



Armidale Yoga

Stronger Home Practice

Asana (20 - 30 mins)

Standing:

- Warm the body with the sequence of Tadasana, Tiryaka Tadasana, Kati Chakrasana Trikonasana (Triangle pose) up to 3 times to each side
- Standing balance practice of choice e.g. Eagle pose
- Surya Namaskara: up to 5 rounds then rest in Shavasana until breathing has returned to normal rate

Sitting/kneeling:

- Churning the mill
- Seated forward bend: Paschimotthanasana or head to knee pose
- Cat stretch pose
- Tiger pose: up to 7 rounds per leg. Inhale: raise the leg and head. Exhale: lower the head, draw the leg under – nose towards knee.
- Back bend of choice e.g. flying locust pose, half locust, half camel

Lying:

- Leg raising: single then double leg raising up to 7 rounds each
- Boat pose: up to 7 rounds
- Lying spinal twist: either with feet resting on floor, or knees drawn up to chest. Hands can be beneath head or arms out to the sides at shoulder height.

Pranayama (Approx 10 mins)

- Natural breath awareness
- Full yogic breath gradually settling to an even 1:1 ratio of in-breath to out-breath. Incorporate internal retention if you are comfortable with this practice (1:1:1 ratio).
- Nadi Shodhana (Alternate nostril breath) Use 1:1 ratio or natural breath length as is comfortable for you on the day

Meditation (10 mins)

- Breath awareness meditation within the frontal passageway (navel to throat) incorporating the so-ham mantra.

Yoga Nidra

- Can be practiced at any time during the day.

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