



POSITIVE

ENERGY LIFESTYLE

Your most important relationship is with yourself

Welcome to this four week introduction to yoga. In the following slide there are links to 28 yoga poses, gradually introducing more complex poses. Do one yoga pose every day, taking the time to follow Adrienne's instructions, breathing and being present during the time you do this yoga.

Please do report back to me with any questions you have with regards to the poses, any difficulties you have and any comments with regards to the order and difficulty of the poses.

This is a work in progress and I am grateful for your input!



Yoga - 4 week introduction

[Mountain](#)

[Forward Fold](#)

[TableTop](#)

[Extended Child](#)

[Down Dog](#)

[Hero](#)

[Chair](#)

[Tree](#)

[Lunge](#)

[Cat Cow](#)

[Plank](#)

[Chaturanga](#)

[Cobra](#)

[Goddess](#)

[Warrior 1](#)

[Warrior 2](#)

[Rabbit](#)

[Bridge](#)

[Pigeon](#)

[Staff](#)

[Butterfly](#)

[Camel](#)

[Warrior 3](#)

[Wide legged FF](#)

[Triangle](#)

[Reclined Twist](#)

[Side Plank](#)

[Garland](#)



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