

Example 1-2-1 Yoga lesson summary

Relaxation: with breath awareness (feeling, sound, movement etc.). Lying warm ups – toes/heels to ceiling; rotate ankles; bend/straighten knees; lying ‘cobbler’; knee/hip circles; lying spinal twist; gentle bridge; wrist rotation; shoulder shrugs; neck rolls.



Tiryaka Tadasana/Swaying Palm Tree pose



Uttanasana/Standing forward bend: ‘intense stretch’ – variation with hands clasped behind back



Virabhadrasana II/Warrior II pose



Prasarita Padottanasana/Wide legged standing forward bend – hands to floor under shoulders; also holding ankles/big toes



Vrksasana/Tree pose, followed by Child's pose



Adho Mukha Svanasana/Downward Dog pose: traditional pose followed by raising alternate legs (up wall, if necessary); then relax in Child's pose



Gomukhasana/Cow's Head pose



Ardha Matsyendrasana/Half Spinal Twist



Baddha Konasana/Cobbler/Butterfly/Diamond forward bend



Ardha Purvottanasana/Half 'East' stretch pose: one leg is bent with foot flat on the floor, the other leg is straight



Ardha Halasana/Half Plough pose (separate the legs and bring them together again several times); with block under hips – then knees to chest



Savasana/Corpse pose