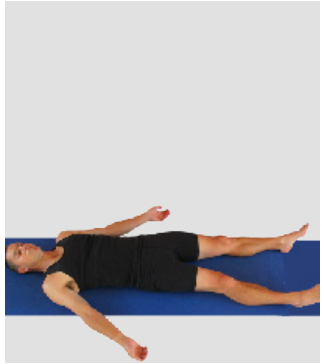
liveyogalife™

be who you are!

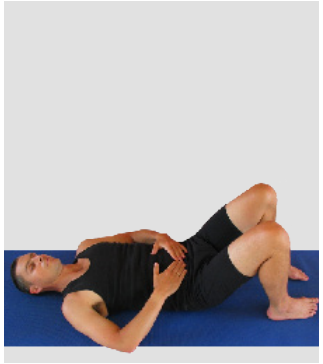
VINYASA HATHA: BEGINNERS CLASS 1

Teacher : Mark O'Brien
Intensity: Gentle – Active
55 minutes

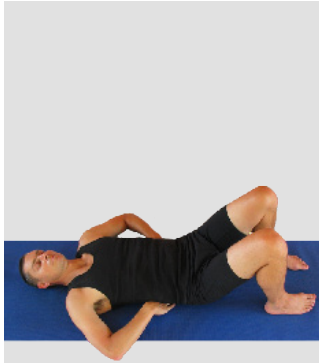
1. Lying Down ▶



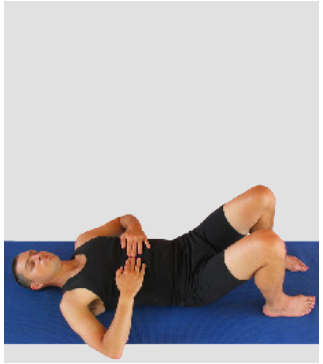
2. Breath Awareness - Lower Belly ▶



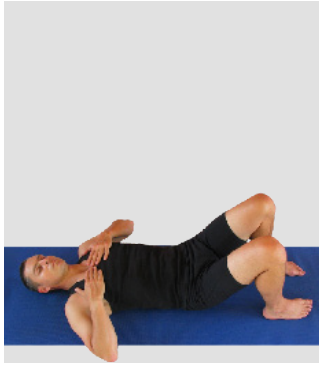
Breath Awareness - Lower Back ▶



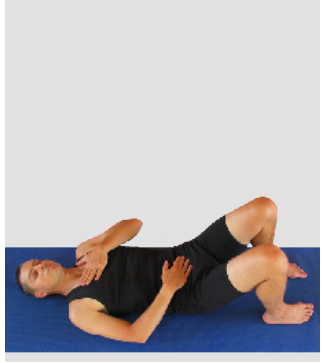
Breath Awareness - Ribs ▶



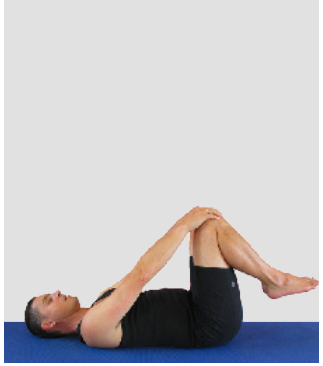
Breath Awareness - Chest ▶

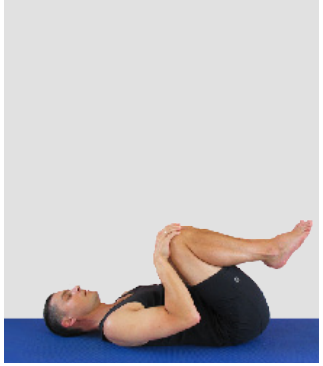


Ujjayi Breathing ▶

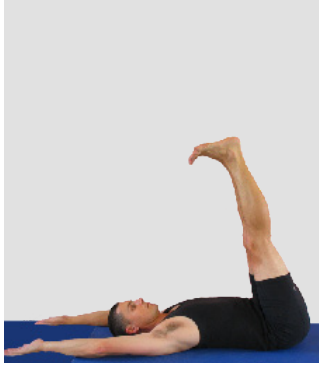


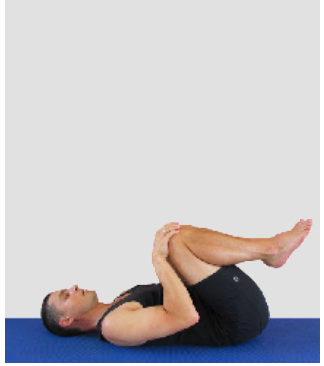
3. Pevic Rocking ▶



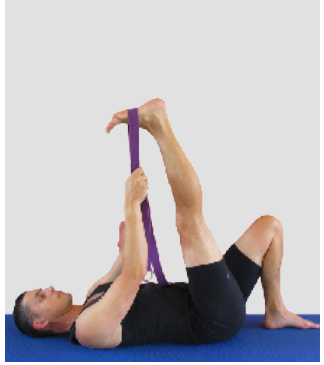


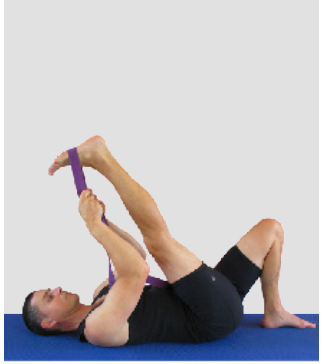
4. Legs & Arms Extension ▶

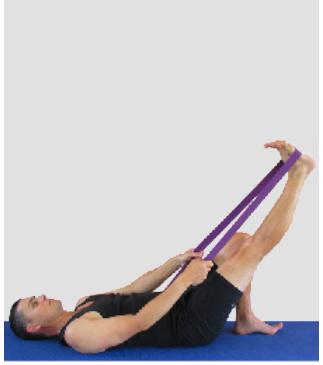




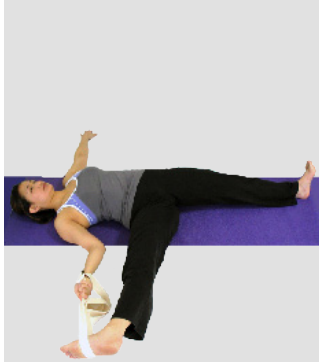
5. Supta Padangustasana - Variation 1 ▶



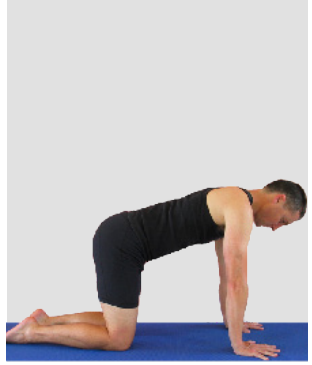




6. Supta Padangustasana- Variation 2 ▶



7. All-Fours (Neutral Spine) ▶

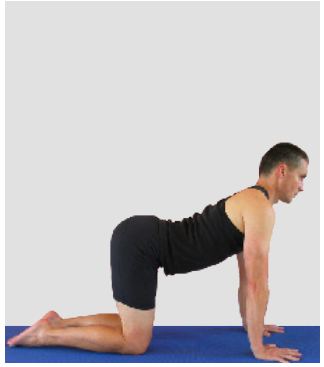


© Copyright 2009 Live Yoga Life Pty Ltd

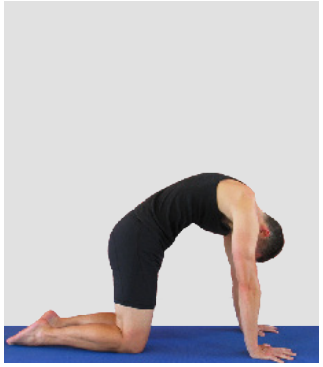
VINYASA HATHA: BEGINNERS CLASS 1

Teacher : Mark O'Brien
Intensity: Gentle – Active
55 minutes

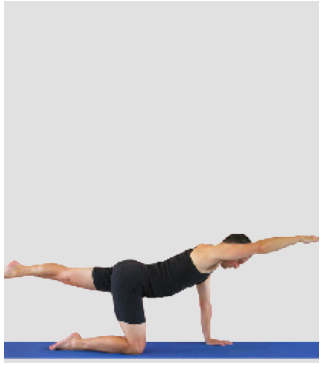
8. Cow Pose



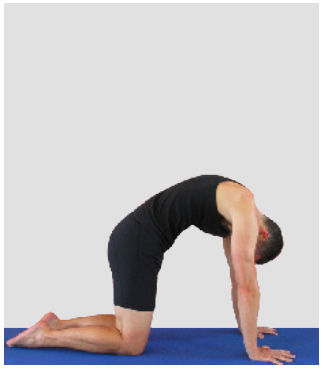
Cat Pose



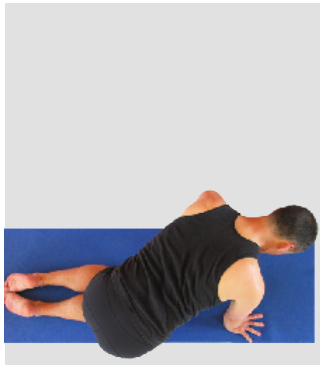
9. Opposite Arm-Leg Extension

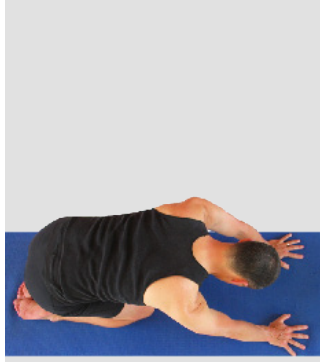


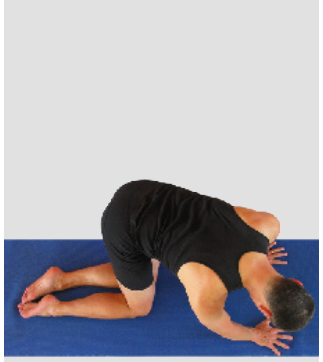
Cat Pose



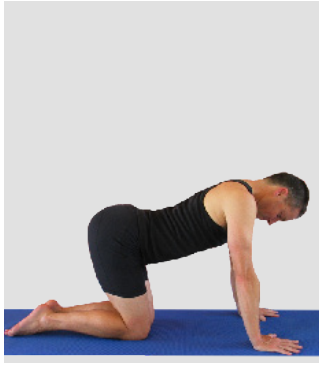
10. Hip-Circles

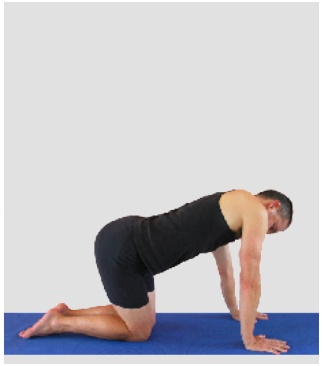


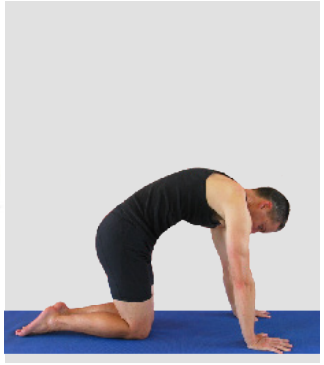




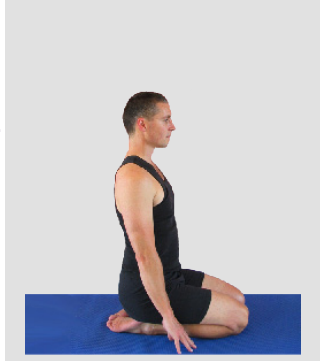
11. Hoola-Hoop

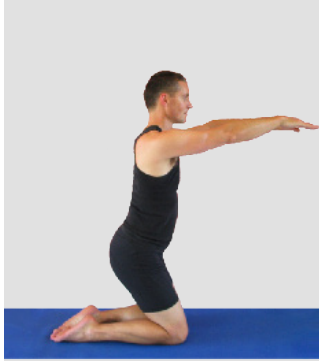


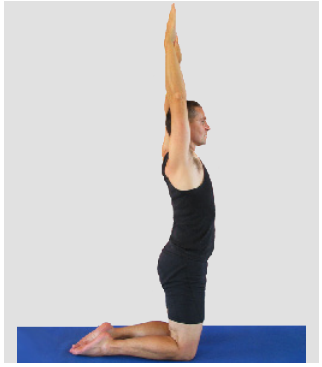




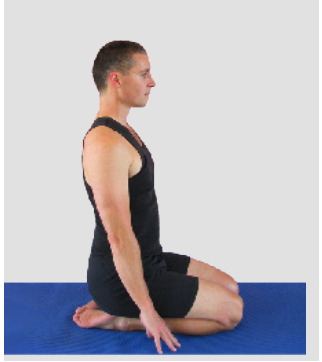
12. Breath-and-Shoulder Warm-Up



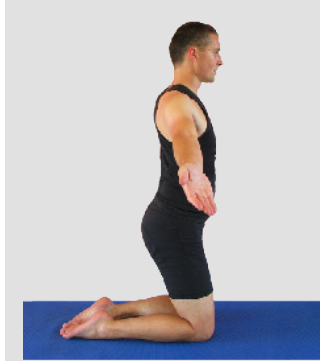




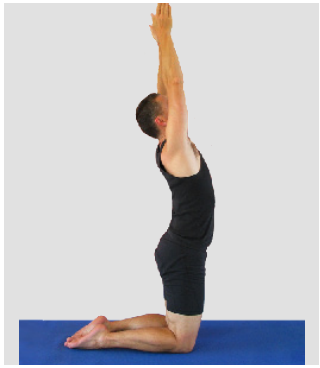
Repeat 5x



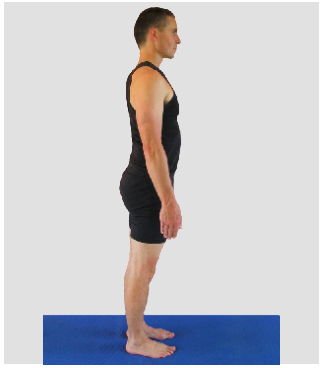
Variation 2

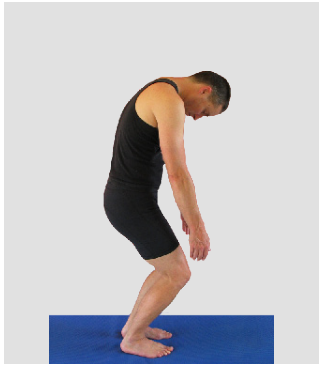


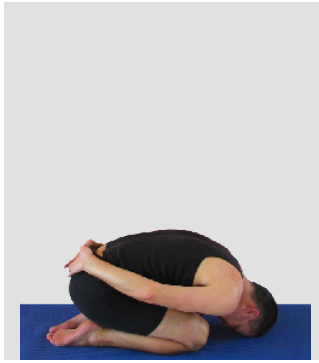
© Copyright 2009 Live Yoga Life Pty Ltd



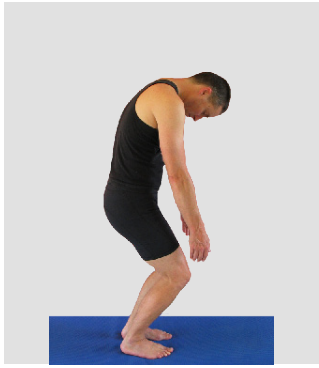
Back to Standing



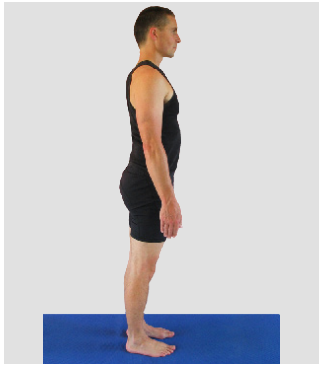


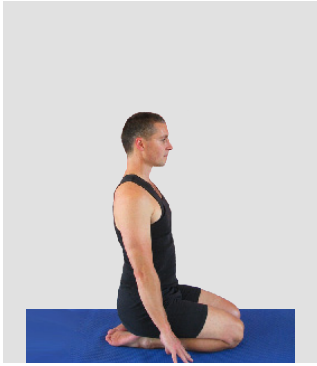


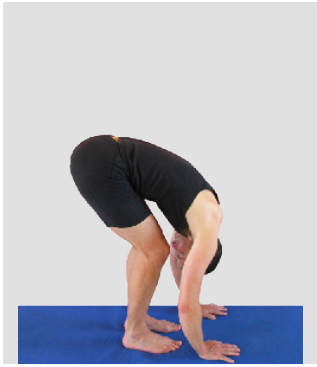
14. Spinal Roll-Down



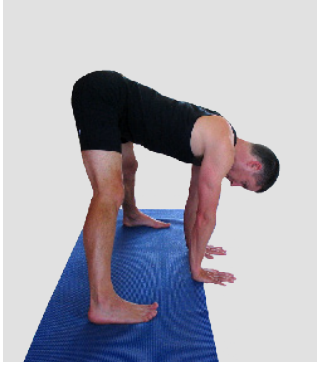
Back to Standing





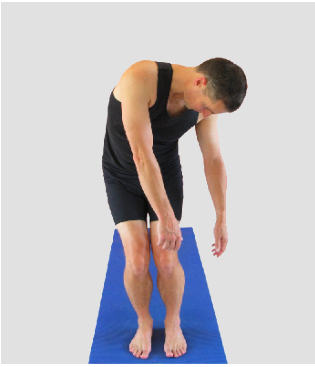


15. Wide Legged Forward Bend



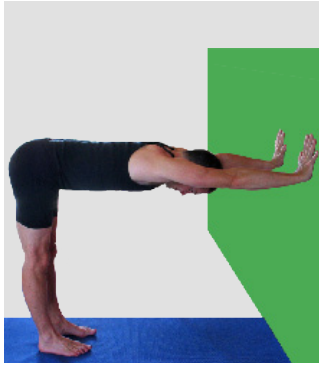
Come to Standing

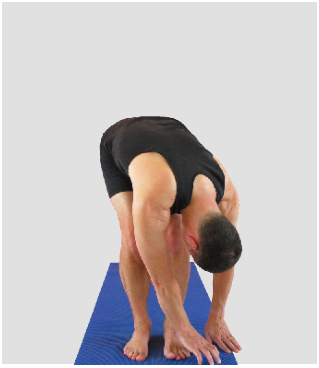
Variation 2 - Side Roll-Down



16. Wide Legged Forward Bend - Twist

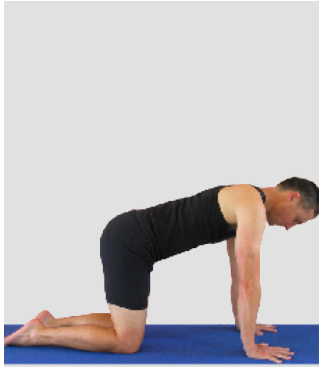
13. Half-Dog Pose



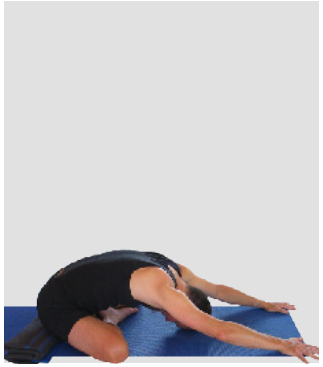


© Copyright 2009 Live Yoga Life Pty Ltd

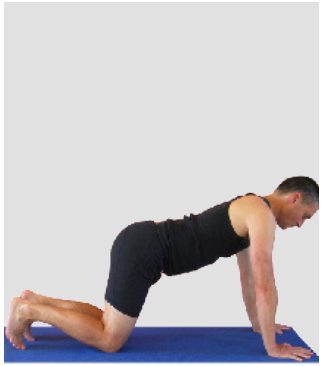
Back to All Fours



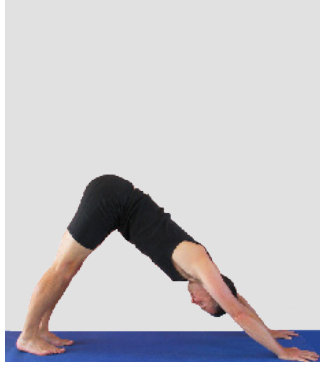
17. Prayer Pose



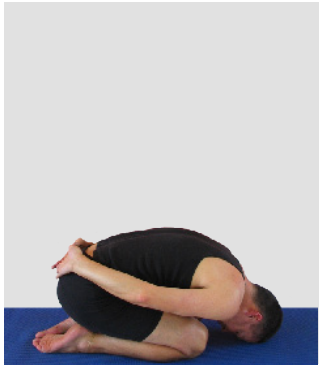
Tuck Your Toes Under



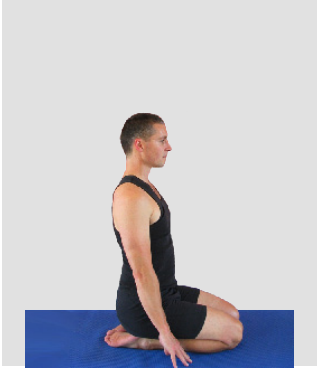
18. Downward-Facing Dog



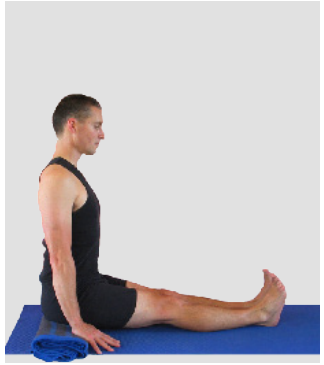
19. Child's Pose (Balasana)



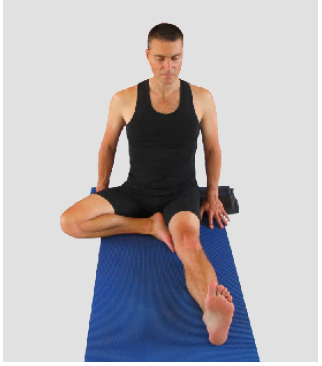
Back to Kneeling



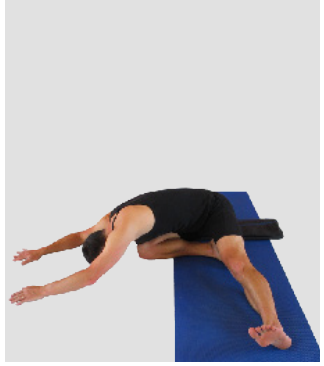
20. Sitting Upright (Dandasana)



21. Bent Knee Out to Side

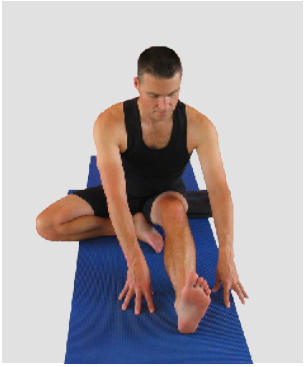


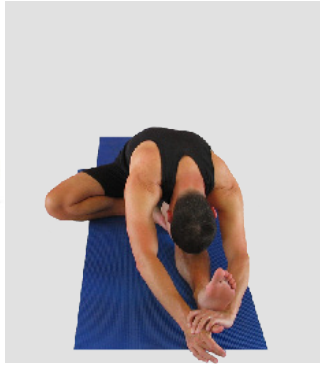
Fold Forward Over Bent Knee



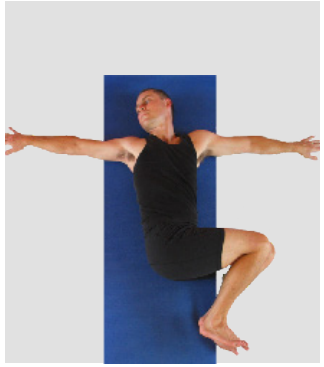
Diagonal Between Knee and Leg

Janu Sirsasana

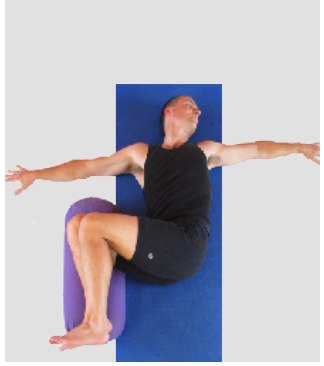




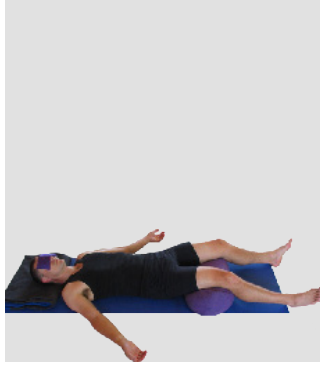
22. Lying Twist



Propped Variation



23. Savasana



© Copyright 2009 Live Yoga Life Pty Ltd

liveyogalife™

be who you are!

Teacher : Mark O'Brien
Intensity: Gentle – Active
55 minutes

Vinyasa Hatha Beginners Class 1: Routine Outline

Focus: Breathing, Fluid Movement, Oscillation
Introduction to Ujjayi Breathing

1. Lying Down
2. Breath Awareness
3. Pelvic Rocking
4. Legs & Arms Extension
5. Supta Padangustasana 1(vertical)
6. Supta Padangustasana 2 (to side)
7. Neutral Pose
8. Cat-Cow
9. Opposite Arm-Leg Extension
10. Hip-Circles
11. Hoola-Hoop
12. Breath-and-Shoulder Warm Up
13. Half-Dog Pose
14. Spinal Roll-Downs
15. Wide-Legged Forward Bend (Prasarita Padottanasana I)
16. Wide-Legged Forward Bend - Twist (Prasarita Padottanasana 2)
17. Prayer Pose
18. Downward-Facing Dog (Adho Mukha Svanasana)
19. Child's Pose (Balasana)
20. Sitting Upright (Dandasana)
21. One-Legged Forward Bend (Janu Sirsasana)
22. Lying Twist
23. Savasana - Guided Relaxation

Guidelines in Preparing for Practice

Be gentle with yourself. The practice of yoga is about exploring who you are, not causing pain. Yoga is a journey, not a destination.

We recommend that you listen to the **Yoga Home Practice Introductory Audio** for guidelines on preparing for your practice.

What You Need

For this practice you need

- a nice clean space
- a belt or strap
- and a yoga mat

We value your feedback

For queries or your reviews, please email us at **info@liveyogalife.com**, or write to us at

Live Yoga Life Pty Ltd
PO Box 458
Artarmon NSW 1570
SYDNEY AUSTRALIA

Check This Out

If you liked this routine...

- Get the rest of Mark O'Brien's upcoming Beginners Classes
- or you may also like Sarah Trestrail's gentle-flowing Beginners Classes with an introduction to chanting and basic yoga philosophy

Check these out in our Beginners Section!

Go to **www.liveyogalife.com**

Namaste!

© Copyright 2009 Live Yoga Life Pty Ltd