

VINYASA FLOW SEQUENCE

Duration: 60 Minutes Focus: Heart Opening & Hip Mobility Level: Intermediate

SEQUENCE PHASE	POSTURES / ASANAS	BREATH / FOCUS
Centering	Sukhasana, Pranayama (Ujjayi)	<i>Grounding, internal focus</i>
Warm Up	Cat/Cow, Child's Pose, Thread the Needle	<i>Spinal mobility</i>
Sun Salutations	Surya Namaskar A (x3), Surya Namaskar B (x2)	<i>Build heat, 1 breath 1 movement</i>
Standing Flow	Warrior II, Reverse Warrior, Extended Side Angle	<i>External hip rotation</i>
Balance	Tree Pose (Vrksasana), Warrior III	<i>Drishti (Focus point)</i>
Peak Pose	Wild Thing (Camatkarasana)	<i>Heart opening, expansive</i>
Cool Down	Pigeon Pose, Seated Forward Fold	<i>Deep release, slow breath</i>
Restoration	Savasana	<i>Complete stillness</i>

TEACHER NOTES / MODIFICATIONS