

Dear Friends,

You are invited to attend my morning training session through Zoom every weekday at 7:30 am Pacific Time. (see technical information below)

We will begin in Seiza, followed by Bowing In and some quick Limb Loosening.

Then we will do 1 minute of each of the Kihon Dosa alternating between Right and Left sides, with 20 seconds of Kamae between each movement.

A bell sound will mark the time.

No verbal commands will be given.

I hope that the timing will make it easy to follow along.

Everyone is welcome to go at their own pace during each 1 minute interval.

After completing the Kihon Dosa, we will sit in Seiza for 5 minutes. (You may see me using a blanket, as it is very cold in my space early in the morning. Feel free to do the same if you like. It is important to stay warm for the stretching)

Seiza will be followed by 5 minutes of simple stretching. I do pigeon, followed by some downward dog walking, and then a rollover with some variations. You may follow along, or stretch in any way that suits you during this time.

After stretching we will sit in Seiza and Bow Out.

The class will end promptly at 8:10 am

If you have questions or things you would like to discuss after class, please let me know by email, and I will find a way to answer your questions in a different context. The goal of this class is to share the basic routine of my morning training with all who are interested in participating.

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Topic: Morning Training

Time: Mar 27, 2020 07:30 AM Pacific Time (US and Canada)

Every week on Mon, Tue, Wed, Thu, Fri,

Please download and import the following iCalendar (.ics) files to your calendar system if you find that useful.

Weekly: <https://us04web.zoom.>

Join Zoom Meeting

<https://us04web.zoom.us/j/>

Meeting ID: 885 886 296

Password: Contact cliff@warriner.ca for the password.