

Yoga Session 1 - Moving with the Breath

1/ Exhale ↔ Inhale x 5

2/ Exhale ↔ Inhale x 5

3/ Ex ↔ In x 5

4/ In ↔ Ex x 5

5/ In Ex ↔ In x 5

6/ EX In EX x 3 (hold an extra breath each time)

7/ x 5

Hands together at heart centre
Inhale Sweep arms out + up.
Exhale Bring hand down through centre.

8/ Ex ↔ In x 3 (hold an extra breath)

Raise out in front and rise onto tiptoes on inhale. Lower on exhale.

9/ In Ex x 3 (hold an extra breath in forward bend)

10/ In Ex rotate to right In Ex rotate to left x 3

11/ Warrior 1 In Ex (step back) In Ex (raise arms) In Ex (sink back knee toward floor)

(Hold for 3-8 breaths on each side)

12/ Forward bend EX ↔ In ↔ Ex x 3 (hold extra breath)

13/ Locust Ex - In raise right leg + left arm x 3 (Add an extra breath each time)

14/ Childs Pose

15/ Bridge inhale lift + hold (5-8 breaths)

16/ Knees to Chest

17/ Supine Twist In Ex (Hold 8 breaths Repeat on other side)

18/ Relaxation 3-5 mins