



**WELCOME  
TO YOGA**

# WHY DO YOGA?

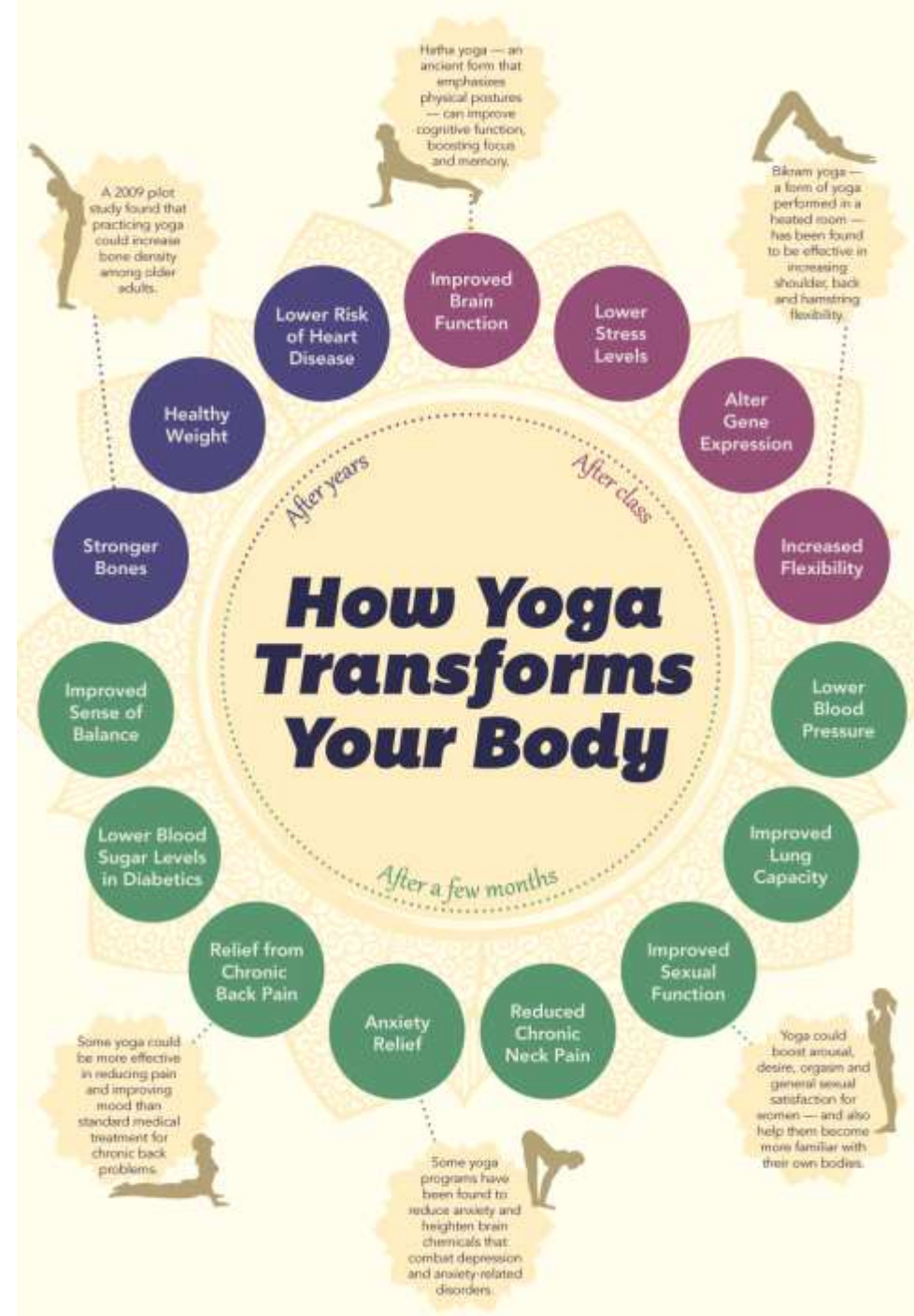
Recap!

Why do you think we are doing this?

What did you take from last weeks session?

Has anyone tried it at home?

What do you want to get out of this session?



- Sit cross legged in the lotus position
- Close your eyes
- Imagine you are in a relaxing place e.g. could be the beach
- Stay in this place for 3 minutes



- Slowly stand up
- Rolling your head and your shoulders and get into the tree position



- Now put one leg in front of you and stretch out into the warrior pose



- Now reach up into the sky pose.



- Now bring your arms together and sit into the chair pose



Now place your  
knees on the floor  
and arch your back  
into the cat pose





- Drop your back and look forward moving into the cow pose



- Now place your arms flat on the floor and move your weight onto your hands moving into the extended puppy pose



- Now fold down kneel and stretch one leg out straight and the opposite arm out in front of.



- Now sit back and cross one leg over the other lifting your arm over your leg into the greeting pose



- Now sit back and lift your legs leaning back into the stretch.



- Now relax your arms and touch the bottoms of your feet together moving into the sleeping frog pose





Now lay flat into the sleeping pose...  
We are now entering the relaxation phase focus on  
your breathing and sink into the floor.

- Now get into groups of 6-8 and create a sequence of 2-4 poses with transitions
- Half the hall perform their sequences to the other half of the hall share any comments you have about anyone sequences

