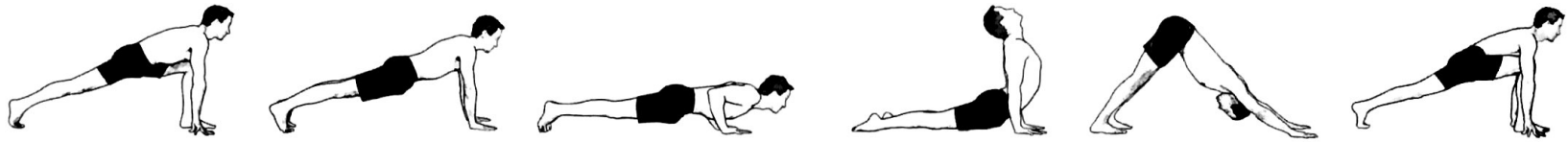


vinyasa The vinyasa symbol indicates where this type of connecting flow of postures comes into a sequence. Vinyasa types 2 and 3 can be added between seated postures in most sequences when a more vigorous practice is desired.

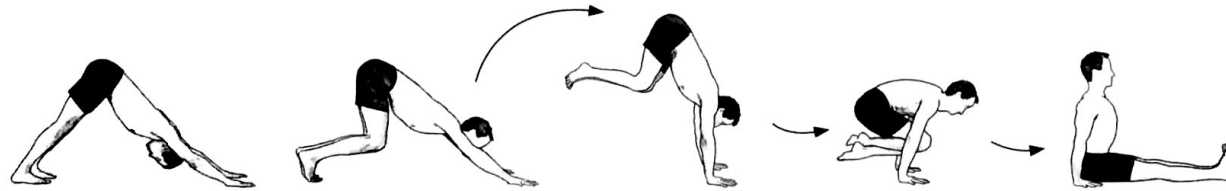
vinyasa

flowing with breath

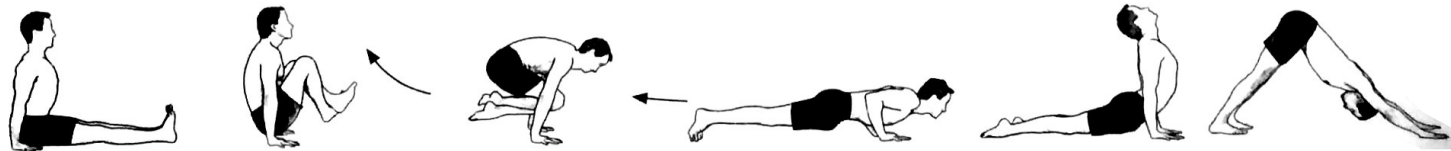
1 vinyasa connecting standing poses



2 vinyasa jumping through to seated poses



3 vinyasa from seated back to adho mukha svanasana



intermediate sequence 2

focus on inversions

Practice holding Sirsasana and Sarvangasana for up to five minutes before attempting variations. Hold each variation for 30 seconds up to one minute.



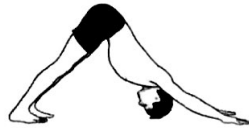
siddhasana



adho mukha svanasana
(pedal the legs)



(right leg forward)



(left leg forward)



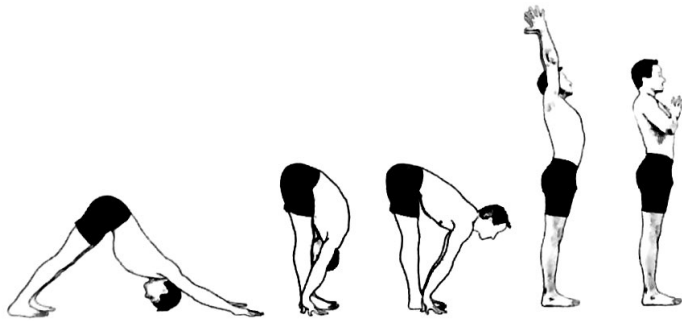
phalakasana



astangasana



bhujangasana



vinyasa



urdhva prasarita padasana
(repeat x 20)



pincha mayurasana
(hold for 30 seconds)



adho mukha vrksasana
(hold for 30 seconds)

vinyasa

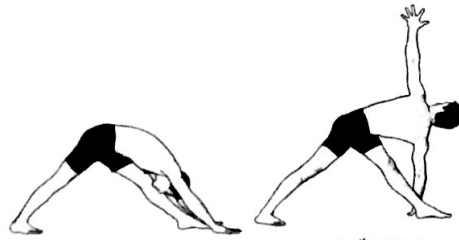


utthita parsvakonasana
(do poses together on right side ~ vinyasa ~ then left side)

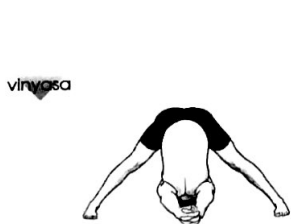


utthita trikonasana
(do poses together on right side ~ vinyasa ~ then left side)

vinyasa



parsvottanasana
(do poses together on right side ~ vinyasa ~ then left side)



parivrtta trikonasana

vinyasa



prasrita padottanasana
(hands clasped)

vinyasa



viparita dandasana
(over block)

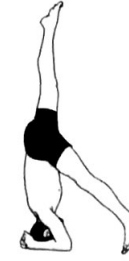
[all inversions
do both sides]



sirsasana I



parsva
sirsasana



eka pada
sirsasana



baddha konasana
in sirsasana



garudasana
in sirsasana



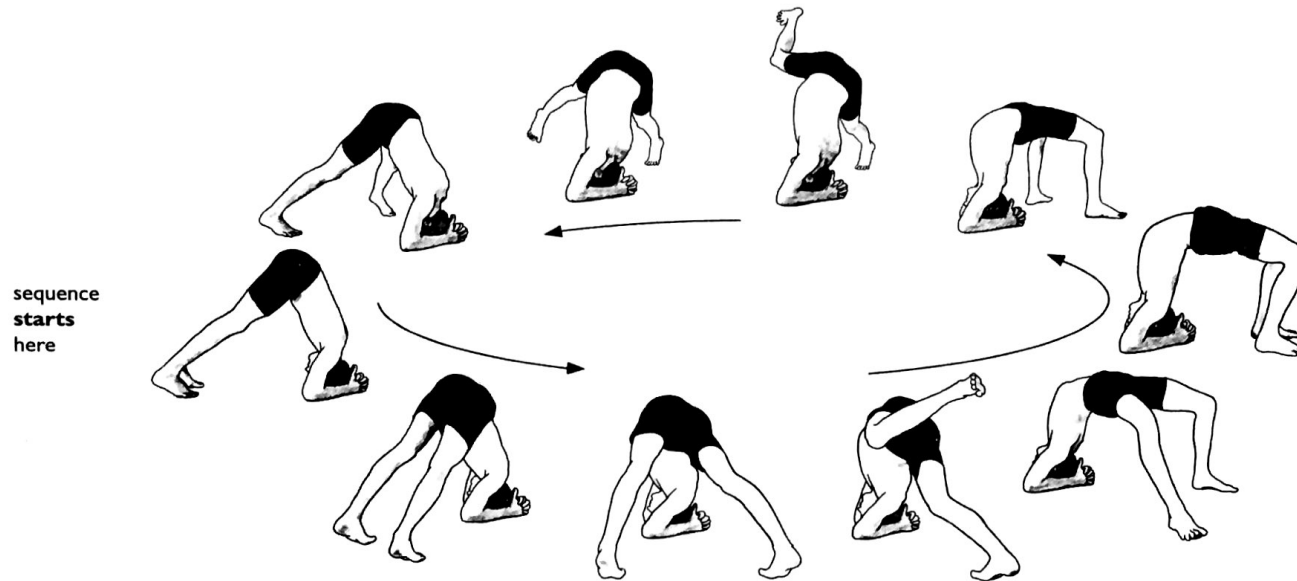
sirsasana II

- extras -

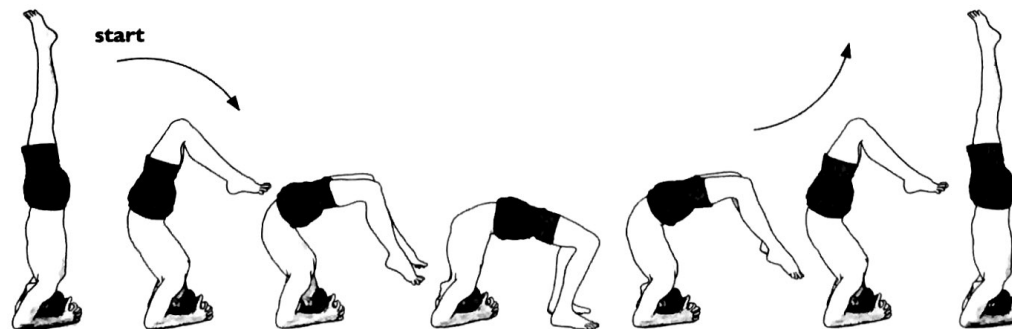
the practice - advanced

focus on back bends

Mandalasana - The head remains in one steady place while the legs and torso orbit around it. This sequence can be initiated in either a clockwise or counterclockwise direction.



Headstand drop-overs



Many women experience some discomfort during menstruation. This sequence is designed to help alleviate painful cramps, bloating or excessive flow by improving circulation to the pelvic area. Promotes overall reproductive health and aids in regulating menstrual cycle as well as reducing stress. Stay in the supported poses a few minutes, unsupported poses for about 10 breaths.

restorative Yoga

easing menstrual discomfort



supta baddhakonasana



supta virasana



supta padangusthasana



baddhakonasana



baddhakonasana (supported)



upavista konasana



upavista konasana (supported)



dandasana



pascimottanasana (supported)



janu sirasana (supported)



balasana (supported)



adho mukha svanasana



prasarita padottanasana



uttanasana (supported)



viparita dandasana (supported)



virasana



parivrtta virasana



setubandha sarvangasana (supported)



ujjayi pranayama and savasana (supported)