

YOGA WORKBOOK



RISE 2024



# Important note

I have created some inspiration for you to practise during this program. However: always keep the possibility's of your body in mind. Most poses are safe and for all levels. And can be done as a beginner or more advanced. But if you never have done Yoga before, please be gentle with yourself and follow some yoga classes at a professional studio or teacher. The most important rule to follow is: **STOP** when it feels unsafe or when you have pain. Especially when you do it alone at home.

*Any physical or mental issues are for your own responsibility. And please contact a professional if you have pain or injuries.*

WARRIOR POSE



TREE POSE



CHILD POSE

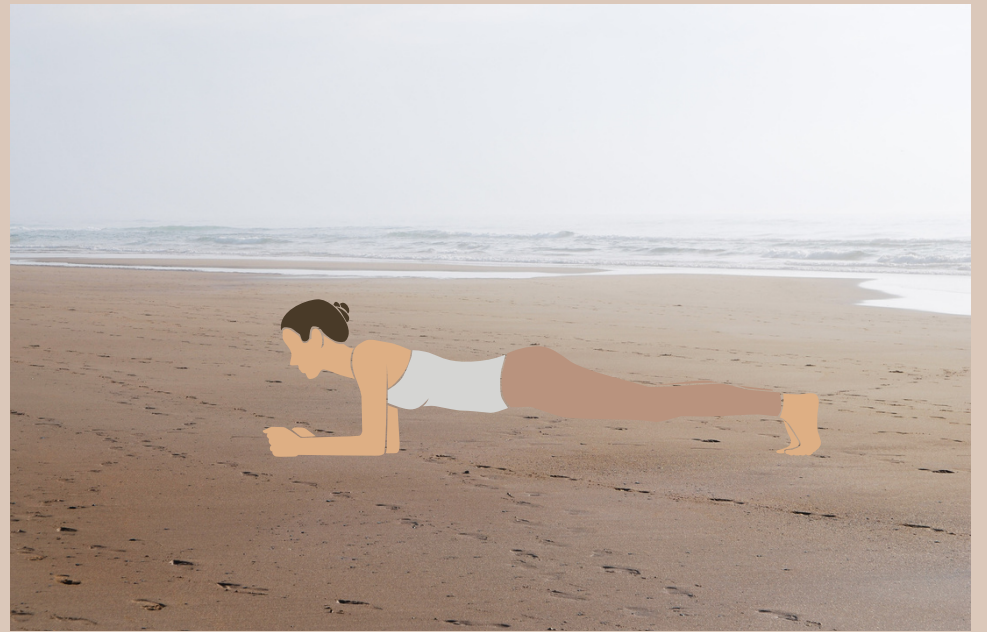


FLOW



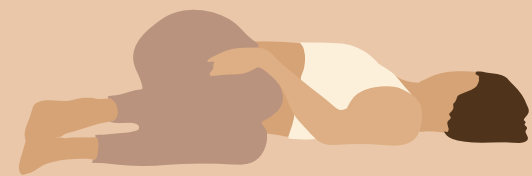
Sun Salutation

P L A N K P O S E



B O A T P O S E

L Y I N G T W I S T P O S E



P I G E O N P O S E



C O B R A P O S E

M E D I T A T I O N P O S E



FISH POSE



CAMEL POSE



HALASANA POSE

F O R E W A R D   B E N D   P O S E



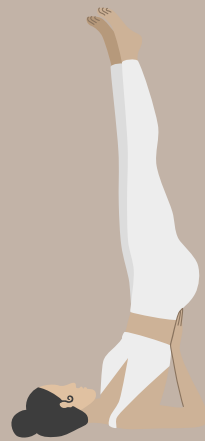
W H E E L   P O S E

D O W N W A R D   F A C I N G   D O G





HALF LOTUS POSE



SHOULDERSTAND

DANCER POSE



## YOGA 4 YOU



DO YOU NEED MORE SUPPORT IN YOUR YOGA  
PRACTISE? PLEASE CHECK:  
[WWW.DAILYINNERJOURNEY.COM/YOGA4YOU](http://WWW.DAILYINNERJOURNEY.COM/YOGA4YOU)