

HATHA YOGA SEQUENCE

FOCUS: BALANCE & GROUNDING DURATION: 60 MINUTES LEVEL: ALL LEVELS

POSE	DURATION	FOCUS / ALIGNMENT NOTES
Mountain Pose <i>Tadasana</i>	2 Minutes	Ground through all four corners of the feet. Engage thighs and lengthen spine.
Standing Forward Fold <i>Uttanasana</i>	1.5 Minutes	Micro-bend knees. Let head hang heavy. Shift weight slightly forward.
Warrior I <i>Virabhadrasana I</i>	5 Breaths/Side	Square hips to front. Press outer edge of back foot down. Lift chest.
Tree Pose <i>Vrksasana</i>	1 Minute/Side	Find a steady gaze point (Drishti). Avoid placing foot on the knee joint.
Cobra Pose <i>Bhujangasana</i>	3 Rounds	Keep elbows tucked to ribs. Use back strength rather than arm pressure.
Seated Forward Bend <i>Paschimottanasana</i>	3 Minutes	Lead with the heart. Keep feet flexed. Relax shoulders away from ears.
Corpse Pose <i>Savasana</i>	10 Minutes	Complete stillness. Release all controlled breathing. Total relaxation.