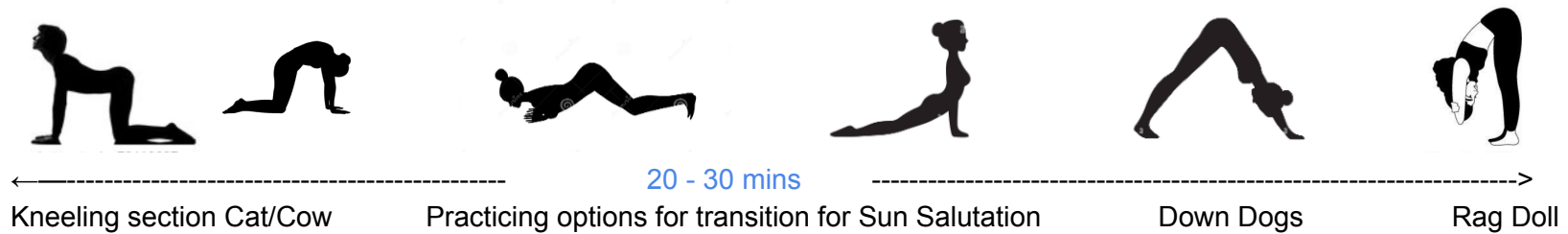
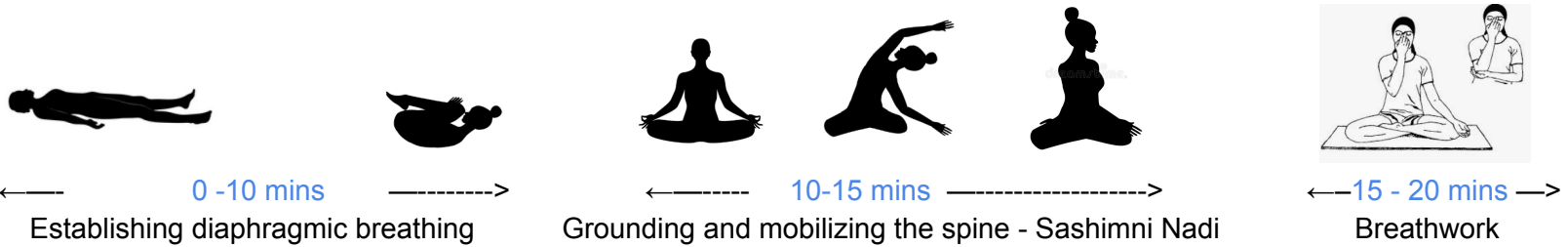


VISUAL GUIDE TO TEACHING YOUR BEGINNERS YOGA COURSE

www.lifeonpointe.co.uk



Dynamic Sequences and Balances [40 - 60 mins](#)



Sequence: W1 W2 Triangle W2 W1 Repeat both sides



Optional Sun Salutation B as a vinyasa base



Side Angle Pose



Forward Fold A



Optional Sun Salutation B as a vinyasa base

Balance Sequences



Tree Pose



Warrior 3



Eagle Pose



Dance Pose



Extended Hand To Toe Pose



Crow Pose

Seated Poses



Forward Fold



Side Bend



Seated Twists



Boat Pose



Shoulder stands



Bridge



Wheel



Counter

Inversions [60 - 75 mins](#)

Closing Sequences [75 - 90 mins](#)



Fish Pose



Yoga Nidra
www.lifeonpointe.co.uk



Meditation / Om / Seal Your Practice