

Beginners Yoga - Home Practice

This is a beginners yoga sequence to practice at home. Work slowly into all the poses, trying to maintain awareness of the body and the breath. Think of lifting the chest, lengthening the spine and keeping the legs strong. For most poses, take 5 - 8 breaths then change sides. If you don't have yoga props, use towels instead of blankets, books as blocks - be creative!

Supta Baddha Konasana

Lay over a bolster or rolled blankets. Lift the chest, allow the groins to soften & open.



Adho Mukha Virasana

Press the hands & stretch through the arms. Firm the legs & take the sit bones to the heels



Parvatasana in Virasana

Sit on a block, knees together. Interlock the fingers, turn the palms away & take the arms up.



Adho Mukha Svanasana

Spread the hands and lift through the shoulders. Draw the shins, knees and thighs up.



Uttanasana

Lift the front of the legs, press the heels & lift the sit bones. Hands to the floor or blocks



Tadasana

Lift through the legs & chest, draw the shoulders down & lengthen into the fingers.



Trikonasana

Step the feet apart, turn the right foot for: Firm the legs, lengthen out over the front leg, take the front hand to the shin, top arm up.



Parsvottanasana

Step the feet apart, turn the whole body to the right. Hands on the hips, square the hips. Exhale bend forward, hands to blocks. Look forward.



Prasarita Padottanasana

Step the feet apart, hands on hips. Lift through the legs. Bend forward, take the hands to blocks. Press the heels, lift the sit bones. Look forward.



Chatush Padasana - supported

Lie on the floor, knees bent. Lift the hips to place the block under the sacrum. Interlock the fingers, draw the shoulders under.



Janu Sirsasana

Sit on a folded blanket, legs straight. Bend the right knee, firm the left leg. Bend forward, hold the foot or belt. Keep the front of the body long.



Savasana

Lie out with a blanket under the head, let the body release 5 minutes. Get up slowly.

