



# Armidale Yoga

## Beginner's/Gentle Home Practice

### Asana (Approx 20 mins)

#### Seated

- Joint movements e.g. ankle rotations, knee bending, Hip rotation, Shoulder rotations, neck movements.
- Rowing the boat: up to 10 rounds in each direction

#### Lying

- Cycling: Left leg, then right leg - up to 10 rounds each direction. Stationary leg is bent to help support the body.
- Sleeping abdominal twist: hands interlocked beneath the head, legs bent, soles of the feet touching the floor, knees together. Legs lowered to left side, turn head towards right side. Hold. Repeat to opposite side.
- Shoulder pose: Knees are bent and heels are close to buttocks. Inhale, raise the pelvis from the floor (navel towards ceiling). Exhale relax towards the floor, back fully in touch with the floor. Up to 5 rounds.

#### Kneeling

- Cat stretch pose: All fours. Inhale: raise the head and relax the abdomen towards the floor. Exhale: lower the chin towards the chest, arch the back upwards. Practice 7 rounds in a smooth flowing way.

#### Standing:

- Palm tree pose (upwards stretch) up to 7 rounds
- Swaying palm tree pose (sideways stretch) up to 7 rounds
- Waist rotating pose (standing twist) up to 7 rounds
- Balance posture – One legged prayer pose or other balancing practice

### Pranayama (5- 7mins)

- Breath awareness then
- abdominal breath counting equal in-breath and out-breath

### Yoga Nidra

- Can be done at the end of the asana and pranayama practices or at another time during the day

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