

Yoga Home Practice. Please do not do any postures if you are uncomfortable

corpse pose
lie flat on the floor



hamstring stretch



wide leg with knee bent
hip circles



hug knees /rock side to side



Sit cross legged
float the arms up
and down



sit upright
arms up & out to
the sides



sit upright
soles of feet touching



sit upright
with legs straight



Cat



dynamic or
Flowing cat



½ locust lie on tummy
lift right arm left leg



child + wide leg child



Down facing dog + cat
Repeat



fold in half – forward bend
repeat



raised hand pose



squat

