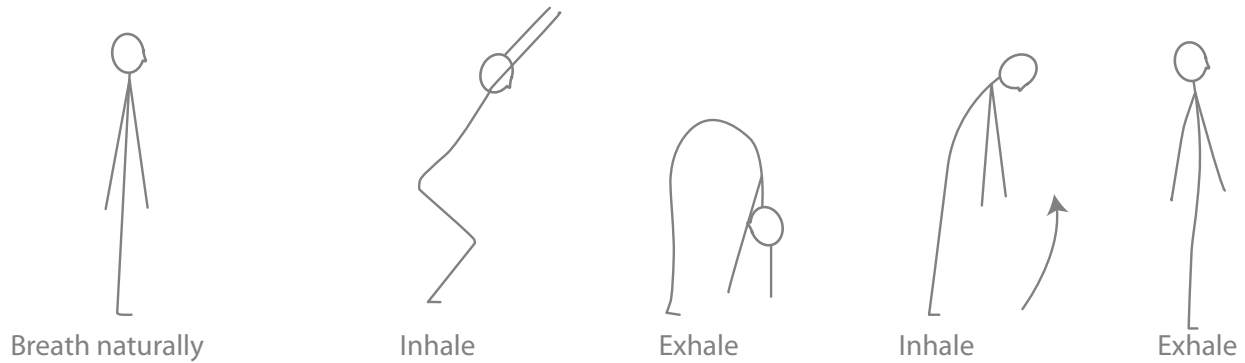


yoga fundamentals

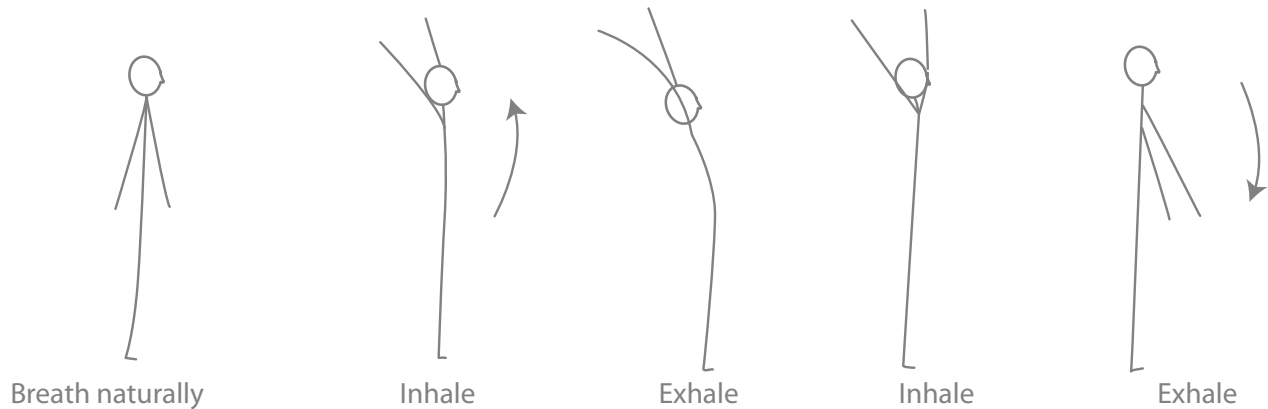
Standing Sequences for home practice – Easy (Belinda Rhodes BWY Dip)

Here are some easy standing vinyasas to warm and stretch the spine, and work the shoulders. Do them with a strong awareness of the breath and allow them to become meditative. 1, 2 and 3 can be combined in any order. Good for waking up in the morning.

1. Chair/forward bend or utkatasana/uttanasana sequence



2. Sunburst Sequence involving slight backbend



3. Swaying Palm. Invigorating side bends for spine and shoulders. Do left and right.

