



The Sequence



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1. Opening: meditation, breathwork (pranayama), chanting (mantra) and intention (sankalpa)

2. Warm Up:

- Reclining Bound Angle (Suptha Baddha Konasana)
- OR Happy Baby (Ananda Balasana)
- Hug knees into chest and rock from side to side
- Lift legs, slide hands to backs of knees and rock up and down mat
- Come to the top of the mat, cross ankles, lift hips
- Step back into Downward Facing Dog (Adho Mukha Svanasana) 5 breaths
- Step feet up to space between hands
- Rag doll 5 breaths
- Round spine up to standing into Mountain Pose (Tadasana)

3. Sun Salutation ONE:

- Inhale sweep the arms high
- Exhale Forward Fold (Uttanasana)
- Inhale halfway forward bend (Ardha Uttansana)
- Exhale plant your hands, step your right leg back into low lunge
- Inhale sweep your left arm high
- Exhale left hand to the mat
- Inhale sweep your right arm high
- Exhale right hand to the mat
- Inhale step the left leg back to the right leg, High Plank (Uttihita Chaturange Dandasana)
- Exhale lower knees, chest and chin (Ashtanga Namaskar)
- Inhale Cobra (Bhujangasana) chest and head lift
- Exhale hips to the heels, Child's Pose (Balasana) for 3 breaths
- Inhale press forward into Table Top (Bharmanasana)
- Exhale Downward Facing Dog (Adho Mukha Svanasana) 5 breaths



4. Sun Salutation TWO:

- Bend the knees, look forward: step, float, hop feet between hands
- Inhale Halfway Forward Bend (Ardha Uttanasana)
- Exhale Forward Fold (Uttanasana)
- Inhale sweep all the way up
- Exhale Forward Fold (Uttanasana)
- Inhale Halfway Forward Bend (Ardha Uttanasana)
- Exhale plant hands, step left leg back low lunge
- Inhale right arm high
- Exhale right hand to the mat
- Inhale left arm high
- Exhale left hand to the mat
- Inhale step right foot back to left, High Plank (Uttihita Chaturange Dandasana)
- Exhale lower knees, chest and chin (Ashtanga Namaskar)
- Inhale through to Cobra (Bhujangasana), chest and head lift
- Exhale Child's Pose (Balasana) for one breath
- Inhale come to Table Top (Bharmanasana)
- Exhale back to Downward Facing Dog (Adho Mukha Svanasana) 3 breaths

5. Sun Salutation THREE, FOUR and FIVE:

- Bend knees, look forward - step, float, hop to top of mat
- Inhale Halfway Forward Bend (Ardha Uttanasana)
- Exhale Forward Fold (Uttanasana)
- Inhale to rise all the way up, arms over head
- Exhale Forward Fold (Uttanasana)
- Inhale Halfway Forward Bend (Ardha Uttanasana)
- Exhale plant both hands and either step or float both feet back, High Plank (Uttihita Chaturange Dandasana)
- Lower to Low Plank (Chaturanga Dandasana)
- Inhale Upward Facing Dog (Urdhva Mukha Svanasana)
- Exhale Downward Facing Dog (Adho Mukha Svanasana) 1 full breath (repeat 2 more times)



6. Sun Salutation SIX:

- Bend knees, look forward: step, float, hop to top of the mat
- Inhale Halfway Forward Bend (Ardha Uttanasana)
- Exhale Forward Fold (Uttanasana)
- Inhale to Chair Pose (Utkatasana)
- Exhale Forward Fold (Uttanasana) with interlaced fingers behind the back - 3 breaths
- Release hands to the mat, Inhale lift to Halfway Forward Bend (Ardha Uttanasana)
- Exhale plant the hands and float back high to low plank
- Inhale Upward Facing Dog (Urdhva Mukha Svanasana)
- Exhale Downward Facing Dog (Adho Mukha Svanasana)
- Inhale step right foot to right thumb, ground through back foot and rise to Warrior I (Virabhadrasana I)
- Exhale hands to the mat, step back and lower through Chaturanga Dandasana
- Inhale Upward Facing Dog (Urdhva Mukha Svanasana)
- Exhale Downward Facing Dog (Adho Mukha Svanasana)
- Inhale steps left foot to left thumb, ground through back right foot and rise to Warrior I (Virabhadrasana I)
- Exhale hands to the mat, step back and lower through high to low plank
- Inhale Upward Facing Dog (Urdhva Mukha Svanasana)
- Exhale Downward Facing Dog (Adho Mukha Svanasana) – take 1-3 full breaths

7. Sun Salutation SEVEN:

- Bend knees, look forward: step, float, hop to top of mat
- Inhale Halfway Forward Bend (Ardha Uttanasana)
- Exhale Forward Fold (Uttanasana)
- Inhale to Chair Pose (Utkatasana)
- Exhale hands at heart centre
- Inhale rolls the shoulders up, back and down
- Exhale twist to the right - stay for 1 extra breath
- Inhale to Chair Pose (Utkatasana)
- Exhale twist to the left - stay for 1 extra breath



- Inhale back to Chair
- Exhale Forward Fold (Uttanasana) with interlaced fingers behind the back - 3 breaths
- Release hands to the mat, Inhale Halfway Forward Bend (Ardha Uttanasana)
- Exhale float back high to low push-up
- Inhale Upward Facing Dog (Urdhva Mukha Svanasana)
- Exhale Downward Facing Dog (Adho Mukha Svanasana)
- Inhale step your right foot to your right thumb and rise to Warrior I (Virabhadrasana I)
- Exhale open up to Warrior II (Virabhadrasana II)
- Flip your right palm up to the sky and inhale to Reverse Warrior (Viparita Virabhadrasana)
- Exhale cartwheel your hands to the mat, high to low pushup
- Inhale Upward Facing Dog (Urdhva Mukha Svanasana)
- Exhale Downward Facing Dog (Adho Mukha Svanasana)
- Inhale step your left foot to your left thumb and rise to Warrior I (Virabhadrasana I)
- Exhale open up to Warrior II (Virabhadrasana II)
- Flip your left palm up to the sky and inhale to Reverse Warrior (Viparita Virabhadrasana)
- Exhale cartwheel your hands to the mat, step back, high to low pushup
- Inhale Upward Facing Dog (Urdhva Mukha Svanasana)
- Exhale Downward Facing Dog (Adho Mukha Svanasana) – take 1-3 full breaths here

8. Sun Salutation EIGHT:

- Bend knees, look forward: step, float, hop to top of mat
- Inhale Halfway Forward Bend (Ardha Uttanasana)
- Exhale Forward Fold (Uttanasana)
- Inhale to Chair Pose (Utkatasana)
- Exhale hands at heart centre
- Inhale rolls the shoulders up, back and down
- Exhale twist to the left - stay for 1 extra breath
- Inhale to Chair Pose (Utkatasana)



- Exhale twist to the right – stay for 1 extra breath
- Inhale back to chair
- Exhale Forward Fold (Uttanasana) with interlaced fingers behind the back - 3 breaths
- Release hands to the mat, Inhale halfway
- Exhale float back high to low push-up
- Inhale Upward Facing Dog (Urdhva Mukha Svanasana)
- Exhale Downward Facing Dog (Adho Mukha Svanasana)
- Inhale step your left foot to your left thumb and rise to Warrior I (Virabhadrasana I)
- Exhale open up to Warrior II (Virabhadrasana II)
- Flip your left palm up to the sky and inhale to Reverse Warrior (Viparita Virabhadrasana)
- Exhale cartwheel your hands to the mat, step back, high to low pushup
- Inhale Upward Facing Dog (Urdhva Mukha Svanasana)
- Exhale Downward Facing Dog (Adho Mukha Svanasana)
- Inhale step your right foot to your right thumb and rise to Warrior I (Virabhadrasana I)
- Exhale open up to Warrior II (Virabhadrasana II)
- Flip your right palm up to the sky and inhale to Reverse Warrior (Viparita Virabhadrasana)
- Exhale cartwheel your hands to the mat, step back, high to low pushup
- Inhale Upward Facing Dog (Urdhva Mukha Svanasana)
- Exhale Downward Facing Dog (Adho Mukha Svanasana) – take 1-3 full breaths here

9. Sun Salutation NINE:

- Bend knees, look forward: step, float, hop to top of mat
- Inhale Halfway Forward Bend (Ardha Uttanasana)
- Exhale Forward Fold (Uttanasana)
- Inhale to Chair Pose (Utkatasana)
- Exhale twist to the right – (Parivrtta Utkatasana)
- Inhale option palms stay together or arms yawn open
- Look down at your feet



- Exhale left foot lifts to gracefully step back into Revolved Crescent Lunge (Parivrtta Anjaneyasana) - stay for 1 extra breath
- Inhale to High Lunge (Utthita Ashwa Sanchalanasana)
- Exhale open to Warrior II (Virabhadrasana II)
- Right palm flips, inhale to Reverse Warrior (Viparita Virabhadrasana)
- Exhale right hand comes around the back to find the left hand with interlaced fingers
- Inhale to lift the chest and draw the fist down
- Exhale to Humble Warrior (Baddha Virabhadrasana) - stay for 1 extra breath
- Inhale to rise Warrior I (Virabhadrasana I) (Virabhadrasana I)
- Exhale hands to the mat, chattaranga dandasana
- Inhale to Upward Facing Dog (Urdhva Mukha Svanasana)
- Exhale to Downdog – take 1-3 full breaths here to reset

10. Sun Salutation TEN:

- Bend knees, look forward: step, float, hop to top of mat
- Inhale Halfway Forward Bend (Ardha Uttanasana)
- Exhale Forward Fold (Uttanasana)
- Inhale to Chair Pose (Utkatasana)
- Exhale twist to the left – (Parivrtta Utkatasana)
- Inhale option palms stay together or arms yawn open
- Look down at your feet
- Exhale right foot lifts to gracefully step back into Revolved Crescent Lunge (Parivrtta Anjaneyasana) - stay for 1 extra breath
- Inhale to High Lunge (Utthita Ashwa Sanchalanasana)
- Exhale open to Warrior II (Virabhadrasana II)
- Left palm flips, inhale to Reverse Warrior (Viparita Virabhadrasana)
- Exhale left hand comes around the back to find the right hand with interlaced fingers
- Inhale to lift the chest and draw the fist down
- Exhale to Humble Warrior (Baddha Virabhadrasana)
- Inhale to rise Warrior I (Virabhadrasana I) (Virabhadrasana I)
- Exhale hands to the mat, chattaranga dandasana
- Inhale to Upward Facing Dog (Urdhva Mukha Svanasana)



- Exhale to Downdog Facing Dog (Adho Mukha Svanasana) 5 breaths

OPTION for 2 more Sun Salutations

11. Sun Salutation ELEVEN:

- Inhale reach the right leg to the sky (three legged dog)
- Exhale knee to right upper arm
- Inhale right leg lifts – Three Legged Dog (Eka Pada Adho Mukha Svanasana)
- Exhale right knee to left elbow
- Inhale right leg lifts
- Exhale right foot steps in between the hands – low lunge
- Inhale rise to High Lunge (Utthita Ashwa Sanchalanasana)
- Exhale pivot to the back of the space Warrior II (Virabhadrasana II), left knee over left ankle
- Flip the left palm, inhale to Reverse Warrior (Viparita Virabhadrasana)
- Exhale left hand outside the left foot (with or without a block)
- Inhale right arms across the right ear – Extended Side Angle (Utthita Parsvakonasana) variation
- Exhale to open the chest; stay for an 'extra' breath: Inhale, Exhale
- Inhale right hand to the mat
- Exhale step left foot back to right foot, high to low lunge
- Inhale Upward Facing Dog (Urdhva Mukha Svanasana)
- Exhale Downward Facing Dog (Adho Mukha Svanasana) – stay for an extra breath
- Inhale right leg reaches high, Three Legged Dog (Eka Pada Adho Mukha Svanasana)
- Exhale knee to right upper arm and either hold here for 3 breaths or transition into Pose Dedicated to the Sage Koundinya (Eka Pada Koundinyasana II) for 3 breaths
- Inhale right leg reaches high, Three Legged Dog (Eka Pada Adho Mukha Svanasana)
- Exhale right knee to right elbow
- Inhale options to extend right leg out and exhale left arm high to Fallen Triangle or Pose Dedicated to the Sage Koundinya (Eka Pada Koundinyasana I) – Inhale and exhale
- Inhale right leg to the sky, Three Legged Dog (Eka Pada Adho Mukha Svanasana)
- Exhale right foot steps softly between the hands, low lunge
- Inhale High Lunge (Utthita Ashwa Sanchalanasana)



- *Exhale hands at heart centre*
- *Inhale rolls the shoulders down the back*
- *Exhale twist to the right – Revolved Crescent Lunge (Parivrtta Anjaneyasana))*
- *Inhale option to stay with palms together at heart centre or yawn the arms open*
- *Option to stay with palms together, arms open or exhale into a bind*
- *Stay for an extra breath – Inhale, exhale*
- *Inhale High Lunge (Utthita Ashwa Sanchalanasana)*
- *Exhale pivot and turn to the top of the space Warrior II (Virabhadrasana II), left knee bends over left ankle*
- *Flip the left palm, inhale to reverse the warrior*
- *Exhale left forearm to left thigh*
- *Inhale right arm across the right ear – Extended Side Angle (Utthita Parsvakonasana)*
- *Option to exhale left palm of the hand to the inside of the left foot*
- *Option to inhale into a half or full bind, Exhale to open the chest - stay for an extra breath*
- *Inhale release hands to either side of the left foot*
- *Exhale step the left foot back to the right, chattaranga dandasana*
- *Inhale Upward Facing Dog (Urdhva Mukha Svanasana)*
- *Exhale Downward Facing Dog (Adho Mukha Svanasana)*

**OPTION: Stay here for 5 breaths either in Child's Pose (Balasana), Downdog, Dolphin Pose (Ardha Pincha Mayurasana), Dolphin Pose with right leg lifted or Forearm Balance (Pincha Mayurasana) with right leg leading*

12. Sun Salutation TWELVE:

- *Inhale reach the left leg to the sky – Three Legged Dog (Eka Pada Adho Mukha Svanasana))*
- *Exhale knee to left upper arm*
- *Inhale left leg lifts – Three Legged Dog (Eka Pada Adho Mukha Svanasana)*
- *Exhale left knee to right elbow*
- *Inhale left leg lifts*
- *Exhale left foot steps in between the hands – low lunge*
- *Inhale rise to High Lunge (Utthita Ashwa Sanchalanasana)*
- *Exhale pivot to the back of the space Warrior II (Virabhadrasana II), right knee over right ankle*
- *Flip the right palm, inhale to Reverse Warrior (Viparita Virabhadrasana)r*
- *Exhale right hand outside the right foot (with or without a block)*



- *Inhale left arm across the left ear – Extended Side Angle (Utthita Parsvakonasana) variation*
- *Exhale to open the chest; stay for an 'extra' breath: Inhale, Exhale*
- *Inhale left hand to the mat*
- *Exhale step right foot back to left foot, high to low plank*
- *Inhale Upward Facing Dog (Urdhva Mukha Svanasana)*
- *Exhale Downward Facing Dog (Adho Mukha Svanasana) – stay for an extra breath*
- *Inhale left leg reaches high, Three Legged Dog (Eka Pada Adho Mukha Svanasana)*
- *Exhale knee to left upper arm and either hold here for 3 breaths or transition into Pose Dedicated to the Sage Koundinya (Eka Pada Koundinyasana II) for 3 breaths*
- *Inhale left leg reaches high, Three Legged Dog (Eka Pada Adho Mukha Svanasana)*
- *Exhale left knee to right elbow*
- *Inhale options to extend left leg out and exhale right arm high to Fallen Triangle or Pose Dedicated to the Sage Koundinya (Eka Pada Koundinyasana I) – Inhale and exhale*
- *Inhale left leg to the sky, Three Legged Dog (Eka Pada Adho Mukha Svanasana)*
- *Exhale left foot steps softly between the hands, low lunge*
- *Inhale High Lunge (Utthita Ashwa Sanchalanasana)*
- *Exhale hands at heart centre*
- *Inhale rolls the shoulders down the back*
- *Exhale twist to the left –Revolved Crescent Lunge (Parivrtta Anjaneyasana)*
- *Inhale option to stay with palms together at heart centre or yawn the arms open*
- *Option to stay with palms together, arms open or exhale into a bind*
- *Stay for an extra breath – Inhale, exhale*
- *Inhale High Lunge (Utthita Ashwa Sanchalanasana)*
- *Exhale pivot and turn to the top of the space Warrior II (Virabhadrasana II), right knee bends over right ankle*
- *Flip the right palm, inhale to Reverse Warrior (Viparita Virabhadrasana)*
- *Exhale right forearm to right thigh*
- *Inhale left arm across the left ear – Extended Side Angle (Utthita Parsvakonasana)*
- *Option to exhale right palm of the hand to the inside of the right foot*
- *Option to inhale into a half or full bind, Exhale to open the chest - stay for 1 extra breath*
- *Inhale release hands to either side of the right foot*



- Exhale step the right foot back to the left, chattaranga dandasana
- Inhale Upward Facing Dog (Urdhva Mukha Svanasana)
- Exhale Downward Facing Dog (Adho Mukha Svanasana)

**OPTION: Stay here for 5 breaths either in Child's Pose (Balasana), Downdog, Dolphin Pose (Ardha Pincha Mayurasana), Dolphin Pose with left leg lifted or Forearm Balance (Pincha Mayurasana) with left leg leading*

13. Arm Balance Sequence:

- From downward facing dog, Inhale come forward into a High Plank (Uttihita Chaturanga Dandasana)
- Slide the right palm of the hand to the centre of the mat
- Side Plank (Vasisthasana), heels to the right, feet stacked, hips lift
- Inhale to option left (top) leg lifts or right leg/knee comes down for easier variation
- 3 more breaths here
- Inhale left hand down to the mat
- Exhale chattaranga dandasana
- Inhale Upward Facing Dog (Urdhva Mukha Svanasana)
- Exhale Downward Facing Dog (Adho Mukha Svanasana)
- Step to the top of the mat, take feet hip width distance apart
- Bend knees, catch big toes with 2 peace fingers (Padangusthasana)
- Inhale to lengthen, exhale to fold – 3 – 5 breaths

**OPTION: First Crow (Bakasana)*

To come into Crow Pose - Place your hands flat on your mat about shoulder-width apart with the fingers spread wide. Now, keep the hands and feet where they are but lift the hips way up toward the sky, bend the knees and lift the heels off the floor so just the balls of the feet are down. Gently press the knees in to the backs of the triceps and begin to shift your weight into the fingertips, picking one foot at a time off the floor. Bend the elbows if necessary for balance. Use the core to draw the navel in toward the spine to stabilize and find that "lift" in the centre of the body that eventually allows you to straighten the elbows and hold. Be sure to bring your gaze just between the hands to maintain balance.

- Inhale come forward into a High Plank (Uttihita Chaturanga Dandasana)
- Slide the left palm of the hand to the centre of the mat
- Side Plank (Vasisthasana), heels to the left, feet stacked, hips lift



- Inhale option right (top) leg lifts or left leg/knee comes down for easier variation
- 3 more breaths here
- Inhale right hand down to the mat
- Exhale chattaranga dandasana
- Inhale Upward Facing Dog (Urdhva Mukha Svanasana)
- Exhale Downward Facing Dog (Adho Mukha Svanasana)
- Step to the top of the mat, take feet hip width distance apart
- Bend knees, place palms of hands under soles of the feet (Padahastana)
- Inhale to lengthen, exhale to fold – 3 – 5 breaths

**OPTION: Second Crow (Bakasana) and/or up into tripod headstand*

To come into Crow Pose: Place your hands flat on your mat about shoulder-width apart with the fingers spread wide. Now, keep the hands and feet where they are but lift the hips way up toward the sky, bend the knees and lift the heels off the floor so just the balls of the feet are down. Gently press the knees in to the backs of the triceps and begin to shift your weight into the fingertips, picking one foot at a time off the floor. Bend the elbows if necessary for balance. Use the core to draw the navel in toward the spine to stabilize and find that “lift” in the centre of the body that eventually allows you to straighten the elbows and hold. Be sure to bring your gaze just between the hands to maintain balance.

14. Balancing Sequence

A. Sequence One – right side

- From Downward Facing Dog, Inhale reach right leg high to Three Legged Dog (Eka Pada Adho Mukha Svanasana)
- Exhale softly step right foot in between hand, low lunge
- Inhale to High Lunge (Utthita Ashwa Sanchalanasana)
- Exhale hands at heart centre
- Inhale, float to Warrior III (Virabhadrasana III), exhale to ground into the pose - hold for 3 breaths
- Inhale right hand to the mat
- Exhale left hand to the sky for Half Moon Pose (Ardha Chandrasana) with option for the bind (Ardha Chandra Chapasana) hold 3 breaths
- Inhale left hand to the mat, keep left leg lifted, square hips



- Exhale to fold into full Standing Splits (Urdhva Prasarita Eka Padaasana) hold 3 breaths
- Step left foot back to low lunge
- Inhale to High Lunge (Utthita Ashwa Sanchalanasana)
- Exhale Warrior II (Virabhadrasana II)
- Inhale straighten right leg
- Exhale to open into Triangle (Trikonasana) hold 3 breaths
- Inhale up to standing – arms stay parallel to the mat
- Exhale turn your right foot into your left
- Inhale lift the chest, lengthen the spine
- Exhale forward fold to Wide-Legged Forward Bend (Prasarita Padottanasana A) hands to the mat (option to come into headstand) 3 breaths
- To release, Inhale ½ way lift
- Exhale walk your hands to the top of mat, turn right foot to the top of the mat, pivot to low lunge
- Inhale left knee to the mat
- Exhale back to ½ split (Ardha Hanumanasana) (option to come into Full Splits - Hanumanasana) 3 breaths
- Curl back toes under, lift up onto the palms of the hands
- Inhale right leg lifts up and back to Three Legged Dog (Eka Pada Adho Mukha Svanasana)
- Exhale to open right hip over left
- Inhale to Wild Thing (Camatkarasana)
- Ground through feet, lift hips, open chest and extend through top arm – 3 breaths
- Inhale to come back around to Three Legged Dog (Eka Pada Adho Mukha Svanasana) – right leg lifts
- Exhale to three-legged high plank down to three-legged low plank
- Inhale Upward Facing Dog (Urdhva Mukha Svanasana)
- Exhale Downward Facing Dog (Adho Mukha Svanasana) 5 breaths

B. Sequence One – left side

- Inhale reach left leg high to Three Legged Dog (Eka Pada Adho Mukha Svanasana)



- Exhale softly step leg foot in between hand, low lunge
- Inhale to High Lunge (Utthita Ashwa Sanchalanasana)
- Exhale hands at heart centre
- Inhale, float to Warrior III (Virabhadrasana III) hold for 3 breaths
- Inhale left hand to the mat, keep right leg lifted
- Exhale right hand to the sky for Half Moon Pose (Ardha Chandrasana) with option for the bind (Chandrasana) hold 3 breaths
- Inhale right hand to the mat, right leg stays lifted, square hips
- Exhale to fold into full Standing Splits (Urdhva Prasarita Eka Padmasana) hold 3 breaths
- Step right foot back, low lunge
- Inhale to High Lunge (Utthita Ashwa Sanchalanasana)
- Exhale Warrior II (Virabhadrasana II)
- Inhale straighten left leg
- Exhale to extend into Triangle (Trikonasana) hold 3 breaths
- Inhale up to standing – arms parallel to the mat
- Exhale turn your left foot into your right – interlace fingers behind the back
- Inhale lift the chest, lengthen the spine
- Exhale Forward Fold to Wide Legged Forward Bend (Prasarita Padottanasana C) hands to the mat 3 breaths
- Inhale ½ way lift
- Exhale walk your hands to the top of mat, turn left foot to the top of the mat, pivot to low lunge
- Inhale right knee to the mat
- Exhale back to ½ split (Ardha Hanumanasana) (option to come into full splits) 3 breaths
- Curl back toes under, lift up onto the palms of the hands
- Inhale left leg lifts up and back to Three Legged Dog (Eka Pada Adho Mukha Svanasana)
- Exhale open left hip over left
- Inhale to Wild Thing (Camatkarasana)
- Ground through feet, lift hips, open chest and extend through top arm – 3 breaths



- Inhale to come back around to Three Legged Dog (Eka Pada Adho Mukha Svanasana) – left leg lifts
- Exhale to three-legged plank down to three-legged low plank
- Inhale Upward Facing Dog (Urdhva Mukha Svanasana)
- Exhale Downward Facing Dog (Adho Mukha Svanasana) 5 breaths

C. Sequence Two – right side

- Step to the top of the mat, inhale sweep arms up alongside ears
- Exhale Eagle pose (Garudasana) right arm under left, right leg over left - 3 breaths
- Release to Mountain Pose (Tadasana)
- Inhale right big toe to right hand 2 peace fingers OR right hand to right knee
- Stay OR Exhale to open right hip up to 'Extended Hand to Big Toe pose' (Utthita Hasta Padangusthasana) 3 breaths
- Inhale right leg back to centre
- Right foot down to stand in Mountain Pose (Tadasana)
- Inhale arms to the sky
- Exhale back stroke right hand back, right knee bends to catch inside of right foot – Dancer's Pose (Natarajasana)
- Inhale to lift and lengthen
- Exhale to open up - 3 breaths
- Inhale right knee back to left knee down to Mountain Pose
- Inhale catch right ankle with right hand and place right foot to inside of the left inner thigh
- Exhale hands at heart centre – Tree Pose (Vrksasana) (option to reach and open arms up) 3 breaths
- Inhale hands back to heart centre, right knee to centre and back to Mountain Pose (Tadasana)

D. Sequence Two – left side

- From standing, inhale sweep arms up alongside ears
- Exhale Eagle pose (Garudasana) left arm under right, left leg over right - 3 breaths
- Release to Mountain Pose (Tadasana)
- Inhale left big toe to left hand 2 peace fingers (option left hand to left knee)
- Option to stay OR Exhale to open left hip up to 'Extended Hand to Big Toe pose' (Utthita hasta padangusthasana) 3 breaths
- Inhale left leg back to centre
- Left foot down to stand in Mountain Pose (Tadasana)



- Inhale arms to the sky
- Exhale back stroke left hand back, left knee bends to catch inside of left foot – Dancer’s Pose (Natarajasana)
- Inhale to lift and lengthen
- Exhale to open up - 3 breaths
- Inhale left knee back to right knee and down to Mountain Pose (Tadasana)
- Inhale catch left ankle with left hand and place left foot to inside of the right inner thigh
- Exhale hands at heart centre- Tree Pose (Vrksasana) (option to reach and open arms up) 3 breaths
- Inhale hands back to heart centre, left knee back to centre and down to Mountain Pose (Tadasana)

15. Backbending Sequence

- From standing at top of mat, inhale sweep arms up
- Exhale Forward Fold (Uttanasana)
- Inhale ½ way lift (Ardha Uttansana)
- Exhale plant hands and float back to high low plank (Chattaranga Dandasana)
- Inhale Upward Facing Dog (Urdhva Mukha Svanasana)
- Exhale Downward Facing Dog (Adho Mukha Svanasana)
- Inhale come forward into a High Plank (Uttihita Chaturange Dandasana)
- Exhale slowly to the mat onto the front side of the body for 5 counts
- Place hands under the shoulders, fingertips aligned with the top of shoulders, elbows hug in to the sides of the waist
- Inhale lift chest and head to Cobra (Bhujangasana) 3-5 breaths
- Release left ear to the mat, arms alongside body and breathe
- Bring forehead back to the mat
- Interlace fingers behind the back, engage thighs, feet together or hip width distance apart
- Inhale lift to Locust pose (Shalabhasana) 3-5 breaths
- Release right ear to the mat, arms alongside body and breathe
- Bring forehead back to the mat
- Bend the knees, catch outside of feet or ankles, press pelvis to the floor to protect the lower back



- Inhale to lift up to Bow pose (Dhanurasana) 3-5 breath
- Release to mat
- Press back to Child's Pose (Balasana) 3-5 breaths
- Inhale to Table Top (Bharmanasana)
- Exhale lift upper body, hands to lower back, elbows draw in
- Inhale lengthen spine and lift the chest for Camel Pose (Ustrasana)
- Exhale to go deeper 3-5 breaths (variations hands to heels or ankles)
- Inhale to lift back to centre
- Exhale hips to heels, hands to thighs Thunderbolt or Diamond Pose (Vajrasana) 3 breaths

16. Seated and Hip Opener Sequence – right side

- Inhale to Table Top (Bharmanasana)
- Exhale to Downward Facing Dog (Adho Mukha Svanasana)
- Inhale reach the right leg high – Three Legged Dog (Eka Pada Adho Mukha Svanasana)
- Exhale right knee to back of right wrist, ½ pigeon (Eka Pada Raja Kapotasana) 3-5 breaths
- Inhale to lift
- Exhale bring left leg to top of mat, right sole of foot to inner left thigh
- Inhale to lengthen, arms up alongside ears
- Exhale to fold into Head to Knee pose (Janu Sirsasana) 3-5 breaths
- Inhale to lift upper body
- Exhale right sole of the foot on the mat, heel in line with right sitting bone
- Inhale arms reach up
- Exhale Pose Dedicated to the Sage Marichi (Marichyasana I) 3-5 breaths
- Release
- Place right foot up and over left thigh
- Inhale arms reach up
- Exhale left upper arm to the outside of the right leg, right hand to the sacrum – Half Lord of the Fishes pose (Ardha Matsyendrasana) 3-5 breaths (option to bind)



- Inhale counter twist to the left
- Exhale back to centre
- Release both legs long onto the mat
- Bend the knees out to the sides, soles of the feet together, diamond shape between the legs – Star pose (Tarasana) 3-5 breaths
- Bring soles of the feet closer towards the pelvic floor – cobblers pose (Baddha Konasana) 3-5 breaths
- Inhale knees together, hands to the back of the knees
- Rock and roll up and back to Downward Facing Dog (Adho Mukha Svanasana)

17. Seated and Hip Opener Sequence – left side

- 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 Kapotasana) 3-5 breaths
- Inhale to lift
- Exhale swing right leg to top of mat, left sole of foot to inner right thigh
- Inhale to lengthen, arms up alongside ears
- Exhale to fold into Head to Knee (Janu Sirsasana) 3-5 breaths
- Inhale to lift upper body
- Exhale left sole of the foot on the mat, heel in line with left sitting bone
- Inhale arms reach up
- Exhale Marichyasana I 3-5 breaths
- Release
- Place left foot up and over right thigh
- Inhale arms reach up
- Exhale right upper arm to the outside of the left leg, left hand to the sacrum – Half Lord of the Fishes (Ardha Matsyendrasana) 3-5 breaths (option to bind)
- Inhale counter twist to the right
- Exhale back to centre
- Release both legs long onto the mat
- Hands to sides of the hips – Staff Pose (Dandasana)



- Inhale arms reach up
- Exhale Seated Forward Bend Pose (Paschimottanasana) 3-5 breaths
- Inhale to lift
- Exhale hands underneath shoulders, fingertips facing top of the mat
- Inhale lift hips, legs straight, point toes, soles of the feet to the mat – 'Reverse Plank Pose' (Purvottanasana) 3 breaths || (option to 'Reverse Table Top' (Ardha Purvottanasana)
- Inhale hips to mat
- Exhale bend knees, soles of the feet on the mat
- Inhale to lift to 'Boat Pose' (Navasana) 10 breaths // (option to repeat 3x)
- Inhale soles of the feet to the mat
- Exhale to slowly roll spine down

18. Backbend Sequence

- Arms alongside body, walk backs of heels up to barely touch the tips of the middle fingers
- Inhale lift the hips to Bridge (Setu Bandha Sarvangasana) hands interlaces underneath - 5 breaths
- Release the pose, hands at heart centre, eyes closed - 1 breath
- Option to repeat Bridge Pose or place hands to either side of ears, elbows looking up for Wheel (Urdhva Dhanurasana) 5 breaths
- Release the pose, hands at heart centre, eyes closed - 1 breath
- Option to do one more set: Bridge or Wheel
- Hug knees into chest, rock from side to side

19. Inversion Sequence

- Inhale lift legs to either Legs Up the Wall pose (Viparita Karani) OR Shoulder Stand (Salamba Sarvangasana) (10 breaths) || Option to Headstand (Sirsasana)
- If in Shoulderstand, send feet towards crown of head after the 10 breaths – Plough Pose (Halasana) 3-5 breaths
- Bring knees to ears or forehead – Ear Pressure Pose (Karnapidasana) 3-5 breaths
- Bring arms alongside the body, hands like sticky brakes
- Roll all the way down onto backside
- Hands to sides of hips, forearms and elbows down, legs lengthen, feet pointed
- Inhale lift chest and head



- Exhale release onto crown of head – Fish Pose (Matsyasana) 3-5 breaths
- Release
- Inhale left leg long, right knee towards right shoulder
- Exhale right knee over to the left with the left hand, right arm extends up or out, gaze to the right – Supine Twist (Supta Matsyendrasana) 3-5 breaths
- Inhale right knee back to centre
- Exhale right leg long
- Inhale left knee to left shoulder
- Exhale left knee over to the right with the right hand, left arm extends up or out, gaze to the left – Supine Twist (Supta Matsyendrasana) 3-5 breaths
- Inhale left knee back to centre
- Exhale left leg long

20. Final Relaxation

- Corpse Pose (Savasana)