

YOGA FOR LIFE

DOUBLE DVD WITH SEQUENCES FOR LESSON PLANNING AND HOME PRACTICE

with
Chrissie Clarke Fordham



These DVD's are designed for home practice and for teacher lesson planning. It includes some of my favourite sequences to improve strength, flexibility and all round good health throughout life.

"I believe that yoga should be shared and this is my small contribution. Before practising the sequences – watch the whole DVD and leave out anything that might be unsuitable for you. Choose your favourites and modify where necessary!"

YOGA FOR LIFE – DVD 1 95 minutes

LYING STRETCHES – With hip mobility and anti-gastric exercises
SUKHASANA SEQUENCE – Crossed leg stretches in easy pose
MANDUKI (FROG) SEQUENCE – Including sitting balances and MERUDANDASANA
STANDING SPLIT LEG STRETCHING SEQUENCE – Including PADOTTANASANA
TRIKONASANA SEQUENCE – Triangle poses, standing side bends and rotations
RELAXATION – With singing bowls

YOGA FOR LIFE – DVD 2 105 minutes

SITTING LIMBERING LEG STRETCHES – Preparation for yoga sessions
CHANDRA (MOON) SEQUENCE – Kneel, Stretch, Cat, Dog, Cobra and more
VAJRASANA SEQUENCE – In kneeling position for back and arm strength
WARRIOR SEQUENCE – Standing with legs apart – for strength and grounding
DIVER SEQUENCE – Warm-ups; balance, bending, twisting, squats & stretches
ENERGY BLOCK RELEASE EXERCISES – Rowing, churning; preps for inverted postures
PASCHIMOTTANASANA (Sitting forward bend)
SHOULDER STAND (SARVANGASANA) PLOUGH (HALASANA) – Inverted postures
YOGA NIDRA – Relaxation

Chrissie has been practicing yoga for 50 years and teaching for 46 years, including presenting yoga training days and seminars all over the country in the field of chakra integration awareness, bandhas and mudras and related health benefits, posture sequencing and meditation. She obtained diplomas in British Wheel of Yoga and Satyananda (Bihar yoga) disciplines. Chrissie also trained in yoga therapy with the Yoga Biomedical Trust, specialising in asthma and back problems. She has produced **four practice manuals** with numerous photographs of postures in sequence for lesson planning and personal practice. Detailed instructions are given with each sequence including health benefits.

“ With profound knowledge of anatomy underpinning every posture, Chrissie continually suggests modifications to suit every level and ability.”

Carol Friend BA PGCE, Yoga Practitioner

£20 (Free postage)

ORDER TODAY BY EMAILING
chrissieclarke@ccfyoga.co.uk

For more information visit: www.ccfyoga.co.uk

