

Begin standing, distributing your weight evenly over both feet. Establish a slow, steady rhythm for your breath.

Exhale, lowering your arms to your side to finish in mountain pose.

Next, inhale & stretch your arms up, lifting the rib-cage away from hips.

Exhale and hinge at the hips into a forward fold. Your hands should rest either side of the feet or on the legs. Bend the knees to modify.

Inhale & stretch your arms up, lifting the rib-cage away from hips.

A Sun Salutation is a series of postures performed with smooth, flowing transitions. Each movement is coordinated with the breath.

Breath initiates the action and movement follows, encouraging strength building and increasing flexibility. Different yoga styles perform their own variations.

The Hope Pilates Freestyle Fitness Yoga (FFY) classes range from Candlelit to Dynamic, bringing exciting variations with each workout. However, the flow presented here covers the core steps for everyday use.

Exhale and go deeper into a forward fold. Your hands should be flat on the floor or on your legs.

Inhale & look up, straightening your back and placing your hands on your shins.

Exhale and step or jump back to plank, then lower to the ground. Keep your elbows in close to your ribcage.

Inhale, look up and step or jump forward to a half way lift. Your hand should rest on your shins.

Inhale into a back extension. Push through the hands, move the shoulders back & down, away from the ears, eyes gaze forward. Only lift as high as you are comfortable & safe.

Exhale, lift the hips and push up into downward facing dog, forming an upside down V shape. Work towards getting your heels flat on the mat. Adjust the hands to reposition and press the chest towards the knees.

On days when you think you have no time for Yoga, try and do at least a few rounds and you will feel the difference.

Hope Pilates FFY offers specific modifications for each position for students with injuries or limitations. If this describes you, don't hesitate to contact us on 020 8678 8577 to arrange your FREE consultation.