

# RSL Active - Yoga in the park (05Mar24)

Andy Fermo

• 60 mins • beginner

In the concluding 60min session of our Yoga in the park series our theme is "Gratitude for the little things".

We focus on beginner level twists and consolidating our triangle pose (modified with props). Rounding off the session with an introductory "Mindfulness" meditation based on our theme.

## Arrival & Warmup



1. **Easy Pose Cactus Arms** •  
Sukhasana Cactus Arms



2. **Easy Pose Forward Bend** • Adho  
Mukha Sukhasana



3. **Easy Pose Cactus Arms** •  
Sukhasana Cactus Arms



4. **Revolved Easy Pose** • Parivrtta  
Sukhasana



5. **Easy Pose Cactus Arms** •  
Sukhasana Cactus Arms



6. **Revolved Easy Pose** • Parivrtta  
Sukhasana



7. **Cat Cow Pose** • Bitilasana  
Marjaryasana



8. **Standing Forward Fold Pose**  
**Knees Bent Toes Stretch** •  
Uttanasana Knees Bent Padanguli  
Stretch



9. **Child Pose Leg To Side** •  
Balasana Parsva Pada

# Main section



10. Gate Pose Prep • Parighasana Prep



11. Gate Pose Prep • Parighasana Prep

12.  
Gate pose with twist left and right



13. Mountain Pose • Tadasana



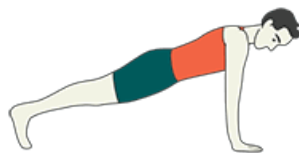
14. Standing Forward Fold Pose • Uttanasana



15. Upward Forward Fold Hands On Shins • Ardha Uttanasana Hands On Shins



16. Downward Facing Dog Pose • Adho Mukha Svanasana



17. Plank Pose • Phalakasana



18. Upward Facing Dog Pose • Urdhva Mukha Svanasana



19. Downward Facing Dog Pose •  
Adho Mukha Svanasana



20. Mountain Pose • Tadasana



21. Section Line



22. Mountain Pose • Tadasana



23. Chair Pose • Utkatasana



24. Revolved Chair Pose • Parivrtta  
Utkatasana

R.O.S.

25. R Repeat Other Side



26. Standing Wide Legged Pose  
Hands On Hips • Prasarita  
Tadasana Hands On Hips



27. Triangle Pose • Trikonasana



28. **Standing Wide Legged Pose**  
**Hands On Hips** • Prasarita  
Tadasana Hands On Hips



29. **Intense Leg Stretch Pose** •  
Prasarita Padottanasana



30. **Standing Wide Legged Pose**  
**Hands On Hips** • Prasarita  
Tadasana Hands On Hips



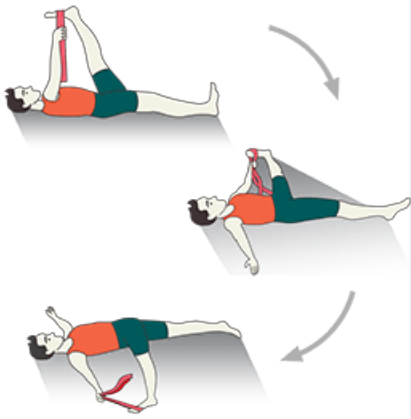
31. **Triangle Pose** • Trikonasana

**R.O.S.**

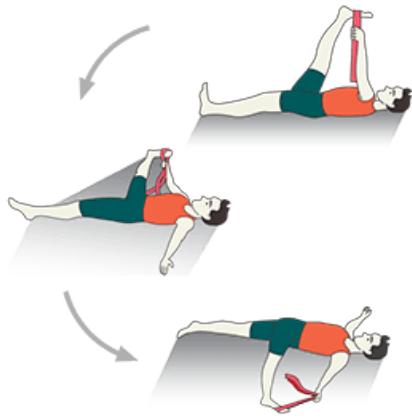
32. **R Repeat Other Side**

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**Cool down and finale**



33. **Revolved Reclined Big Toe Pose Strap Flow** • Privrtta Supta Padangusthasana Strap Vinyasa



34. **Revolved Reclined Big Toe Pose Strap Flow** • Privrtta Supta Padangusthasana Strap Vinyasa

# Meditation

35. **Meditation** • Dhyanam



36. **Corpse Pose** • Savasana



37. **Easy Pose** • Sukhasana