

yoga fundamentals

Animal Sequence Easy/Medium (Belinda Rhodes BWY Dip)

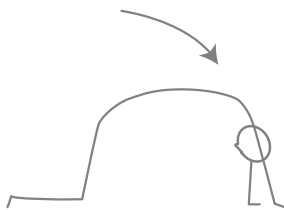
This is a great one for bringing warmth, movement and suppleness to the spine. Do it carefully and consciously, moving with the breath. Try for 4-6 times. Once you know the sequence, focusing on the breath will allow it to become meditative and calming.



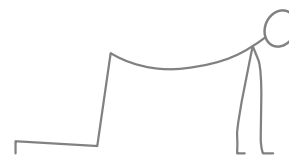
Breath naturally



Inhale



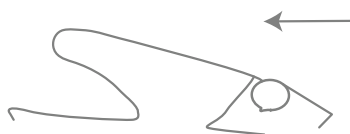
Exhale



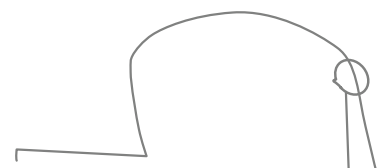
Inhale



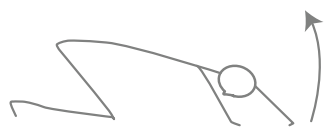
Exhale



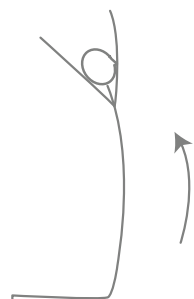
Keep exhaling



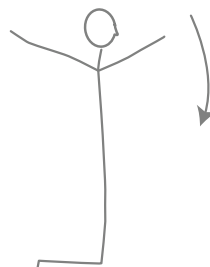
Keep exhaling



Inhale



Keep inhaling



Exhale



Breath naturally