YOGA AT HOME
15 - 30 MINUTE STRONG PRACTICE

Use the left side of this sheet for a 15 minute yoga practice and end with Savasana: go on to the right side for a 30 minute practice. Experiment with longer holdings, different breath (try Kapalabhati in Warrior!) or repeat a couple of the postures to make this flow your own!

CAT/COW
Inhale into Cow; exhale into Cat. Repeat 5-6 x.

FRONT TO BACK HIP STRETCH
Begin in lunge position with ankle under knee Hold 5-6 breaths.

PIGEON
Hips behind knees, arms reach out. Hold 5-6 breaths.

LUNGE & KNEE LIFT
Step one foot forward, ankle in front of knee. Press opp. hip forward. Inhale: lift back knee. Exhale: lower knee. 4x each knee - Repeat opposite side.

STANDING FORWARD BEND
Step both feet forward, hands on floor, blocks or legs: back extended. Hold 5-6 breaths.

STANDING CRANE
Come up to stand: feet hip width, arms at sides or overhead.

STANDING HERON
Hold 5-6 breaths. Repeat from Front to Back Hip Stretch on other side.

MOUNTAIN
Come up to stand: feet hip width, arms at sides or overhead.

STANDING FORWARD BEND
Step both feet forward, hands supported: back extended. Hold 5-6 breaths.

TRIANGLE POSE
Step one foot back legs straight. Press back hip out, extend front arm then lower. Keep torso in vertical alignment. Hold 5-6 breaths.

WIDE LEG FORWARD BEND
Turn toes slightly inward. Hinge from hips and place hands on floor or blocks: extend back body. Hold 5-6 breaths. Repeat from Triangle on other side.
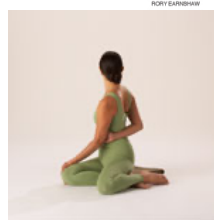
FROG
Bend knees and come down onto floor with knees wide apart. Hold 5-6 breaths.

CHILD
Bring knees together; sit back into Child for 5-6 breaths.

SEATED TWIST
Bring knees to right. Turn and twist all the way right from the bottom up. Hold 5-6 breaths. Repeat left side.

NADI SODHANA PRANAYAMA
Sit comfortably and let breath flow naturally. Use right hand to block off alternate nostrils. Breathe out then in, switch sides. Repeat for 10 breaths.

SAVASANA
Lie on back with arms and legs extended, palms up, and relax entire body. Rest here