



Yoga Flow Sequence

See my [video](#) to
practice along with me.

1. Standing: Mountain / Tadasana - connect with breath & (Power Poses)
 2. Arm Circles & Breathing
 3. Arms Behind Back Hands Link, Inhale and Exhale
 4. Arms Stretch in front with Fingers Interlaced and open to fingers Down
 5. Eagle Arms and Legs
 6. Rock on feet, to tip toes to heels
 7. Tree & Variations - hips, arms out, cactus, prayer, branches & mtn
 8. Knee to chest and Straight out
 9. Squats/ Chairs/ Utkatasana
 10. Warrior 1-2-3 - Flow Arms
 11. Wide Leg Forward Fold & Twist
 12. Triangle for twist and power
 13. Runners Lunge / Anjaneasna
 14. Down Dog /Up Dog
 15. Plank & Side Plank- Scale breath
 16. Sit ups - Scale breath, articulate
 17. Knees to Chest - one @a time & both
 18. Boat/V pose Asana - Scale breath
 19. Leg lifts - phrase or scale breaths
 20. Stand up - Cross legs & walk hands forward and to right and left and sway over head to sides
 21. Rest/ Savasana/ Alexander Rest
- You, yourself, as much as anybody in the entire universe, deserve your love and affection. ~ Buddha*
- Now** is a good time to start a practice of self care.
- How are you taking care of your?
- Body** (eating, sleeping, exercising)
- Mind** (clear, calm, confident)
- Spirit** (uplifted, inspired, brave)