Beginner’s Hatha Practice 1

Keep breathing! Smooth and even breaths as you move through this practice
Stay tuned in to the sensation of each inhalation and exhalation you take
Do whatever is appropriate for you- be sensitive of how you feel from day to day
It takes a little time to get the sun salutations to flow, so be patient
Try and remain in each of the postures below at least half a minute
Stay in Savasana, Makarasana (relaxations) and Dandasana longer if you have time
Enjoy being on your yoga mat every time you do this yoga practice

**Surya Namaskara**
**Sun Salutation**

1. Hands in prayer
   - (1) Exhale
2. Lift arms up
   - (2) Inhale
3. Fold Forwards
   - (3) Exhale
4. Step left leg back
   - (4) Inhale
5. Downward Facing Dog
   - (5) Exhale
6. Lower down and keep hips lifting
   - (6) Inhale
7. Cobra- lift chest
   - (7) Exhale
8. Downward Facing Dog
   - (8) Inhale
9. Step left leg forwards
   - (9) Exhale
10. Fold Forwards
    - (10) Inhale
11. Lift arms up
    - (11) Exhale
12. Hands in prayer
    - (12) Inhale

Repeat 4 times

Option to put some warmer clothes on and use a blanket to cover yourself
Stay here at least 5 minutes; let go and completely relax the body
Try and keep your mind quiet, to match the stillness of the physical form

**Supine Postures**

- Savasana
  - Completely relax
- Supta Hasta
  - Side twist posture
- Parivartanasana
  - Both sides- knees drift down to left first
- Uttanpadasana preparation
  - Each leg in turn, left first
- Uttanpadasana
  - Point the toes upwards
  - Both legs lift together

**Prone Postures**

- Shalabhasana preparation
  - Locust posture
  - Legs lift up in turn
  - Both legs lift together
  - Point the toes
- Lift the chest, let the head follow
  - Face relaxed- steady breathing
  - Shalabhasana
  - Full posture
  - Makarasana
  - Crocodile posture
  - Completely relax

**Seated Postures**

- Dandasana
  - Sitting posture
  - Option to bend knees
- Ardha Matsyendrasana
  - Half spinal twist posture
  - Both sides- turn left first
- Supta Kurmasana
  - Sleeping tortoise
  - Round the back
- Trikonasana
  - Triangle posture
  - Both sides
- Virabhadrasana II
  - Warrior II posture
  - Both sides
- Vrksasana
  - Tree posture
  - Both sides

**Standing Postures**

**Relaxation**

Option to put some warmer clothes on and use a blanket to cover yourself
Stay here at least 5 minutes; let go and completely relax the body
Try and keep your mind quiet, to match the stillness of the physical form