15 minute Floor based Yoga Routine

This routine is intended for students who have attended ‘yogabeing’ classes and who are familiar with the poses.

If in any doubt about the suitability of any pose for you, please seek advice

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| Lay and relax for a few minutes, focusing on slowing down your breath(You may wish to bend your knees) | http://www.abc-of-yoga.com/images/content-images/article-80.gif |
| As you breathe in – extend arms back over head. As you breathe out, slowly bend one knee in and hold around the shin, then take nose up to kneeRepeat x 3 alternating legs | http://1.bp.blogspot.com/-H9fN60Q9Qkg/UbUH79YSZWI/AAAAAAAAUoE/Ed-a9-XD08g/s1600/Yoga_WindRelievingPose_01_300x350.jpg |
| Pelvic tilts – laying, knees bent, arms by sides. Draw tummy down and then allow back to curve slightly coming into a very gentle lumbar arch | http://bybyoga.com/blog/wp-content/uploads/2013/03/pelvic-tilt.jpg |
| Moving on to Bridge poseRepeat the tilts and allow spine to slowly lift off floor – vertebra by vertebra, and then placing gently down bit by bit.Hold up in bridge pose for 6 breathsKnees point straight upKeep toes on the floor | https://encrypted-tbn1.gstatic.com/images?q=tbn:ANd9GcS0BzXUPrcH_1JBT0oyCv5epwZtPejUy4OqhY2Fuwbd6CvMtWPe |
| Hug knees into chest and rock gently from side to side |  |
| Laying TwistKnees bent, feet flat on floor, hip width apartArms out at shoulder height, palms upAs breathe out, let knees tip gently to leftInhale to come upAs breathe out, let knees tip gently to rightThen hold knees down to each side for 4-5 breaths relaxing across shouldersStretch out arms above head, legs straight out | http://www.thefitindian.com/wp-content/uploads/2013/09/Supine-Spinal-Twist.jpg |
| Banana StretchArms above head or clasped behind headMove feet to right, then move upper body to right creating curved shape to body – hold for 5-6 breathsRepeat to leftStretch out arms above head, legs straight out | http://gofitgirl.com/wp-content/uploads/2012/11/banana-e1352584623799.jpg |
| Savasana – relaxation – for a few minutesEnjoy! | http://www.abc-of-yoga.com/images/content-images/article-80.gif |

 [www.yogabeing.co.uk](http://www.yogabeing.co.uk) 07917 453224