

# RSL Active - Yoga in the park (27Feb24)

Andy Fermo

• 60 mins • beginner

In this 60 minute hatha yoga beginner level session in partnership with RSL Active we build on what we've worked on in the previous sessions focusing breaking down the poses and inviting you to use modifications that work best for your body, range of movement and mobility for today.

## 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



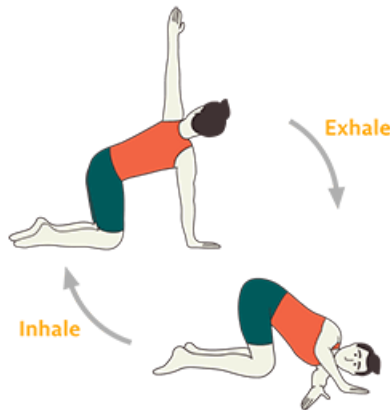
5. Easy Pose Cactus Arms •  
Sukhasana Cactus Arms



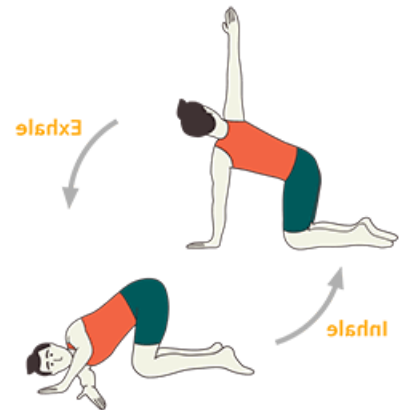
6. Revolved Easy Pose • Parivrtta  
Sukhasana



7. Cat Cow Pose • Bitilasana  
Marjaryasana



8. Thread The Needle Pose Flow •  
Urdhva Mukha Pasasana Flow



9. Thread The Needle Pose Flow •  
Urdhva Mukha Pasasana Flow



10. Child Pose Leg To Side •  
Balasana Parsva Pada



11. Child Pose Leg To Side •  
Balasana Parsva Pada



12. Plank Pose • Phalakasana



13. Plank Pose Knees Bent •  
Phalakasana Knees Bent



14. Child Pose Variation Toes •  
Balasana Variation Toes

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## Main section



15. Mountain Pose • Tadasana



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



17. Warrior Pose II •  
Virabhadrasana II



18. Reverse Warrior Pose •  
Viparita Virabhadrasana

R.O.S.

19. R Repeat Other Side



20. Mountain Pose • Tadasana



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



22. **Warrior Pose II** •  
Virabhadrasana II



23. **Triangle Pose** • Trikonasana

**R.O.S.**

24. **R Repeat Other Side**

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**Cool down and finale**



25. Half Camel Pose Variation  
Head Up • Ardha Ustrasana Head  
Up



26. Half Camel Pose Variation  
Head Up • Ardha Ustrasana Head  
Up



27. Head to Knee Pose • Janu  
Sirsasana



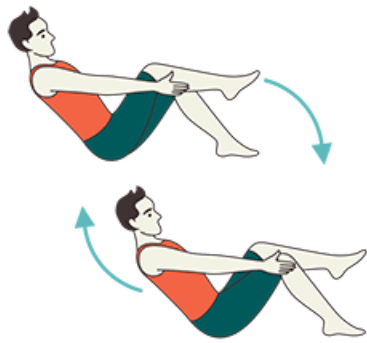
28. Head to Knee Pose • Janu  
Sirsasana



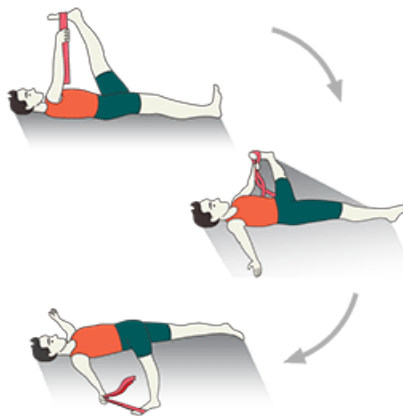
29. Seated Windshield Wiper  
Pose Chest Opener Variation



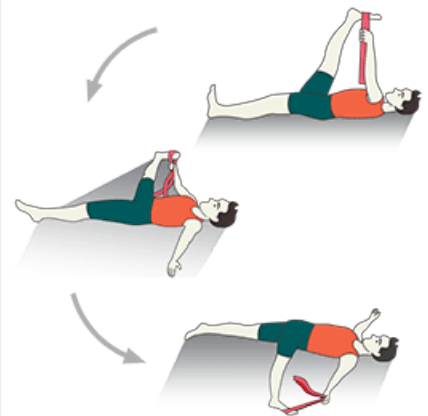
30. Seated Windshield Wiper  
Pose Chest Opener Variation



31. **Easy Boat Pose Variation Toe Taps** • Sahaja Navasana Variation  
Toe Taps



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



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



34. **Corpse Pose** • Savasana



35. **Easy Pose** • Sukhasana