

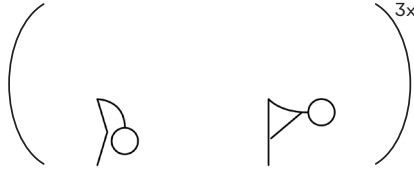
स्वाधिष्ठान

SVĀDHIṢṬHĀNA FLOW

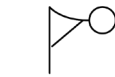
SACRAL CHAKRA MAṆḌALA YOGA SEQUENCE



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



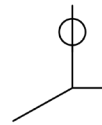
Exhale
HIGH LUNGE
left* leg back, elbows together



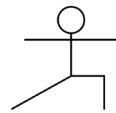
Inhale
HIGH LUNGE
cactus arms



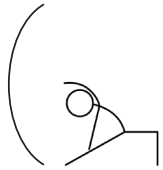
Exhale
HIGH LUNGE
round back, elbows together



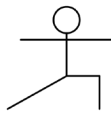
Inhale
HIGH LUNGE
arms up



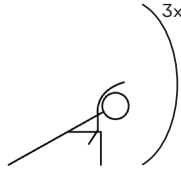
Exhale
WARRIOR 2
virābhadrāsana II



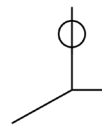
Exhale
REVERSE WARRIOR
viparīta
virābhadrāsana



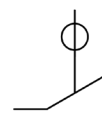
Inhale
WARRIOR 2
virābhadrāsana II



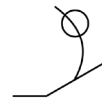
Exhale
EXTENDED SIDE ANGLE
utthita
pārsvakoṇāsana



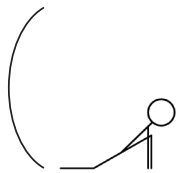
Inhale
HIGH LUNGE
arms up



Exhale
LOW LUNGE
arms up



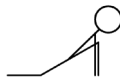
Inhale
CRESCENT MOON
ārjjaneyāsana



Exhale
LOW LUNGE
hands down



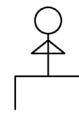
Inhale
HALF MONKEY
ardha hanumānāsana



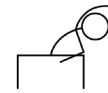
Exhale
LOW LUNGE
hands down



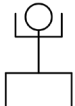


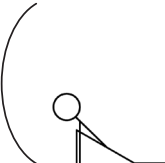
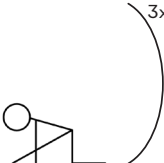

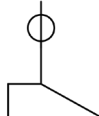




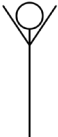





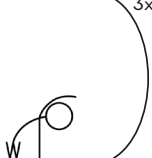



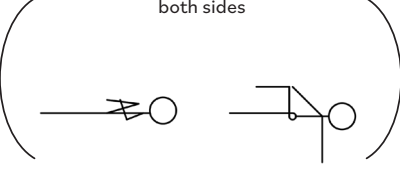
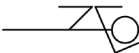
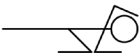




Inhale
HIGH LUNGE
hands down



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 asta chandrasana	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 prasarita padottanasana	1 minute MELTING HEART anahatasana	1 minute CHILD'S POSE hands behind head, forehead on the floor	1 minute 1-LEGGED WIND- RELIEVING ekapada pawanamuktasana	2 minutes SUPINE TWIST supta matsyendrāsana
					
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 śavāsana	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