

Practice themes

Asana (postures)

- Centring and “warm-up”
- Surya Namaskar-Sun Salutations
- Tadasana- Mountain Pose
- Prasarita Tadasana- Wide leg mountain pose
- Parsvakonasana- Side angle pose
- Utkatasana- Chair Pose
- Virabhadrasana I - Warrior I
- Sivasana- Relaxation

