

June Flow

MINUTES

3

POSES

17

Sequence Information

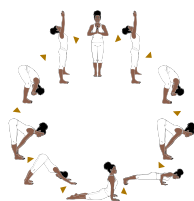
We hope you enjoy this sequence! This yoga sequence was built using Yoga Therapy Libray's Sequence Builder tool. If you would like to view it in playback form please scan the qr code below or go to the link located in the top right corner of this page.

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SCAN QR CODE TO
VIEW ONLINE

1

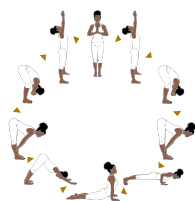


Vinyasa Flow - Ten Pose

Vinyāsa
1 breath

- Start in mountain pose, feet hip-width apart - Inhale, raise arms overhead - Exhale, forward fold, bend at hip crease - Inhale, lift halfway, straight back, straight arms - Exhale, jump back to chaturanga, lower down carefully with chest open - Inhale, upward facing dog, lift chest, chin up - Exhale, downward facing dog, lift hips, pull hips back - Hold for 3 breaths, even inhale/exhale - Inhale, jump feet forward, halfway lift - Exhale, forward fold, inhale, rise, arms overhead - Exhale, hands to heart center, anjali mudra

2

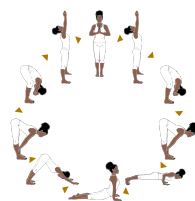


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3



Vinyasa Flow - Ten Pose

Vinyāsa
1 breath

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4



Wide-Angle Forward Fold - Standing, Elbows Clasped

Prasārita Pādottānāsana
1 breath

- Start in mountain pose, facing long side of mat, step feet wide apart - Outer edges of feet parallel with mat - Hands on hips, engage core, reach up with crown of head to lengthen spine - Inhale, with straight spine, bend at hip crease, fold forward - Weight balanced on feet; exhale, clasp elbows with opposite hands - Allow head and arms to hang, gravity deepens fold - Nod your head "yes", shake your head "no", relax neck completely

5



Wide-Angle Forward Fold - Standing, Rotated

Parivṛtta Prasārita
Pādottānāsana
1 breath

- Start in mountain pose, facing long side of mat, step feet wide apart - Outer edges of feet parallel with mat - Hands on hips, engage core, reach up with crown of head to lengthen spine - Inhale, with straight spine, bend at hip crease, fold forward - Weight balanced on feet; exhale, bring your hands to the floor and walk out to keep straight spine - Allow head to hang, gravity deepens fold - Nod your head "yes", shake your head "no", relax neck completely - Move one hand into center, rotate trunk to sweep other arm up and out to the side

6



Wide-Angle Forward Fold - Standing, Rotated

Parivṛtta Prasārita
Pādottānāsana
1 breath

- Start in mountain pose, facing long side of mat, step feet wide apart - Outer edges of feet parallel with mat - Hands on hips, engage core, reach up with crown of head to lengthen spine - Inhale, with straight spine, bend at hip crease, fold forward - Weight balanced on feet; exhale, bring your hands to the floor and walk out to keep straight spine - Allow head to hang, gravity deepens fold - Nod your head "yes", shake your head "no", relax neck completely - Move one hand into center, rotate trunk to sweep other arm up and out to the side

7



Wide-Angle Forward Fold - Standing, Elbows Clasped

Prasārita Pādottānāsana

1 breath

- Start in mountain pose, facing long side of mat, step feet wide apart - Outer edges of feet parallel with mat - Hands on hips, engage core, reach up with crown of head to lengthen spine - Inhale, with straight spine, bend at hip crease, fold forward - Weight balanced on feet; exhale, clasp elbows with opposite hands - Allow head and arms to hang, gravity deepens fold - Nod your head "yes", shake your head "no", relax neck completely

8



Yoga Mudra Pose - Standing

Yoga Mudrāsana

1 breath

- Start in mountain pose, feet hip-width apart - Clasp hands behind back, palms together - Inhale, lift chest, extend arms - Exhale, bend at hip crease, fold forward - Maintain straightened legs but retain micro-bend, or bend knees to comfort - Weight balanced on feet; allow clasped hands to lift away from back

9



Table Pose Bhārmanāsana

1 breath

- Hands placed on the floor shoulder width apart or wider depending on carrying angles - Knees on floor hip width apart, knees under hips

10



Cat-Cow Dynamic Pose

Biḍālāgopāsana

1 breath

- Start on hands and knees with a neutral spine - Spread fingers wide and knees under hips, - Exhale and simultaneously: Lift back ribs toward ceiling Draw tailbone down Bring chin to chest for arched back (Cat pose) - Inhale and simultaneously: Lift tailbone and sit bones up Lift chest and gently look up Repeat at your breath's pace

11



Cobra Pose - Flying

Uḍḍīyana Bhujāṅgāsana

1 breath

- Start lying on your abdomen with hands under shoulders - Inhale, lift head, shoulders, and hands off the ground - Keep chin in, arms extended back - Palms face down for external shoulder rotation

12



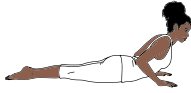
Cow Pose

Gopṛsthāsana

1 breath

- Start on hands and knees with a neutral spine. - On your inhalation, lift your tailbone up toward the ceiling as you simultaneously lift your chin and chest. - Gently contract the muscles in your arched back. - Release on your exhalation, into a neutral spine or go into Cat pose.

13



Cobra Pose
Bhujangāsana
1 breath

- Lie face down on the floor - Place your hands under your shoulders, hugging elbows close to rib cage - Inhale, draw navel in and up, contract back muscles - Lift head and shoulders off the ground - Keep chin drawn in to lengthen the back of your neck

14



Cow Pose
Gopṛsthāsana
1 breath

- Start on hands and knees with a neutral spine. - On your inhalation, lift your tailbone up toward the ceiling as you simultaneously lift your chin and chest. - Gently contract the muscles in your arched back. - Release on your exhalation, into a neutral spine or go into Cat pose.

15



Figure Four - Supine Pose
1a
Salamba Supta Kapotāsana
1 breath

- Lie on floor, hands resting on solar plexus, knees up, soles of feet on the floor - Cross right ankle over left thigh, draw right toes up toward shins

16



Figure Four - Supine Pose
1a
Salamba Supta Kapotāsana
1 breath

- Lie on floor, hands resting on solar plexus, knees up, soles of feet on the floor - Cross right ankle over left thigh, draw right toes up toward shins

17



Final Relaxation Pose
Śavāsana
1 breath

- Lie on the floor, on your back, legs outstretched at a comfortable width. - The backs of your arms resting on the floor, 6-8 inches away from your body. - Lengthen your exhalation as you try to remain still to rest your body completely.