

INTERMEDIATE FLOW: VINYASA II

Duration: 45 Minutes Focus: Balance & Core Level: Intermediate

CENTERING & WARM-UP

01 Child's Pose Deep breathing, knees wide, hips to heels. 2 minutes.

02 Cat-Cow Flow Spinal articulation with breath sync. 5 rounds.

03 Downward Dog Pedal feet, lengthen spine, engage core. 1 minute.

SUN SALUTATION B (MODIFIED)

04 Chair Pose (Utkatasana) Weight in heels, arms extended. Hold 5 breaths.

05 Chaturanga Dandasana Low plank, elbows at 90 degrees. Transition to Up-Dog.

STANDING & BALANCE

06 Warrior II (Virabhadrasana II) Deep lunge, gaze over front fingers. Strong base.

07 Extended Side Angle Hand to block or floor, side body stretch.

08 Half Moon (Ardha Chandrasana) Stack hips, lift back leg parallel to floor.

09 Crow Pose (Bakasana) Arm balance. Knees to triceps, lean forward.

COOL DOWN

10 Pigeon Pose External hip rotation. 10 breaths per side.

11 Savasana Final relaxation. Total stillness. 5-7 minutes.