

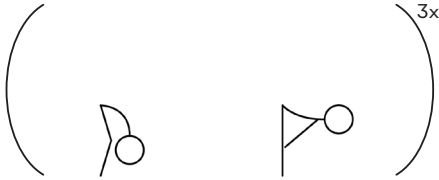
स्वाधिष्ठान

SVĀDHIṢṬHĀNA FLOW

SACRAL CHAKRA MAṆḌALA YOGA SEQUENCE



Inhale
UPWARD SALUTE
ūrdhva hāstāsana



Exhale
STANDING FORWARD BEND
bent knees



Inhale
STANDING HALF FORWARD BEND
ardha uttānāsana



Exhale
STANDING FORWARD BEND
bent knees



Inhale
UPWARD SALUTE
ūrdhva hāstāsana



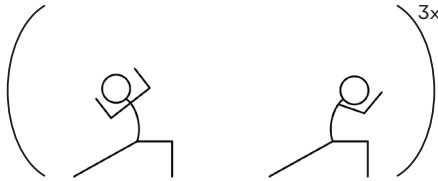
Exhale + 3 breaths
SHOULDER ROLLS
shoulders up, back, down, ...



Inhale
CHAIR
cactus arms



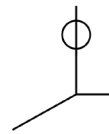
Exhale
HIGH LUNGE
left* leg back, elbows together



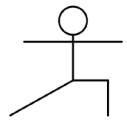
Inhale
HIGH LUNGE
cactus arms



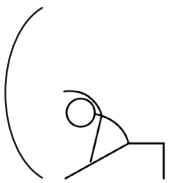
Exhale
HIGH LUNGE
round back, elbows together



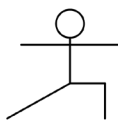
Inhale
HIGH LUNGE
arms up



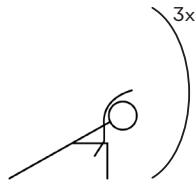
Exhale
WARRIOR 2
vīrabhadrāsana II



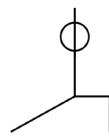
Exhale
REVERSE WARRIOR
viparīta
vīrabhadrāsana



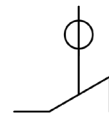
Inhale
WARRIOR 2
vīrabhadrāsana II



Exhale
EXTENDED SIDE ANGLE
utthita
pārsvakonāsana



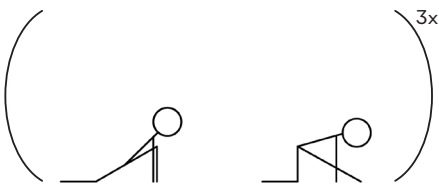
Inhale
HIGH LUNGE
arms up



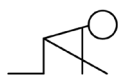
Exhale
LOW LUNGE
arms up



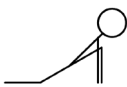
Inhale
CRESCENT MOON
āñjaneyāsana



Exhale
LOW LUNGE
hands down



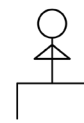
Inhale
HALF MONKEY
ardha hanumānāsana



Exhale
LOW LUNGE
hands down



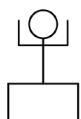
Inhale
HIGH LUNGE
hands down



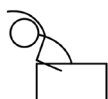
Exhale + 3 breaths
GODDESS
utkāṭa koṇāsana



Exhale
GODDESS
side bend



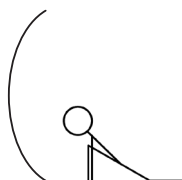
Inhale
GODDESS
utkata konhasana



Exhale
GODDESS
side bend



Inhale
HIGH LUNGE
turn to the other side
of your mat, hands
down



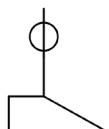
Exhale
LOW LUNGE
hands down



Inhale
HALF MONKEY
ardha hanumanasana



Exhale
HIGH LUNGE
hands down



Inhale + Exhale
HIGH LUNGE
arms up



Inhale
CRESCENT LUNGE
ashta candrasana



Exhale
HIGH LUNGE
hands down



Inhale
**STANDING HALF
FORWARD BEND**
ardha Uttanasana



Exhale
**STANDING
FORWARD BEND**
bent knees



Inhale
UPWARD SALUTE
urdhva hastasana



Exhale
MOUNTAIN
tadasana
prayer hands



Inhale
THUNDERBOLT
circles with upper
body, both directions



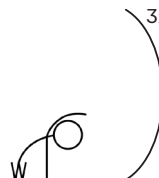
Inhale
THUNDERBOLT
circles with upper
body, both directions



Exhale
**THUNDERBOLT
SIDE STRETCH**



Inhale
THUNDERBOLT
arms up



Exhale
**THUNDERBOLT
SIDE STRETCH**

**NOW REPEAT
EVERYTHING
ON THE OTHER
SIDE.**

Start with
upward salute,
step with your
right leg back
into high lunge,
... and practice
the sequence
on the other
side.



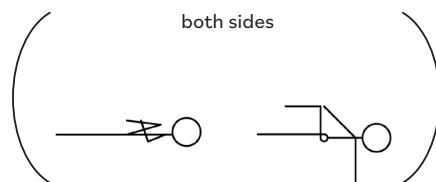
1 minute
**WIDE LEGGED
CHILD'S POSE**



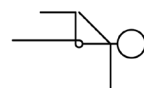
1 minute
MELTING HEART
anahatasana



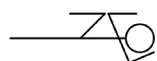
1 minute
CHILD'S POSE
hands behind head,
forehead on the floor



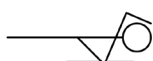
1 minute
**1-LEGGED WIND-
RELIEVING**
ekapada
pavanamuktasana



2 minutes
SUPINE TWIST
supta
matsyendrasana



2 minutes left side
**RESTING HALF
FROG**
lay on belly, knee and
elbow touching



2 minutes right side
**RESTING HALF
FROG**
lay on belly, knee and
elbow touching



8 minutes
CORPSE
savasana



1 minute
SIDE FETAL POSE



closed eyes
**SEATED
MEDITATION**
1 hand on heart,
1 hand on belly



closed eyes
**SEATED
MEDITATION**
both hands on belly