

Yoga Card Session

I hope you have enjoyed the classes so far. I have made this handout in an attempt to give some pointers to students who would like to practice yoga over the break.

Please remember that yoga poses should be comfortable and not painful. Don't feel you have to push yourself to mimic the pictures. Enter each pose with honor and respect for your body.

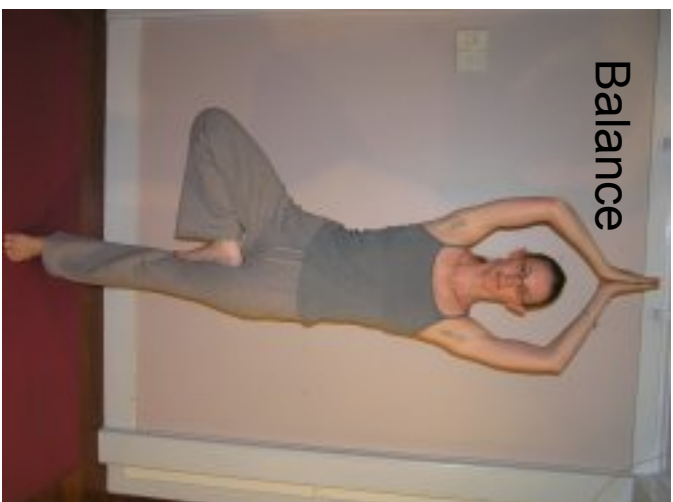
Home practice should start with a few Sun Salutations (please see Surya Namaskar handout). To make a balanced session cut out the pictures and then pick at least one pose from the following categories; side, twist, forward, back. Arrange the pictures near your mat to help you remember which poses you wanted to do. You should move from the standing postures to seated to supine.

If you have any questions please don't hesitate to call or email me.

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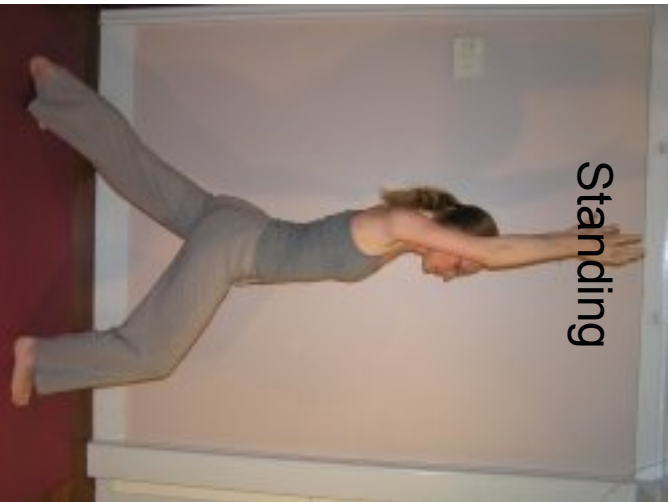
Standing



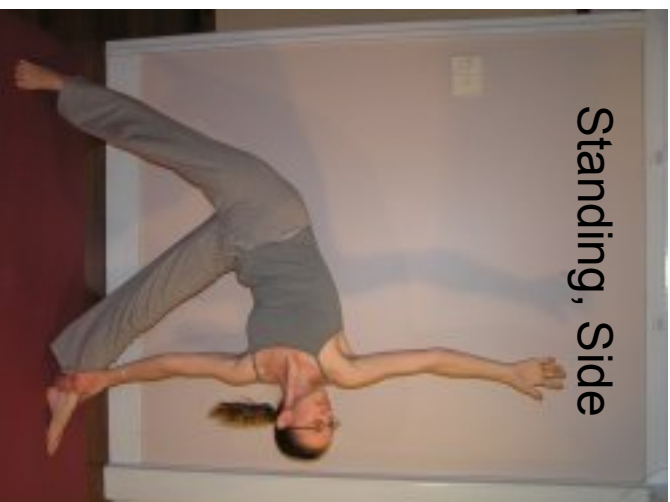
Balance



Standing, Forward



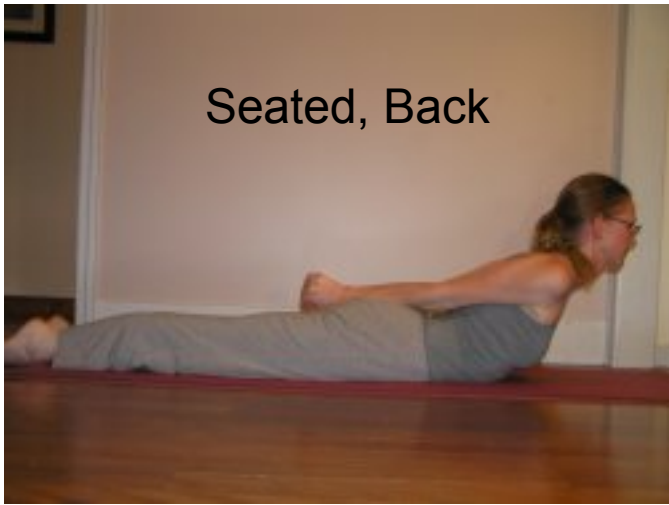
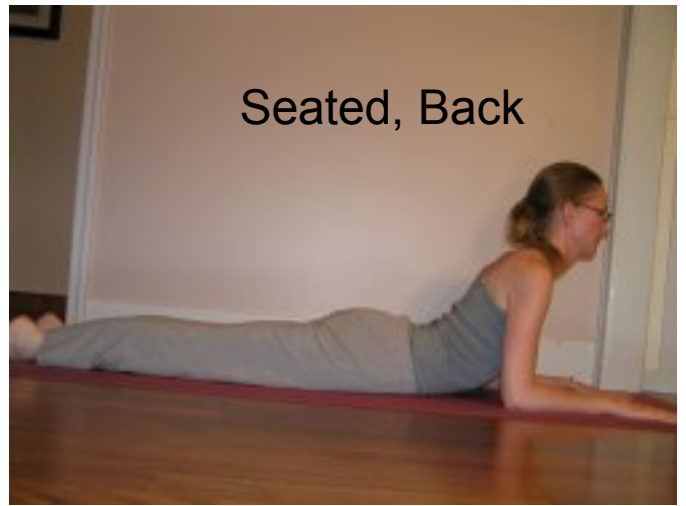
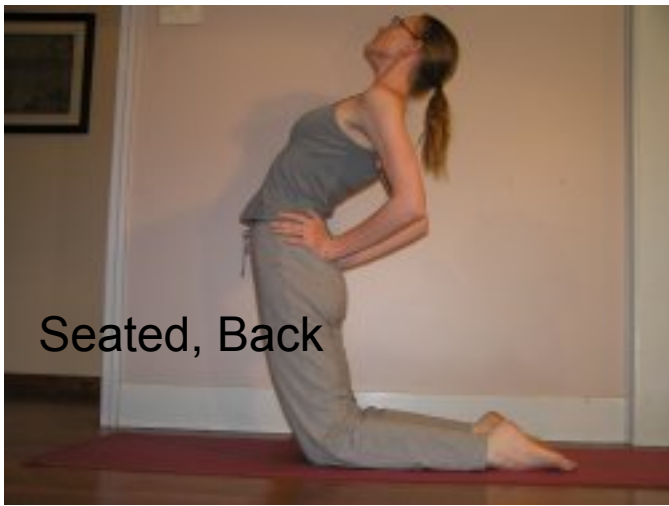
Standing



Standing, Side

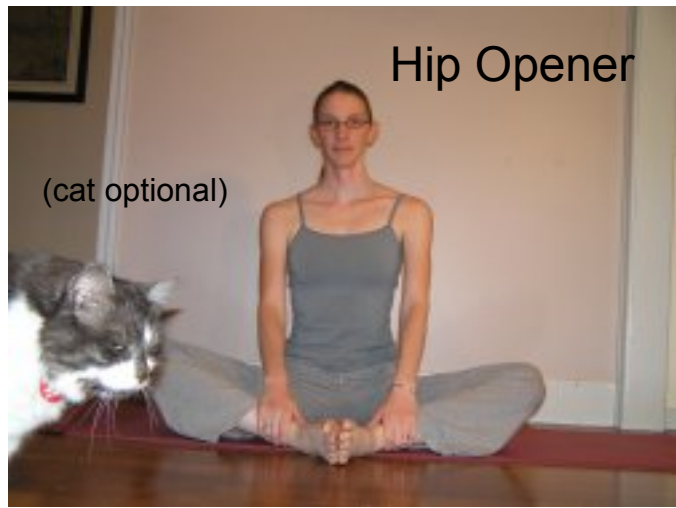


Standing, Forward





Seated, Side



Hip Opener

(cat optional)



Seated Twist



Supine



Supine, Twist

Don't forget Savasana!

Take time to relax