



I'm not robot



I am not robot!

The warm-up is followed by a series of blocks that leads the practitioner through a balanced sequence of yoga poses. Triangle pose – Inhale to straighten your front leg and reach your left arm directly up, creating one straight line with both arms. Usually, a warm-up will last about minutes and it will include sun salutations. Exhale swing right leg to top of mat, left sole of foot to inner right thigh. Each small three pose sequence is a block, and you can put many blocks together to create a segment of the practice. *In vinyasa yoga, it is standard to “take a vinyasa” between sides or sequences. As this month is ending, hopefully you have had a chance to check out the Free Yoga Sequence & Free Audio Yoga Class to match, if not, check out the PDF and the Audio Class below! classical vinyasa krama (sequence) Stand in samasthiti. While inhaling, raise straight arms from the front to come in line with the ears, palms facing front. Free Monthly Yoga Sequences here •All vinyasa flows follow an arc: grounding, warming, heating, progressively cooling poses, and savasana •Following this arc and sequence ensures that your body is prepared for the next series of poses and remains uninjured. Constructive Rest Pose Optional props minutes Hamstring Presses Alternate bending knee into belly, and lengthening leg up x Chair pose/ or These printable sequences explore styles from hatha and vinyasa flow to gentle yin. Inhale to lift. Then see if you can do the entire sequence backward! Just click on the title text below each image to view the full Vinyasa yoga sequences coordinate movement with breath to flow from one pose to the next. Here, you'll find Vinyasa practices to deepen your yoga routine Slow Flow Sequence. Vinyasa * – See below. •Vinyasa specifically is about linking breath with movement, so please note that (I)=inhale and (E)=exhale This particular vinyasa sequence links the flowing surya namaskar movements with standing poses and backbends. Just click on the title text below each image to view the full instructions and feel free to download the instructions to assist your practice when you can't get to class. These sequences contain a set of poses that mirror the above. Below are sequences—in grid form, and also with full instructions, as well as the gentle warm up sequence. Enjoy this invigorating flow that takes Ayurveda into Yoga Asana practice, it is all about managing your energy flow! Build a full yoga class or just explore your creativity by trying out different creative yoga Flip It and Reverse It in a Nutshell: After your warm-up, flow through a vinyasa sequence on both sides (right and left). The document outlines a minute power vinyasa yoga flow consisting of a series of poses including sun salutations, lunges, backbends, and inversions. Inhale reach the left leg high— Three Legged Dog (Eka Pada Adho Mukha Svanasana) Exhale left knee to back of left wrist, ‘Half Pigeon’ (Eka Pada Raja Ka-potasana) breaths. Your chest and hips should be open to the sides. Weekly Intermediate Class is ready to stream now on Below are sequences—in grid form, and also with full instructions, as well as the gentle warm up sequence. Make sure to practice several hours before bedtime! While exhaling, bend Vinyasa sequencing was born out of the sequences in Ashtanga Vinyasa Yoga created by Pattabhi Jois. The flow begins Seated and Hip Opener Sequence – left side. It is both energising and strengthening, and will help to cut through the stiffness that many people encounter with a more static approach to these poses. NAMASTE!