

To copy and hand out to your students.

# YOGA FOR BEGINNERS



1. Relaxation

2. Eye exercises

3. Neck rolls

4. Sun Salutation

5. Leg lifts



6. Shoulder Stand  
(2 minutes)

7. Plough  
(1 minute)

8. Bridge



9. Fish  
(1 minute)

10. Forward bends  
(1 minute)



11. Inclined Plane  
(30 seconds)

12. Cobra  
(2 x 30 seconds)

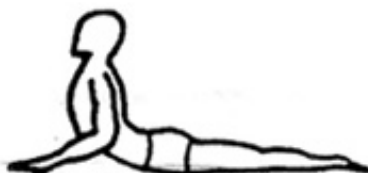
13. Locust

14. Bow  
(3 x 15 seconds)



15. Spinal twist  
(30 seconds each side)

16. Crow or Peacock

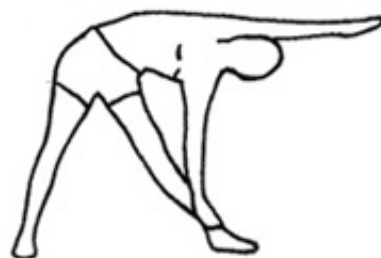


17. Standing head to knee  
(3 x 15 seconds)

18. Triangle  
(15 seconds each side)



19. Final relaxation  
(10 minutes or more)



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