

General Yoga Practice

You can make this practice longer by repeating or increasing time in the poses.

*Only do the inversions if you have experience. Time poses to your capacity, build duration by counting the breaths on each side when practising 2 sided asanas. Print out and Enjoy!



Supta baddha konasana



Adho mukha svanasana



Adho mukha virasana



Supta padangusthasana



Adho mukha svanasana



Janusirsasana



Lunge



Simple cross leg; twist L & R



Adho mukha svanasana



Chatush padasana



Uttanasana



Salamba Sarvangasana *



Tadasana



or supported on a chair/sofa



Trikonasana



Viprita Karani



Virabhadrasana 2

Savasana



Parsvakonasana



Prasarita Padottanasana



Sirsasana *

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