

## YOGA HOME PRACTICE GUIDE for good health & wellbeing

Prepared by Matt (Sraavan Yoga & Massage) – Nov, 2011

### Short practice – approx. 30 minutes



1. Settle: sitting or shavasana – 2 min (*focus on body then natural breath*)



2. Warm-up:

- palm tree - 5rds
- swaying palm - 5rds
- spine rotating (*twist to each side dynamically*) – 1 min



3. Forward bend with raised arms - 2rds (*interlace fingers behind back*)



4. Cobra – 7rds (*use arms, relax back & buttocks & legs*)

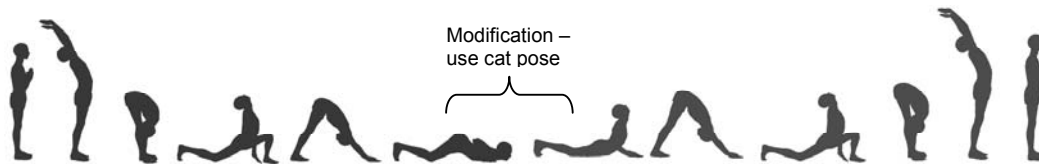


5. Pose of child (focus on 7 breaths)



6. Down dog (hold up to 10 breaths)

7. Surya Namaskar (salute to the sun) – 3rds



8. Shoulder pose - 4rds dynamic  
- 1rds held (5 breaths), or →

Wheel pose



9. Universal spinal twist – (5 breaths each side)



10. Shavasana: abdominal breathing (*can rest hands on belly*) – 5 min

*Note: this program is intended for yoga students who have regularly attended Matt's yoga classes. Do not force and do not attempt yoga postures that are beyond your capability. If pain or great discomfort is experienced then modify or discontinue the practice and most importantly remember to have fun and enjoy the yoga journey*

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### Longer Practice – approx. 1hr 30 minutes



1. Settle: sitting or shavasana – 2 min (*focus on body then natural breath*)



2. Warm-up:

- cycling (on back) – i) single, ii) double leg
- sleeping abdominal – 6rds (*keep legs together*)
- shoulder pose - 6rds



3. Raised hand/forward bend - 10rds



4. Swaying palm - 7rds



5. Cobra – 7rds



6. Bow pose – 7rds (*rest between rounds*)



7. Pose child



8. Down dog - hold 10 breaths  
- raise single leg (hold for 4 breaths)



9. Triangle pose – 2rds (hold for 8 breaths)



10. Surya Namaskar (salute to the sun) – 5rds



11. Shoulder stand – hold 10-20 breaths

12. Plough pose - hold 10-20 breaths (*take care of neck – do not force*)



13. Fish pose – hold 10 breaths



14. Universal spinal twist - 2rds (hold 5 breaths)



15. Shavasana: abdominal breathing (*can rest hands on belly*) – 5 min

16. Shavasana: focus on sensation of natural breath in nostrils – 5 min

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