

Yoga Guide for Beginners

This is a basic guide for sequencing a hatha yoga practice. It does not replace guidance from a skilled teacher. Practice with attention and compassion.

1 Surya Namaskar



2 Standing Pose Practice



Tadasana [Vrksasana preparation] Vrksasana Tadasana Utthita Tadasana Trikonasana



Virabradrasana II Uttitha Parsvakonasana Uttanasana Balasana

More:
 Prasarita Paddotanasana
 Parsvottanasana
 Parvrta Trikonasana
 Parvrta Parsvakonasana

3 Backbends



Resting Sphinx preparation Sphinx Bhujangasana



Salabhasana preparation Salabhasana Dhanurasana Resting Balasana

4 Seated poses



Marichyasana



Dandasana



Pashchimottasana



Purvottasana



Upavista Konasana



Upavista Konasana



Baddhakonasana

More:
Janu Sirsasana
Mandukasana
Virasana
Gomukasana

5 Inversions



Single leg lift preparation



Single leg lifts (alternate legs)



Single leg stretch



Modified Sarvangasana



Halasana



Sarvangasana



Setu Bandha



Matsyasana



Resting

6 Closing



Apanasana

Savasana integrates your practice, reduces stress and gives a sense of well being. Stay focused, and stay for up to 20 minutes. Set a timer so your mind can be at ease.



Savasana

Bring your attention to your breath. Relax your breath. Breathe into your feet, bringing awareness there... relax your feet. With each breath bring your attention to the next space: Ankles... calves... knees... thighs... hips... lower, middle, upper back... shoulders and neck... arms... hands... abdomen... chest... tongue, throat & jaw... eyelids... forehead... scalp... Maintain your awareness on the rhythmic movement of your abdomen.