














# Yoga in 30

Yoga with Ingela

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<p>Easy Pose (Sukhasana)</p> <p>Centering</p> <p>Followed by Sufi Circles</p> <p>Come to Standing</p>	  
<p>Sun Salutation A (Surya Namaskara)</p>  <p>Repeat Five Times</p>	
<p>Flow 1 on Right Side</p> <ol style="list-style-type: none"> <li>1. Warrior I &amp; Reverse</li> <li>2. Warrior II &amp; Reverse</li> <li>3. Extended Angle &amp; Reverse</li> <li>4. Triangle &amp; Reverse</li> </ol> <p>5. Triangle to Triangle B</p> <p>6. Half Moon &amp; step back to:</p> <p>7. Triangle</p> <p>Repeat on Left</p>	

<p>Wide-legged Forward Bend (Prasarita Paddottanasana) To Temple Pose To Goddess Pose</p>	
<p>Seated: Bound Angle (Baddha Konasana) Forward Fold 1 or 2 (Paschimottasana) One Legged Fold (Janu Sirsasana) Right &amp; Left Reverse Plank 1 or 2 (Purvottasana)</p>	
<p>Gate Pose (R &amp; L)</p>	
<p>Twists (R &amp;L) Half Lord of the Fishes (Ardha Matsyendrasana) Half Marichiasana Marichiasana A &amp; B</p>	
<p>Savasana</p>	

"Yoga is the  
journey of the self,  
through the self,  
to the self."  
-THE BHAGAVAD GITA