One Hour Ashtanga Improvers Class

Full deep, easy breathing as you move through this yoga practice
Keep your awareness tuned into the sensation of inhaling and exahling
Use either the video or audio from the website to get used to the movements
Eventually aim to do this sequence from memory, using this PDF as a guide
Try and repeat this one hour sequence at least four or five times a week
Remember the postures below are just directions of movement: be patient
Do whatever feels appropriate from day to day and enjoy being on your yoga mat

Surya Namaskara A (Sun Salutation A) repeat 5 times

Standing postures- 5 breaths each

Seated postures- 5 breaths each

Finishing Postures