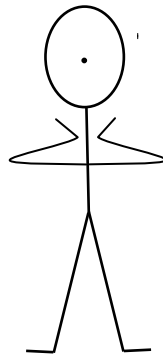
Take Lotus bud to heart centre.

14.



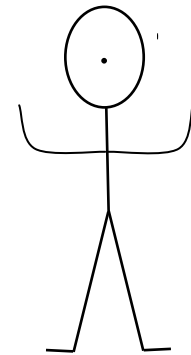
Come to standing and take Lotus bud above head to Air. Bud opens in sunshine.

15.



Bring the Lotus flower to the brow centre. Then close the bud at the heart centre. Bring your awareness to all the elements necessary for life.

16.



Take arms out to the sides offering love and thanks.