

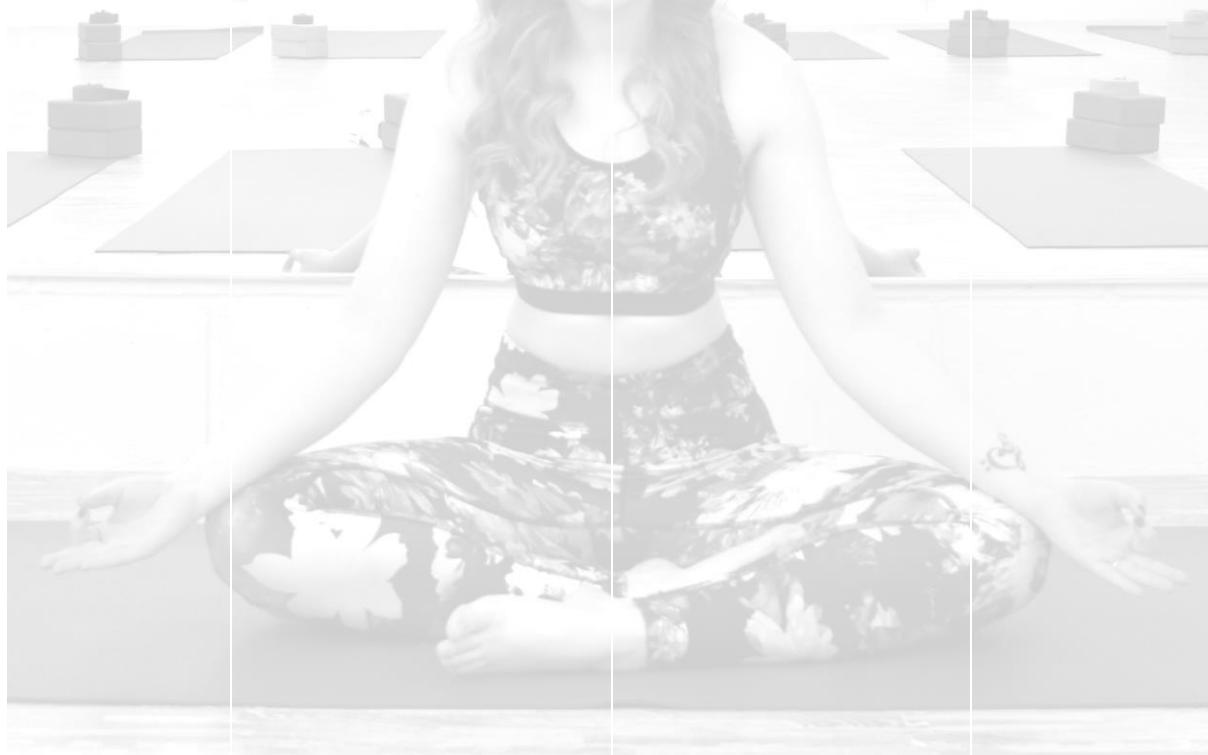
# BEGINNERS GUIDE TO YOGA



6 Week - Guided Course

<b>Pre-Yoga Warm Up – Complete this warm up before each 20-minute yoga session</b>			
Side Stretch		Bring your left arm out to the side, palm on the floor. Reach up and over with your right arm. Repeat on the other side	Hold for 20 seconds each side
Cat/Cow		On your inhale, look forward and push your hips back. On your exhale, round your back look towards your stomach. See Video 04	Do 5 rounds
Downward Dog		From a hands and knees position, bring your arms out in front of you. Tuck your toes under and push up to downward dog. Push your hips up to the ceiling, draw your heels down to the floor. See Video 05	Hold for 30 seconds
Downward Dog – Peddle Legs		From your downward dog position, keep your toes on the mat, lift your heels and bend your knees. Perform this walking motion to warm up your hamstrings.	Perform for 30 seconds
Forward Fold		From downward dog walk your hands towards your feet until you are in a half-folded position. Hang down like a rag doll.	Hold for 30 seconds

Side Swings		From a standing position bring your arms out to the side. Swing slowly from side to side to warm up your spine.	Perform for 20 seconds
Lunge		Step your left foot forward and bend your left knee until you right heel lifts off the floor. Rest your hands on thighs. Repeat on the other side.	Hold for 20 seconds each side




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Week 1 - Session 1				
Warrior 1		<p>Step your left foot forward. Turn your right foot out so it is at a 45-degree angle. Inhale and lift your arms up. Exhale and bend your left knee. Bring your arms back to a comfortable stretch for you and look up to the ceiling. Repeat on the other side.</p> <p>See Video 16</p>	Hold for 1 minute on each side.	
Standing Backward Bend		<p>Stand with your feet together and your arms up above you. Bend your knees and drop your head and arms back, look up to the ceiling. Straighten your legs and push your hips forward.</p> <p>*If straight legs is too intense for your keeps your legs bent.*</p>	Hold for 20 seconds, then fold forward (like in the warm up) for 20 seconds, then perform again for 20 seconds.	
Forward Fold		<p>Stand with your feet together. Inhale and lift your arms up. Exhale and fold down, taking hold of your calves or ankles. Pull on your legs to bring your body down a little closer to your legs.</p> <p>See Video 20</p>	Hold for 1 minute.	
Chair Pose		<p>Bring your feet together and your hands to a prayer position. Bend your knees and sit down like you're sitting in a chair. Hinge your body forward so there is no tension in your back.</p> <p>See Video 21</p>	Hold for 1 minute.	
Revolved Chair		<p>From your chair position above, bring your right elbow to your left knee and twist to the side. Remember to keep bending your knees.</p> <p>See Video 23</p>	Hold for 30 second on each side.	

Wide Leg Forward Fold		Bring your feet out wide. Inhale as you bring your arms out to the sides. Exhale and fold down. Place your hands on your legs. Let your body hang down and allow gravity to pull you closer to the floor. See Video 41	Hold for 1 minute.
Wide Leg Forward Fold – with shoulder release		Keep your feet in the same position as above. Clasp your hands behind you*. As you fold your body forward, squeeze your shoulder blades together and lift your hands away from your back. <i>*Hold on to one of your wrists if you're unable to clasp your hands.</i>	Hold for 1 minute.
Child's Pose		From a kneeling position bring your feet together and your knees apart. Walk your hands forward until you can rest your head down on the mat. Push through the mat with your hands, pushing your hips back towards your heels. See Video 01	Hold for 1 minute.
Downward Dog		From a hands and knees position, bring your arms out in front of you. Tuck your toes under and push up to downward dog. Push your hips up to the ceiling, draw your heels down to the floor. See Video 05	Hold for 1 minute.
Cobra		Lie on your front. Bring your hands out in front of you – the closer your hands are to your body the more of stretch it will be for your back. Push through the mat with your hands and ensure your arms are straight. See Video 09	Hold for 15 seconds. The rest on your front for 15 seconds. Repeat.

Superman		Lie on your front with your arms out in front of you. Lift your arms and legs off the mat and look down towards the floor. Look down towards the mat. Don't look up – this will strain your neck.	Hold for 15 seconds. Then rest on your front for 15 seconds. Repeat.
Thread the Needle		From hands and knees position feed your left hand through the gap between your right hand and right knee. As you do this drop your head and left shoulder to the mat. Relax down into the stretch. See Video 63	Hold for 1 minute on each side.
Savasana		Lie down on your back. Relax your arms and legs into whatever position feels natural. Take 2 minutes to relax after your practice. Take some deep slow breaths in and out through your nose. Close your eyes if you like. See Video 69	Relax for 2 minutes.



Week 1 – Session 2			
Warrior 1		Step your left foot forward. Turn your right foot out so it is at a 45-degree angle. Inhale and lift your arms up. Exhale and bend your left knee. Bring your arms back to a comfortable stretch for you and look up to the ceiling. Repeat on the other side.	Hold for 1 minute on each side.
Warrior 2		Step your left foot forward. Turn your right toes out so your foot is at a 90-degree angle. Inhale and bring your arms out wide. Exhale as you bend your left knee until your knee and your ankle are in one line. Look over your left hand into the distance. See Video 18	Hold for 1 minute on each side.
Forward Fold		Stand with your feet together. Inhale and lift your arms up. Exhale and fold down, taking hold of your calves or ankles. Pull on your legs to bring your body down a little closer to your legs.	Hold for 1 minute.
Awkward Pose		Bring your feet to hips width apart. Come up onto your tip-toes. Bend your knees like you're sitting in a chair – stay up as high on your toes as you can. The aim here is to strengthen your calves and ankles.	Hold your 20 seconds, then rest for 20 seconds then repeat.
Child's Pose		From a kneeling position bring your feet together and your knees apart. Walk your hands forward until you can rest your head down on the mat. Push through the mat with your hands, pushing your hips back towards your heels.	Hold for 1 minute.

Downward Dog		From a hands and knees position, bring your arms out in front of you. Tuck your toes under and push up to downward dog. Push your hips up to the ceiling, draw your heels down to the floor.	Hold for 1 minute.
Sphinx Pose		Lie on your front with your forearms on the mat. Push through the mat with your hands as you push your chest forward. You should feel the arch in the base of your spine increase. For more of a stretch bring your elbows closer to your body.	Hold for 15 seconds. The rest on your front for 15 seconds. Repeat.
Superman Pose		Lie on your front with your arms out in front of you. Lift your arms and legs off the mat and look down towards the floor. Look down towards the mat. Don't look up – this will strain your neck.	Hold for 15 seconds. The rest on your front for 15 seconds.
Boat Pose		Come to a seated position and bring your knees to your chest. Stretch your arms out in front of you and lean back slightly. Lift your feet up off the mat. Squeeze your abs to keep your feet up.	Hold for 30 seconds, rest for 3 breaths then repeat.
Plank		From a hands and knees position bring your legs back straight, toes tucked under. Push up into plank ensuring that your body stays flat. *If your wrists are weak try this pose on your forearms instead.* See Videos 06 & 07	Hold for 30 seconds, rest for 3 breaths then repeat.

Side Plank		<p>Roll onto your side, legs out straight. Come up onto your hand ensuring your wrist is directly beneath your shoulder. Squeeze your abs to keep your hips up.</p> <p>*If your wrists are weak try this pose on your forearms instead.*</p> <p>See Video 42</p>	Hold for 30 seconds, rest for 3 breaths then repeat on the other side.
Wind Relieving Pose		<p>Lie on your back and bring your knees into your chest. Hug them in and rock slightly from side to side.</p>	Perform for 1 minute.
Savasana		<p>Lie down on your back. Relax your arms and legs into whatever position feels natural. Take 2 minutes to relax after your practice. Take some deep slow breaths in and out through your nose. Close your eyes if you like.</p>	Relax for 2 minutes.



Week 1 – Session 3			
Warrior 2		Step your left foot forward. Turn your right toes out so your foot is at a 90-degree angle. Inhale and bring your arms out wide. Exhale as you bend your left knee until your knee and your ankle are in one line. Look over your left hand into the distance.	Hold for 1 minute on each side.
Chair Pose		Bring your feet together and your hands to a prayer position. Bend your knees and sit down like you're sitting in a chair. Hinge your body forward so there is no tension in your back.	Hold for 1 minute.
Awkward Pose		Bring your feet to hips width apart. Come up onto your tip-toes. Bend your knees like you're sitting in a chair – stay up as high on your toes as you can. The aim here is to strengthen your calves and ankles.	Hold your 20 seconds, then rest for 20 seconds then repeat.
Forward Fold		Stand with your feet together. Inhale and lift your arms up. Exhale and fold down, taking hold of your calves or ankles. Pull on your legs to bring your body down a little closer to your legs.	Hold for 1 minute.
Goddess		Bring your feet out wide and hands to prayer. Turn your toes so they're pointing away from you. Sit down like you're sitting in a squat and try to push your knees back to open your hips.	Hold for 30 seconds, rest for 3 breaths, then repeat.

Wide Leg Forward Fold		Bring your feet out wide. Inhale as you bring your arms out to the sides. Exhale and fold down. Place your hands on your legs. Let your body hang down and allow gravity to pull your closer to the floor. See Video 41	Hold for 1 minute.
Wide Leg Forward Fold – with shoulder release		Keep your feet in the same position as above. Clasp your hands behind you*. As you fold your body forward, squeeze your shoulder blades together and lift your hands away from your back. *Hold on to one of your wrists if you're unable to clasp your hands.	Hold for 1 minute.
Child's Pose		From a kneeling position bring your feet together and your knees apart. Walk your hands forward until you can rest your head down on the mat. Push through the mat with your hands, pushing your hips back towards your heels.	Hold for 1 minute.
Downward Dog		From a hands and knees position, bring your arms out in front of you. Tuck your toes under and push up to downward dog. Push your hips up to the ceiling, draw your heels down to the floor.	Hold for 1 minute.
Boat		Come to a seated position and bring your knees to your chest. Stretch your arms out in front of you and lean back slightly. Lift your feet up off the mat. Squeeze your abs to keep your feet up.	Hold for 30 seconds, rest for 3 breaths then repeat.

Thread the Needle		From and hands and knees position feed your left hand through the gap between your right hand and right knee. As you do this drop your head and left shoulder to the mat. Relax down into the stretch.	Hold for 1 minute on each side.
Wind Relieving Pose		Lie on your back and bring your knees into your chest. Hug them in and rock slightly from side to side.	Perform for 1 minute.
Savasana		Lie down on your back. Relax your arms and legs into whatever position feels natural. Take 2 minutes to relax after your practice. Take some deep slow breaths in and out through your nose. Close your eyes if you like.	Relax for 2 minutes.

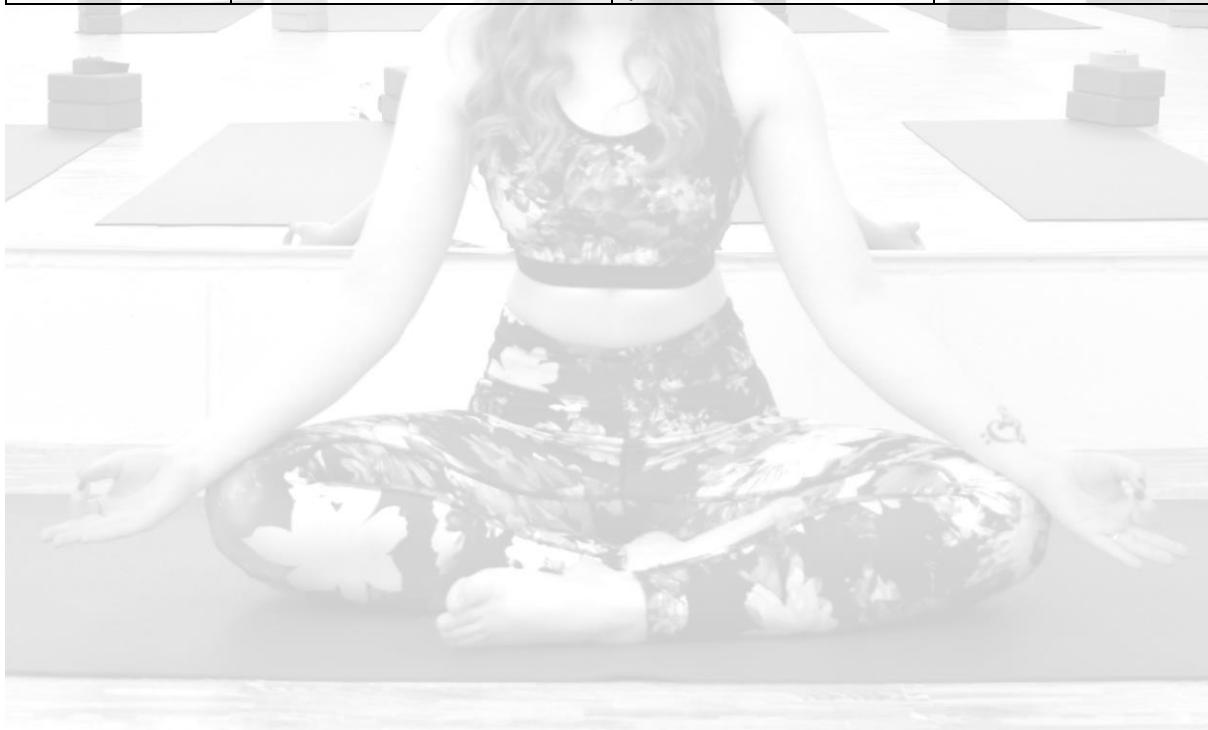


**Week 2 – Session 1**

Warrior 2		Step your left foot forward. Turn your right toes out so your foot is at a 90-degree angle. Inhale and bring your arms out wide. Exhale as you bend your left knee until your knee and your ankle are in one line. Look over your left hand into the distance.	Hold for 1 minute on each side.
Reverse Warrior		From the Warrior 2 position (as above) turn your left palm up and place your right hand on your straight leg. Lift up your left palm and look towards your hand. Continue to bend your knee. See Video 27	Hold for 1 minute on each side.
Half Way Lift		Fold down half way and place your palms on your shins. Place your hands so your back is flat. Push through the mat with your hands to stretch your back and shoulders.	Hold for 1 minute.
Forward Fold		Stand with your feet together. Inhale and lift your arms up. Exhale and fold down, taking hold of your calves or ankles. Pull on your legs to bring your body down a little closer to your legs.	Hold for 1 minute.
Goddess		Bring your feet out wide and hands to prayer. Turn your toes so they're pointing away from you. Sit down like you're sitting in a squat and try to push your knees back to open your hips.	Hold for 30 seconds, rest for 3 breaths, then repeat.

Extended Side Angle		Bring your feet to the Warrior 2 position. Bend your left knee and rest your left forearm on your thigh. Reach up and over with your right arm. See Video 31	Hold for 1 minute on each side.
Child's Pose		From a kneeling position bring your feet together and your knees apart. Walk your hands forward until you can rest your head down on the mat. Push through the mat with your hands, pushing your hips back towards your heels.	Hold for 1 minute.
Downward Dog		From a hands and knees position, bring your arms out in front of you. Tuck your toes under and push up to downward dog. Push your hips up to the ceiling, draw your heels down to the floor.	Hold for 1 minute.
Cobbler's Pose		Come to a seated position with the soles of your feet together. Drop your knees away from one another. Claps onto your feet and dip your body forward over your legs.	Hold for 1 minute.
Garland		Come to a low squat position. Adjust the distance between your feet until you are comfortable. Bring your hands to pray and push your knees out with your elbows.	Hold for 1 minute.
Boat		Come to a seated position and bring your knees to your chest. Stretch your arms out in front of you and lean back slightly. Lift your feet up off the mat.	Hold for 30 seconds, rest for 3 breaths then repeat.

		Squeeze your abs to keep your feet up.	
Wind Relieving Pose		Lie on your back and bring your knees into your chest. Hug them in and rock slightly from side to side.	Perform for 1 minute.
Savasana		Lie down on your back. Relax your arms and legs into whatever position feels natural. Take 2 minutes to relax after your practice. Take some deep slow breaths in and out through your nose. Close your eyes if you like.	Relax for 2 minutes.



Week 2 – Session 2			
Warrior 2		Step your left foot forward. Turn your right toes out so your foot is at a 90-degree angle. Inhale and bring your arms out wide. Exhale as you bend your left knee until your knee and your ankle are in one line. Look over your left hand into the distance.	Hold for 1 minute on each side.
Reverse Warrior		From the Warrior 2 position (as above) turn your left palm up and place your right hand on your straight leg. Lift up your left palm and look towards your hand. Continue to bend your knee.	Hold for 1 minute on each side.
Chair Pose		Bring your feet together and your hands to a prayer position. Bend your knees and sit down like you're sitting in a chair. Hinge your body forward so there is no tension in your back.	Hold for 1 minute.
Revolved Chair		From your chair position above, bring your right elbow to your left knee and twist to the side. Remember to keep bending your knees. See Video 23	Hold for 30 seconds on each side.
Wide Leg Forward Fold		Bring your feet out wide. Inhale as you bring your arms out to the sides. Exhale and fold down. Place your hands on your legs. Let your body hang down and allow gravity to pull your closer to the floor. See Video 41	Hold for 1 minute.

Extended Side Angle		Bring your feet to the Warrior 2 position. Bend your left knee and rest your left forearm on your thigh. Reach up and over with your right arm.	Hold for 1 minute on each side.
Child's Pose		From a kneeling position bring your feet together and your knees apart. Walk your hands forward until you can rest your head down on the mat. Push through the mat with your hands, pushing your hips back towards your heels.  See Video 01	Hold for 1 minute.
Downward Dog		From a hands and knees position, bring your arms out in front of you. Tuck your toes under and push up to downward dog. Push your hips up to the ceiling, draw your heels down to the floor.	Hold for 1 minute.
Garland		Come to a low squat position. Adjust the distance between your feet until you are comfortable. Bring your hands to pray and push your knees out with your elbows.	Hold for 1 minute.
Pigeon Pose		From a hands and knees position bring your left knee to your left wrist. Turn your shin out (towards parallel with the mat) as much as is comfortable for you. Slide your right leg back. Come down onto your forearms.	Hold for 1 minute on each side.

Savasana		<p>Lie down on your back. Relax your arms and legs into whatever position feels natural. Take 2 minutes to relax after your practice. Take some deep slow breaths in and out through your nose. Close your eyes if you like.</p>	Relax for 2 minutes.
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Week 2 – Session 3			
Warrior 1		Step your left foot forward. Turn your right foot out so it is at a 45-degree angle. Inhale and lift your arms up. Exhale and bend your left knee. Bring your arms back to a comfortable stretch for you and look up to the ceiling. Repeat on the other side.	Hold for 1 minute on each side.
Standing Backward Bend		Stand with your feet together and your arms up above you. Bend your knees and drop your head and arms back, look up to the ceiling. Straighten your legs and push your hips forward.	Hold for 20 seconds, then fold forward (like in the warm up) for 20 seconds, then perform again for 20 seconds.
Forward Fold		Stand with your feet together. Inhale and lift your arms up. Exhale and fold down, taking hold of your calves or ankles. Pull on your legs to bring your body down a little closer to your legs.	Hold for 1 minute.
Awkward Pose		Bring your feet to hips width apart. Come up onto your tip-toes. Bend your knees like you're sitting in a chair – stay up as high on your toes as you can. The aim here is to strengthen your calves and ankles.	Hold for 20 seconds, then rest for 20 seconds then repeat.
Extended Side Angle		Bring your feet to the Warrior 2 position. Bend your left knee and rest your left forearm on your thigh. Reach up and over with your right arm.	Hold for 1 minute on each side.

Goddess		Bring your feet out wide and hands to prayer. Turn your toes so they're pointing away from you. Sit down like you're sitting in a squat and try to push your knees back to open your hips.	Hold for 30 seconds, rest for 3 breaths, then repeat.
Child's Pose		From a kneeling position bring your feet together and your knees apart. Walk your hands forward until you can rest your head down on the mat. Push through the mat with your hands, pushing your hips back towards your heels.	Hold for 1 minute.
Downward Dog		From a hands and knees position, bring your arms out in front of you. Tuck your toes under and push up to downward dog. Push your hips up to the ceiling, draw your heels down to the floor.	Hold for 1 minute.
Dolphin Pose		From a hands and knees position come down onto your forearms. Tuck your toes under and push your hips up to the ceiling. Bring your arms closer to your feet if you feel like your elbows are sliding away.	Hold for 1 minute.
Cow Face Pose		Bend your left knee and bring your left foot towards your right buttock. Bring your right leg up and over your left leg. If you can stack your knees on top of each other. If not bring your right foot flat onto the floor.	Hold for 1 minute on each side.

Happy Baby Pose		<p>Lie on your back, bring your knees into your chest and point your feet to the ceiling. Take hold of your feet and pull on them, bring your legs closer to your arm pits.</p> <p>See Video 66</p>	Hold for 1 minute.
Savasana		<p>Lie down on your back. Relax your arms and legs into whatever position feels natural. Take 2 minutes to relax after your practice. Take some deep slow breaths in and out through your nose. Close your eyes if you like.</p>	Relax for 2 minutes.



Week 3 – Session 1			
Lunge		Step your left foot forward and bend your left knee until your right heel lifts off the floor. Inhale and lift your arms up. Exhale and bring your arms back and look up to the ceiling. See Video 14	Hold for 1 minute on each side.
Warrior 1		Step your left foot forward. Turn your right foot out so it is at a 45-degree angle. Inhale and lift your arms up. Exhale and bend your left knee. Bring your arms back to a comfortable stretch for you and look up to the ceiling. Repeat on the other side.	Hold for 1 minute on each side.
Chair Pose		Bring your feet together and your hands to a prayer position. Bend your knees and sit down like you're sitting in a chair. Hinge your body forward so there is no tension in your back.	Hold for 1 minute.
Forward Fold		Stand with your feet together. Inhale and lift your arms up. Exhale and fold down, taking hold of your calves or ankles. Pull on your legs to bring your body down a little closer to your legs.	Hold for 1 minute.
Forward Fold – with shoulder release		Bring your feet together and clasp your hands behind you*. Fold down as you did above but as you do squeeze your shoulder blades together and lift your hands away from your back. *Hold on to one of your wrists if that's more comfortable.	Hold for 1 minute.

Child's Pose		From a kneeling position bring your feet together and your knees apart. Walk your hands forward until you can rest your head down on the mat. Push through the mat with your hands, pushing your hips back towards your heels.	Hold for 1 minute.
Extended Puppy		From a hands and knees position bring your arms out in front of you at a diagonal. Dip your chest down to the mat as you push your hips back and up. You should feel this stretch in your shoulders.	Hold for 1 minute.
Boat		Come to a seated position and bring your knees to your chest. Stretch your arms out in front of you and lean back slightly. Lift your feet up off the mat. Squeeze your abs to keep your feet up.	Hold for 30 seconds, rest for 3 breaths then repeat.
Bharadvaja's Twist		Bring both of your legs to your left side. Bring your left hand onto your right knee. Place your right palm on the floor behind you. Pull on your knee slightly, twist and look over your shoulder.	Hold for one minute on each side.
Deer Pose		From the leg position above bring your right leg forward until your shin is parallel to the top of your yoga mat. Adjust your left leg – bringing it further from your body, until you have a comfortable stretch for your hip.	Hold for 1 minute on each side.

Savasana		<p>Lie down on your back. Relax your arms and legs into whatever position feels natural. Take 2 minutes to relax after your practice. Take some deep slow breaths in and out through your nose. Close your eyes if you like.</p>	Relax for 2 minutes.
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Week 3 – Session 2			
Lunge		Step your left foot forward and bend your left knee until your right heel lifts off the floor. Inhale and lift your arms up. Exhale and bring your arms back and look up to the ceiling.	Hold for 1 minute on each side.
Twisted Lunge		Take the lunge position described above and bring your hands to prayer. Bring your right elbow to your left knee and twist. If your elbow doesn't reach your knee comfortably you can open your arms out wide. See Video 39	Hold for 1 minute on each side.
Wide Leg Forward Fold		Bring your feet out wide. Inhale as you bring your arms out to the sides. Exhale and fold down. Place your hands on your legs. Let your body hang down and allow gravity to pull your closer to the floor. See Video 41	Hold for 1 minute.
Goddess		Bring your feet out wide and hands to prayer. Turn your toes so they're pointing away from you. Sit down like you're sitting in a squat and try to push your knees back to open your hips.	Hold for 30 seconds, rest for 3 breaths, then repeat.
Extended Side Angle		Bring your feet to the Warrior 2 position. Bend your left knee and rest your left forearm on your thigh. Reach up and over with your right arm.	Hold for 1 minute on each side.

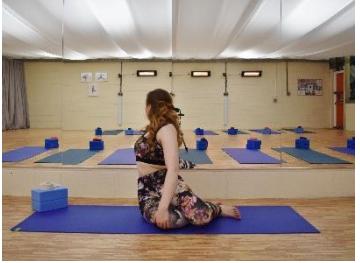
Child's Pose		From a kneeling position bring your feet together and your knees apart. Walk your hands forward until you can rest your head down on the mat. Push through the mat with your hands, pushing your hips back towards your heels.	Hold for 1 minute.
Downward Dog		From a hands and knees position, bring your arms out in front of you. Tuck your toes under and push up to downward dog. Push your hips up to the ceiling, draw your heels down to the floor.	Hold for 1 minute.
Cobra Pose		Lie on your front. Bring your hands out in front of you – the closer your hands are to your body the more of stretch it will be for your back. Push through the mat with your hands and ensure your arms are straight.	Hold for 15 seconds. The rest on your front for 15 seconds.
Seated Forward Fold		Come to a seated position with your legs straight out in front of you. Inhale and bring your arms up above your head. Exhale and fold down over your legs.	Hold for 1 minute.
Bharadvaja's Twist		Bring both of your legs to your left side. Bring your left hand onto your right knee. Place your right palm on the floor behind you. Pull on your knee slightly, twist and look over your shoulder.	Hold for 1 minute on each side.

Savasana		<p>Lie down on your back. Relax your arms and legs into whatever position feels natural. Take 2 minutes to relax after your practice. Take some deep slow breaths in and out through your nose. Close your eyes if you like.</p>	Relax for 2 minutes.
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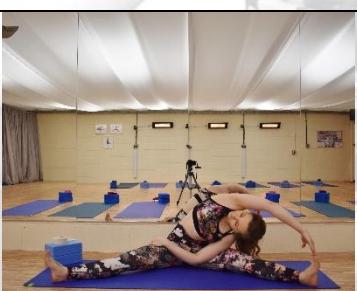
Week 3 – Session 3			
Lunge		Step your left foot forward and bend your left knee until your right heel lifts off the floor. Inhale and lift your arms up. Exhale and bring your arms back and look up to the ceiling.	Hold for 1 minute on each side.
Twisted Lunge		Take the lunge position described above and bring your hands to prayer. Bring your right elbow to your left knee and twist. If your elbow doesn't reach your knee comfortably you can open your arms out wide. See Video 39	Hold for 1 minute on each side.
Lunge – with backbend		From the lunge position above each back for your right leg with your right hand. Bring your left hand up to 12 o'clock and look forwards your thumb. Remember to keep bending your knee.	Hold for 1 minute.
Awkward Pose		Bring your feet to hips width apart. Come up onto your tip-toes. Bend your knees like you're sitting in a chair – stay up as high on your toes as you can. The aim here is to strengthen your calves and ankles.	Hold your 20 seconds, then rest for 20 seconds then repeat.
Child's Pose		From a kneeling position bring your feet together and your knees apart. Walk your hands forward until you can rest your head down on the mat. Push through the mat with your hands, pushing your hips back towards your heels.	Hold for 1 minute.

Extended Puppy		From a hands and knees position bring your arms out in front of you at a diagonal. Dip your chest down to the mat as you push your hips back and up. You should feel this stretch in your shoulders.	Hold for 1 minute.
Downward Dog		From a hands and knees position, bring your arms out in front of you. Tuck your toes under and push up to downward dog. Push your hips up to the ceiling, draw your heels down to the floor.	Hold for 1 minute.
Dolphin Pose		From a hands and knees position come down onto your forearms. Tuck your toes under and push your hips up to the ceiling. Bring your arms closer to your feet if you feel like your elbows are sliding away.	Hold for 1 minute.
Sphinx Pose		Lie on your front with your forearms on the mat. Push through the mat with your hands as you push your chest forward. You should feel the arch in the base of your spine increase. For more of a stretch bring your elbows closer to your body.	Hold for 15 seconds. The rest on your front for 15 seconds. Repeat.
Seated Forward Fold		Come to a seated position with your legs straight out in front of you. Inhale and bring your arms up above your head. Exhale and fold down over your legs.	Hold for 1 minute.

Bharadvaja's Twist		Bring both of your legs to your left side. Bring your left hand onto your right knee. Place your right palm on the floor behind you. Pull on your knee slightly, twist and look over your shoulder	Hold for one minute on each side.
Savasana		Lie down on your back. Relax your arms and legs into whatever position feels natural. Take 2 minutes to relax after your practice. Take some deep slow breaths in and out through your nose. Close your eyes if you like.	Relax for 2 minutes.



Week 4 – Session 1			
Warrior 2		Step your left foot forward. Turn your right toes out so your foot is at a 90-degree angle. Inhale and bring your arms out wide. Exhale as you bend your left knee until your knee and your ankle are in one line. Look over your left hand into the distance.	Hold for 1 minute on each side.
Reverse Warrior		From the Warrior 2 position (as above) turn your left palm up and place your right hand on your straight leg. Lift up your left palm and look towards your hand. Continue to bend your knee.	Hold for 1 minute on each side.
Standing Backward Bend		Stand with your feet together and your arms up above you. Bend your knees and drop your head and arms back, look up to the ceiling. Straighten your legs and push your hips forward.	Hold for 20 seconds, then fold forward (like in the warm up) for 20 seconds, then perform again for 20 seconds.
Forward Fold		Stand with your feet together. Inhale and lift your arms up. Exhale and fold down, taking hold of your calves or ankles. Pull on your legs to bring your body down a little closer to your legs.	Hold for 1 minute.
Triangle Pose		Bring your feet out wide and turn your left foot away from your right foot. Bring your arms out wide. Windmill your arms down, bringing your left hand against your left shin. Look up towards your right hand. See Video 25	Hold for 1 minute on each side.

Child's Pose		From a kneeling position bring your feet together and your knees apart. Walk your hands forward until you can rest your head down on the mat. Push through the mat with your hands, pushing your hips back towards your heels.	Hold for 1 minute.
Downward Dog		From a hands and knees position, bring your arms out in front of you. Tuck your toes under and push up to downward dog. Push your hips up to the ceiling, draw your heels down to the floor.	Hold for 1 minute.
Pigeon Pose		From a hands and knees position bring your left knee to your left wrist. Turn your shin out (towards parallel with the mat) as much as is comfortable for you. Slide your right leg back. Come down onto your forearms.	Hold for 1 minute on each side.
Wide Leg Side Stretch		Bring your legs out wide. Bring your left arm across your body and reach up and over with your right arm. Try to bring your left ear towards your left knee. See Video 61	Hold for 1 minute on each side.
Wind Relieving Pose		Lie on your back and bring your knees into your chest. Hug them in and rock slightly from side to side.	Perform for 1 minute.

Savasana		<p>Lie down on your back. Relax your arms and legs into whatever position feels natural. Take 2 minutes to relax after your practice. Take some deep slow breaths in and out through your nose. Close your eyes if you like.</p>	Relax for 2 minutes.
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**Week 4 – Session 2**

Warrior 2		Step your left foot forward. Turn your right toes out so your foot is at a 90-degree angle. Inhale and bring your arms out wide. Exhale as you bend your left knee until your knee and your ankle are in one line. Look over your left hand into the distance.	Hold for 1 minute on each side.
Warrior 1		Step your left foot forward. Turn your right foot out so it is at a 45-degree angle. Inhale and lift your arms up. Exhale and bend your left knee. Bring your arms back to a comfortable stretch for you and look up to the ceiling. Repeat on the other side.	Hold for 1 minute on each side.
Lunge		Step your left foot forward and bend your left knee until your right heel lifts off the floor. Inhale and lift your arms up. Exhale and bring your arms back and look up to the ceiling.	Hold for 1 minute on each side.
Triangle Pose		Bring your feet out wide and turn your left foot away from your right foot. Bring your arms out wide. Windmill your arms down, bringing your left hand against your left shin. Look up towards your right hand. See Video 25	Hold for 1 minute on each side.

Child's Pose		From a kneeling position bring your feet together and your knees apart. Walk your hands forward until you can rest your head down on the mat. Push through the mat with your hands, pushing your hips back towards your heels.	Hold for 1 minute.
Downward Dog		From a hands and knees position, bring your arms out in front of you. Tuck your toes under and push up to downward dog. Push your hips up to the ceiling, draw your heels down to the floor.	Hold for 1 minute.
Cobbler's Pose		Come to a seated position with the soles of your feet together. Drop your knees away from one another. Claps onto your feet and dip your body forward over your legs.	Hold for 1 minute
Thread the Needle		From a hands and knees position feed your left hand through the gap between your right hand and right knee. As you do this drop your head and left shoulder to the mat. Relax down into the stretch.	Hold for 1 minute on each side.
Happy Baby Pose		Lie on your back, bring your knees into your chest and point your feet to the ceiling. Take hold of your feet and pull on them, bring your legs closer to your arm pits.	Hold for 1 minute

Savasana		<p>Lie down on your back. Relax your arms and legs into whatever position feels natural. Take 2 minutes to relax after your practice. Take some deep slow breaths in and out through your nose. Close your eyes if you like.</p>	Relax for 2 minutes.
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Week 4 – Session 3			
Lunge		Step your left foot forward and bend your left knee until your right heel lifts off the floor. Inhale and lift your arms up. Exhale and bring your arms back and look up to the ceiling.	Hold for 1 minute on each side.
Twisted Lunge		Take the lunge position described above and bring your hands to prayer. Bring your right elbow to your left knee and twist. If your elbow doesn't reach your knee comfortably you can open your arms out wide.	Hold for 1 minute on each side.
Lunge – with backbend		From the lunge position above reach back for your right leg with your right hand. Bring your left hand up to 12 o'clock and look forwards your thumb. Remember to keep bending your knee.	Hold for 1 minute.
Triangle Pose		Bring your feet out wide and turn your left foot away from your right foot. Bring your arms out wide. Windmill your arms down, bringing your left hand against your left shin. Look up towards your right hand. See Video 25	Hold for 1 minute on each side.
Goddess		Bring your feet out wide and hands to prayer. Turn your toes so they're pointing away from you. Sit down like you're sitting in a squat and try to push your knees back to open your hips.	Hold for 30 seconds, rest for 3 breaths, then repeat.

Extended Side Angle		Bring your feet to the Warrior 2 position. Bend your left knee and rest your left forearm on your thigh. Reach up and over with your right arm.	Hold for 1 minute on each side.
Child's Pose		From a kneeling position bring your feet together and your knees apart. Walk your hands forward until you can rest your head down on the mat. Push through the mat with your hands, pushing your hips back towards your heels.	Hold for 1 minute.
Downward Dog		From a hands and knees position, bring your arms out in front of you. Tuck your toes under and push up to downward dog. Push your hips up to the ceiling, draw your heels down to the floor.	Hold for 1 minute.
Happy Baby		Lie on your back, bring your knees into your chest and point your feet to the ceiling. Take hold of your feet and pull on them, bring your legs closer to your arm pits.	Hold for 1 minute
Wind Relieving Pose		Lie on your back and bring your knees into your chest. Hug them in and rock slightly from side to side.	Perform for 1 minute.

Savasana		<p>Lie down on your back. Relax your arms and legs into whatever position feels natural. Take 2 minutes to relax after your practice. Take some deep slow breaths in and out through your nose. Close your eyes if you like.</p>	Relax for 2 minutes.
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Week 5 – Session 1			
Warrior 1		Step your left foot forward. Turn your right foot out so it is at a 45-degree angle. Inhale and lift your arms up. Exhale and bend your left knee. Bring your arms back to a comfortable stretch for you and look up to the ceiling. Repeat on the other side.	Hold for 1 minute on each side.
Revolved Triangle		Step your left foot forward, ensure the heel of your right foot stays on the ground. Bring your right arm across your body and onto your left leg. Look up towards your right hand.	Hold for 1 minute on each side.
Triangle Pose		Bring your feet out wide and turn your left foot away from your right foot. Bring your arms out wide. Windmill your arms down, bringing your left hand against your left shin. Look up towards your right hand.	Hold for 1 minute on each side.
Wide Leg Forward Fold		Bring your feet out wide. Inhale as you bring your arms out to the sides. Exhale and fold down. Place your hands on your legs. Let your body hang down and allow gravity to pull your closer to the floor.	Hold for 1 minute.
Wide Leg Forward Fold – with shoulder release		Keep your feet in the same position as above. Clasp your hands behind you*. As you fold your body forward, squeeze your shoulder blades together and lift your hands away from your back.	Hold for 1 minute.

		*Hold on to one of your wrists if you're unable to clasp your hands.	
Child's Pose		From a kneeling position bring your feet together and your knees apart. Walk your hands forward until you can rest your head down on the mat. Push through the mat with your hands, pushing your hips back towards your heels.	Hold for 1 minute.
Downward Dog		From a hands and knees position, bring your arms out in front of you. Tuck your toes under and push up to downward dog. Push your hips up to the ceiling, draw your heels down to the floor.	Hold for 1 minute.
Boat Pose		Come to a seated position and bring your knees to your chest. Stretch your arms out in front of you and lean back slightly. Lift your feet up off the mat. Squeeze your abs to keep your feet up.	Hold for 30 seconds, rest for 3 breaths then repeat.
Cobra Pose		Lie on your front. Bring your hands out in front of you – the closer your hands are to your body the more of stretch it will be for your back. Push through the mat with your hands and ensure your arms are straight.	Hold for 15 seconds. The rest on your front for 15 seconds.
Seated Forward Fold		Come to a seated position with your legs straight out in front of you. Inhale and bring your arms up above your head. Exhale and fold down over your legs.	Hold for 1 minute.

Happy Baby		Lie on your back, bring your knees into your chest and point your feet to the ceiling. Take hold of your feet and pull on them, bring your legs closer to your arm pits.	Hold for 1 minute
Savasana		Lie down on your back. Relax your arms and legs into whatever position feels natural. Take 2 minutes to relax after your practice. Take some deep slow breaths in and out through your nose. Close your eyes if you like.	Relax for 2 minutes.

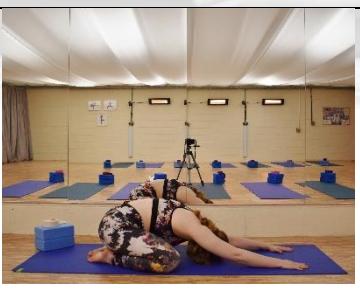


Week 5 – Session 2			
Warrior 2		Step your left foot forward. Turn your right toes out so your foot is at a 90-degree angle. Inhale and bring your arms out wide. Exhale as you bend your left knee until your knee and your ankle are in one line. Look over your left hand into the distance.	Hold for 1 minute on each side.
Revolved Triangle		Step your left foot forward, ensure the heel of your right foot stays on the ground. Bring your right arm across your body and onto your left leg. Look up towards your right hand.	Hold for 1 minute on each side.
Chair Pose		Bring your feet together and your hands to a prayer position. Bend your knees and sit down like you're sitting in a chair. Hinge your body forward so there is no tension in your back.	Hold for 1 minute.
Revolved Chair		From your chair position above, bring your right elbow to your left knee and twist to the side. Remember to keep bending your knees. See Video 23	Hold for 30 seconds on each side.
Child's Pose		From a kneeling position bring your feet together and your knees apart. Walk your hands forward until you can rest your head down on the mat. Push through the mat with your hands, pushing your hips back towards your heels.	Hold for 1 minute.

Downward Dog		From a hands and knees position, bring your arms out in front of you. Tuck your toes under and push up to downward dog. Push your hips up to the ceiling, draw your heels down to the floor.	Hold for 1 minute.
Extended Puppy		From a hands and knees position bring your arms out in front of you at a diagonal. Dip your chest down to the mat as you push your hips back and up. You should feel this stretch in your shoulders.	Hold for 1 minute.
Garland		Come to a low squat position. Adjust the distance between your feet until you are comfortable. Bring your hands to pray and push your knees out with your elbows.	Hold for 1 minute.
Cobbler's Pose		Come to a seated position with the soles of your feet together. Drop your knees away from one another. Clasp onto your feet and dip your body forward over your legs.	Hold for 1 minute
Bharadvaja's Twist		Bring both of your legs to your left side. Bring your left hand onto your right knee. Place your right palm on the floor behind you. Pull on your knee slightly, twist and look over your shoulder.	Hold for 1 minute on each side.
Wind Relieving Pose		Lie on your back and bring your knees into your chest. Hug them in and rock slightly from side to side.	Perform for 1 minute.

Savasana		<p>Lie down on your back. Relax your arms and legs into whatever position feels natural. Take 2 minutes to relax after your practice. Take some deep slow breaths in and out through your nose. Close your eyes if you like.</p>	Relax for 2 minutes.
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Week 5 – Session 3			
Standing Backward Bend		Stand with your feet together and your arms up above you. Bend your knees and drop your head and arms back, look up to the ceiling. Straighten your legs and push your hips forward.	Hold for 20 seconds, then fold forward (like in the warm up) for 20 seconds, then perform again for 20 seconds.
Forward Fold		Stand with your feet together. Inhale and lift your arms up. Exhale and fold down, taking hold of your calves or ankles. Pull on your legs to bring your body down a little closer to your legs.	Hold for 1 minute.
Revolved Triangle		Step your left foot forward, ensure the heel of your right foot stays on the ground. Bring your right arm across your body and onto your left leg. Look up towards your right hand.	Hold for 1 minute on each side.
Goddess		Bring your feet out wide and hands to prayer. Turn your toes so they're pointing away from you. Sit down like you're sitting in a squat and try to push your knees back to open your hips.	Hold for 30 seconds, rest for 3 breaths, then repeat.
Child's Pose		From a kneeling position bring your feet together and your knees apart. Walk your hands forward until you can rest your head down on the mat. Push through the mat with your hands, pushing your hips back towards your heels.	Hold for 1 minute.

Downward Dog		From a hands and knees position, bring your arms out in front of you. Tuck your toes under and push up to downward dog. Push your hips up to the ceiling, draw your heels down to the floor.	Hold for 1 minute.
Boat Pose		Come to a seated position and bring your knees to your chest. Stretch your arms out in front of you and lean back slightly. Lift your feet up off the mat. Squeeze your abs to keep your feet up.	Hold for 30 seconds, rest for 3 breaths then repeat.
Superman		Lie on your front with your arms out in front of you. Lift your arms and legs off the mat and look down towards the floor. Look down towards the mat. Don't look up – this will strain your neck.	Hold for 15 seconds. The rest on your front for 15 seconds.
Wide Leg Side Stretch		Bring your legs out wide. Bring your left arm across your body and reach up and over with your right arm. Try to bring your left ear towards your left knee. See Video 61	Hold for 1 minute on each side.
Revolved Abdomen Pose		Lie on your back, bring your knees into your chest and your arms out to the side. Drop your knees to your left side. Look up to the ceiling, or for a more intense straight look away from your legs. See Video 67	Hold for 1 minute on each side.

Savasana		<p>Lie down on your back. Relax your arms and legs into whatever position feels natural. Take 2 minutes to relax after your practice. Take some deep slow breaths in and out through your nose. Close your eyes if you like.</p>	Relax for 2 minutes.
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Week 6 – Session 1				
Chair Pose		Bring your feet together and your hands to a prayer position. Bend your knees and sit down like you're sitting in a chair. Hinge your body forward so there is no tension in your back. See Video 21	Hold for 1 minute.	
Revolved Chair		From your chair position above, bring your right elbow to your left knee and twist to the side. Remember to keep bending your knees. See Video 23	Hold for 30 seconds on each side.	
Pyramid Pose		Step your left foot forward. Bend your left knee and drop your head down so it touches your knee. Either stay in this position or for more of a stretch, start to straighten your left leg. Try to keep your forehead as close to your leg as you can.	Hold for 1 minute on each side.	
Triangle Pose		Bring your feet out wide and turn your left foot away from your right foot. Bring your arms out wide. Windmill your arms down, bringing your left hand against your left shin. Look up towards your right hand.	Hold for 1 minute on each side.	
Wide Leg Forward Fold		Bring your feet out wide. Inhale as you bring your arms out to the sides. Exhale and fold down. Place your hands on your legs. Let your body hang down and allow gravity to pull your closer to the floor. See Video 41	Hold for 1 minute.	

Child's Pose		From a kneeling position bring your feet together and your knees apart. Walk your hands forward until you can rest your head down on the mat. Push through the mat with your hands, pushing your hips back towards your heels.	Hold for 1 minute.
Extended Puppy		From a hands and knees position bring your arms out in front of you at a diagonal. Dip your chest down to the mat as you push your hips back and up. You should feel this stretch in your shoulders.	Hold for 1 minute.
Downward Dog		From a hands and knees position, bring your arms out in front of you. Tuck your toes under and push up to downward dog. Push your hips up to the ceiling, draw your heels down to the floor.	Hold for 1 minute.
Dolphin Pose		From a hands and knees position come down onto your forearms. Tuck your toes under and push your hips up to the ceiling. Bring your arms closer to your feet if you feel like your elbows are sliding away.	Hold for 1 minute.
Revolved Abdomen Pose		Lie on your back, bring your knees into your chest and your arms out to the side. Drop your knees to your left side. Look up to the ceiling, or for a more intense straight look away from your legs.	Hold for 1 minute on each side.

Wind Relieving Pose		Lie on your back and bring your knees into your chest. Hug them in and rock slightly from side to side.	Perform for 1 minute.
Savasana		Lie down on your back. Relax your arms and legs into whatever position feels natural. Take 2 minutes to relax after your practice. Take some deep slow breaths in and out through your nose. Close your eyes if you like.	Relax for 2 minutes.



Week 6 – Session 2			
Lunge		Step your left foot forward and bend your left knee until your right heel lifts off the floor. Inhale and lift your arms up. Exhale and bring your arms back and look up to the ceiling.	Hold for 1 minute on each side.
Warrior 1		Step your left foot forward. Turn your right foot out so it is at a 45-degree angle. Inhale and lift your arms up. Exhale and bend your left knee. Bring your arms back to a comfortable stretch for you and look up to the ceiling. Repeat on the other side.	Hold for 1 minute on each side.
Pyramid Pose		Step your left foot forward. Bend your left knee and drop your head down so it touches your knee. Either stay in this position or for more of a stretch, start to straighten your left leg. Try to keep your forehead as close to your leg as you can.	Hold for 1 minute on each side
Forward Fold		Stand with your feet together. Inhale and lift your arms up. Exhale and fold down, taking hold of your calves or ankles. Pull on your legs to bring your body down a little closer to your legs.	Hold for 1 minute.
Child's Pose		From a kneeling position bring your feet together and your knees apart. Walk your hands forward until you can rest your head down on the mat. Push through the mat with your hands, pushing your	Hold for 1 minute.

		hips back towards your heels.	
Downward Dog		From a hands and knees position, bring your arms out in front of you. Tuck your toes under and push up to downward dog. Push your hips up to the ceiling, draw your heels down to the floor.	Hold for 1 minute.
Dolphin Pose		From a hands and knees position come down onto your forearms. Tuck your toes under and push your hips up to the ceiling. Bring your arms closer to your feet if you feel like your elbows are sliding away.	Hold for 1 minute.
Cow Face Pose		Bend your left knee and bring your left foot towards your right buttock. Bring your right leg up and over your left leg. If you can stack your knees on top of each other. If not bring your right foot flat onto the floor.	Hold for 1 minute on each side.
Revolved Abdomen Pose		Lie on your back, bring your knees into your chest and your arms out to the side. Drop your knees to your left side. Look up to the ceiling, or for a more intense straight look away from your legs.	Hold for 1 minute on each side.
Savasana		Lie down on your back. Relax your arms and legs into whatever position feels natural. Take 2 minutes to relax after your practice. Take some deep slow breaths in and out through your nose. Close your eyes if you like.	Relax for 2 minutes.

Week 6 – Session 3			
Warrior 2		Step your left foot forward. Turn your right toes out so your foot is at a 90-degree angle. Inhale and bring your arms out wide. Exhale as you bend your left knee until your knee and your ankle are in one line. Look over your left hand into the distance.	Hold for 1 minute on each side.
Reverse Warrior		From the Warrior 2 position (as above) turn your left palm up and place your right hand on your straight leg. Lift up your left palm and look towards your hand. Continue to bend your knee.	Hold for 1 minute on each side.
Pyramid Pose		Step your left foot forward. Bend your left knee and drop your head down so it touches your knee. Either stay in this position or for more of a stretch, start to straighten your left leg. Try to keep your forehead as close to your leg as you can.	Hold for 1 minute on each side
Chair Pose		Bring your feet together and your hands to a prayer position. Bend your knees and sit down like you're sitting in a chair. Hinge your body forward so there is no tension in your back.	Hold for 1 minute.
Awkward Pose		Bring your feet to hips width apart. Come up onto your tip-toes. Bend your knees like you're sitting in a chair – stay up as high on your toes as you can. The aim here is to strengthen your calves and ankles.	Hold for 20 seconds, then rest for 20 seconds then repeat.

Child's Pose		From a kneeling position bring your feet together and your knees apart. Walk your hands forward until you can rest your head down on the mat. Push through the mat with your hands, pushing your hips back towards your heels.	Hold for 1 minute.
Downward Dog		From a hands and knees position, bring your arms out in front of you. Tuck your toes under and push up to downward dog. Push your hips up to the ceiling, draw your heels down to the floor.	Hold for 1 minute.
Thread the Needle		From a hands and knees position feed your left hand through the gap between your right hand and right knee. As you do this drop your head and left shoulder to the mat. Relax down into the stretch.	Hold for 1 minute on each side.
Revolved Abdomen Pose		Lie on your back, bring your knees into your chest and your arms out to the side. Drop your knees to your left side. Look up to the ceiling, or for a more intense straight look away from your legs.	Hold for 1 minute on each side.
Savasana		Lie down on your back. Relax your arms and legs into whatever position feels natural. Take 2 minutes to relax after your practice. Take some deep slow breaths in and out through your nose. Close your eyes if you like.	Relax for 2 minutes.