

Yoga for a Summer Physique

Submitted by [anh cms admin](#) on Fri, 12/10/2010 - 17:02 Energise body, mind and spirit with this dynamic standing yoga sequence Do all the postures on the right side first (ie: right foot facing forward), staying in each posture for about five breaths and moving from posture to posture with the in and out breath. Then do the left side. Always breathe through the nose and only



How to practice: Do all the postures on the right side first (ie: right foot facing forward), staying in each posture for about five breaths and moving from posture to posture with the in and out breath. Then do the left side. Always breathe through the nose and only do what feels right for you.

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