



Guide to completing your PE lessons from home: Yoga

Before you start:

Change into appropriate sports clothing & trainers

Remove all jewellery & tie your hair back

Ensure the area you are working is safe and free from obstructions

Beginner Yoga

[Yoga for Beginners- 40 Minute Practice](#)

[Hatha Flow Yoga for Beginners- 30 Minute Practice](#)

[Morning Yoga for Beginners- 10 Minute Practice](#)

[Beginner Strength and Flexibility- 30 Minute Practice](#)

[Yoga for Beginners- 30 Minute Practice](#)

[Yoga: The Basics- 40 Minute Practice](#)

[Gentle Yoga: 25 Minute Practice](#)

[Foundations of Flow- 20 Minute Practice](#)

[Yoga Tips: Transitions- 10 Minute Practice](#)

[Self Love Yoga Class- 50 Minute Practice](#)

[Morning Yoga Routine- 15 Minute Practice](#)

[Full Body Yoga Stretch- 20 Minute Practice](#)

Advanced Yoga

[Advanced Vinyasa Yoga Flow- 20 Minute Practice](#)

[Yoga for Strength: Vinyasa- 40 Minute Practice](#)

[Power Yoga Workout- 40 Minute Practice](#)

[Full Body Yoga Flow- 20 Minute Practice](#)

[Full Body Flow- 20 Minute Practice](#)

[Advanced Full Body Yoga Flow- 20 Minute Practice](#)

[Full Body Power Yoga- 30 Minute Practice](#)

[Total Body Yoga Workout- 30 Minute Practice](#)

[Core and Glutes Yoga- 30 Minute Practice](#)

[Vinyasa Flow for Flexibility- 60 Minute Practice](#)

[Total Body Yoga Deep Stretch- 45 Minute Practice](#)

[Yoga for Abdominal Wall- 14 Minute Practice](#)

[Full Body Flexibility and Stretch- 20 Minute Practice](#)

