

SEL CCG Big Health Week 2020

Yoga Time for you by Lisa Cook

Thursday 5th November, 1000-1030am

Breath Awareness



1. Easy Pose [®] Sukhasana



2. Breath Awareness Section



4. Child Pose [®] Balasana



5. Table Top Pose [®] Bharmanasana



6. Cat Cow Pose [®] Bitilasana
Marjaryasana

x4

7. Repeat 4



8. Downward Facing Dog Pose [®]
Adho Mukha Svanasana



9. Mountain Pose [®] Tadasana

Left Leg Back

10. Left Leg Back



11. Warrior Pose I [®]
Virabhadrasana I



12. Warrior Pose II [®]
Virabhadrasana II



13. Extended Triangle Pose [®]
Utthita Trikonasana



14. Warrior Pose II [®]
Virabhadrasana II



15. Mountain Pose [®] Tadasana

Right Side

16. Section Right Side



17. Tree Pose • Vrksasana



18. Mountain Pose • Tadasana

Right Leg Back



20. Warrior Pose I •
Virabhadrasana I



21. Warrior Pose II •
Virabhadrasana II

Right Side



22. Extended Triangle Pose •
Utthita Trikonasana

23. Warrior Pose II •
Virabhadrasana II



24. Mountain Pose • Tadasana

Left Side



25. Section Left Side

26. Tree Pose • Vrksasana



27. Mountain Pose • Tadasana



28. Seated Forward Bend Pose •
Paschimottasana



29. Boat Pose Variation Knees
Bent • Navasana Variation Knee &
Bent



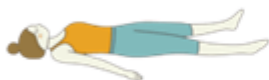
30. Supine Spinal Twist Pose II •
Supta Matsyendrasana II

R/L



31. Repeat R/L

32. Wind Release Pose •
Pawanmuktasana



33. Corpse Pose • Savasana



34. Easy Pose • Sukhasana

Om

35. Om Section