

Yoga Positions: Level 1



Staff Pose:

- Sit up straight being careful not to arch your back.
- Arms should be straight with palms flat on the floor and hands facing forwards.
- Legs should be stretched out forwards with feet flexed.
- Tense your quadriceps and rotate slightly inwards whilst pressing

Cat Pose:

- Start on your hands and knees.
- Exhale and round your spine towards the ceiling keeping your hands and knees in the same place.



High Lunge Pose:

- Standing in upright position, bend left leg and step back with right leg as far as you can, keeping the ball of your foot on the floor.
- Place fingers onto the floor either side of your left foot
- Head facing forwards.



Chair Pose:

- Stand in upright position with arms by your sides.
- Bend knees, whilst keeping them together, until you are almost in a seated position.
- Keeping arms straight raise them above your head and with palms facing each other but not touching.





Tree Pose:

- From a standing position shift your weight slightly onto your right foot and bend your left leg.
- Hold your left ankle and position your foot above your right knee with the sole of your foot against your standing leg.
- Raise both arms upwards keeping them straight and stretching the fingers.
- Look up at your hands.

High Lunge (Variation) Pose:

- Standing in an upright position, bend right leg and step back with left leg as far as you can, keeping the ball of your foot on the floor.
- Straighten back and lift arms straight upwards with palms facing inwards



Easy Pose:

- Cross your shins, widen knees and place each foot under the opposite knee
- Relax feet so outer edges rest comfortably on the floor
- Sit up straight and rest the back of your hands on your knees
- Your thumb should remain in contact with your

Forward-Facing Dog Pose:

- Start on your hands and knees
- Raise your knees until your legs are straight and your feet are flat on the floor
- Hands should be flat on the floor with straight arms.
- Keep your back and neck straight



Yoga Positions: Level 2



Side Plank Pose

- From a press up position shift your weight onto your right arm and leg.
- Rotate your body and place your left foot over your right..
- Reach upwards with your left hand

Eagle Pose:

- Stand on your right leg with your knee slightly bent.
- Lift left leg over right thigh and rest top of left foot on the back of your right leg.
- Arms straight in front of you, cross your right arm over your left and bend at the elbow.



Revolved Triangle Pose:

- Step forward with your left leg keeping your legs straight
- Raise arms so that they are parallel to the floor.
- Keep your arms straight and rotate torso. Lower right hand so that it is touching your left foot.
- Keep your left arm straight reaching upwards
- Turn your head to look at your left hand.

Side Angle Pose:

- From a standing position, step your right foot back and turn right foot outwards.
- Bend left leg and hold onto left ankle with left hand.
- Right arm should be in line with right leg.
- Turn head to look upwards.



Wide Legged Forward Pose:



- From a standing position, move your feet outwards until your feet are as far apart as is comfortable. Place your hands on your hips.
- Keeping your feet flat on the floor, slowly move your weight forwards placing your palms and head on the floor

Sun Pose:

- Sit with legs straight in front of you.
- Bend left leg and place foot on the floor, rotate straight leg inwards slightly.
- Exhale and rotate torso towards the left keeping hips facing forwards.
- Place right elbow on the outside on left knee and extend fingers.



Cobra Pose:

- Lie on your front stretching your legs out behind you
- Palms should be flat on the floor. Straighten arms to lift upper body. Look upwards.
- Make sure your legs are straight and your toes are pointed.

Head to Knee Pose:

- Sit with legs straight in front of you.
- Bend left leg and place sole of your left foot against right thigh.
- Bring your head down towards your knee.
- Keep your hands and forearms on the floor



Yoga Positions: Level 3



Side Crane Pose:

- Crouch down keeping your bent knees between your arms.
- Lean slightly forwards and rotate your torso to the right keeping your hands flat on the floor.
- Position your legs against your right arm and tense abdominals to hold your legs up.

Plough Pose:

- Lie flat on your back with legs straight and arms by your sides.
- Go into a shoulder stand position using your arms to support your back.
- Bring your legs over your head until your feet are on the floor.
- Place arms on the floor in their original position and straighten legs



Full Boat Pose:

- Sit on the floor with legs straight and hands pressed onto the floor.
- Lean weight back and raise legs off the floor keeping them straight.
- Tense abdominals and hands on side of shins keeping arms straight.

(If it is not possible to do this keep arms straight on the

Intense Side Stretch:

- Step forward with right leg. Turn left foot 45 degrees inwards and right foot 90 degrees outwards.
- Rotate torso to the left and lower torso until the forehead is resting against your right shin.
- Place hands flat on the floor with fingers pointing backwards.





Bow Pose:

- Lie on your stomach with legs straight. Bend your knees reach back with your arms until you are holding your ankles.
- Straighten your arms and look forward

Half Frog Pose

- Lie on your front stretching your legs out behind you
- Palms should be flat on the floor. Straighten arms to lift upper body. Look upwards.
- Bend your left leg and hold your left ankle with your left hand.
- Hold your left foot as close to your bum as you can.



Upwards Plank Pose:

- Sit on the floor with your legs out in front and arms straight by your sides with palms flat on the floor.
- Make sure your fingers are pointing towards your toes.
- Raise hips until your body is off the floor and tilt head backwards.

Wild Thing Pose:

- From a bridge position, straighten right leg and place toes on the floor keeping the weight on your left foot.
- Lift your left hand off the floor and straighten this arm.
- Keep your weight on your right arm and left foot.

