

## Hatha Vinyasa

**Theme:** Awaken Your Shakti

**Peak Pose:** Flying Lizard

\*focus on power and stability with strong standing balancing poses

**Props:** Blanket, blocks

### Sequence:

Begin in Supta Baddha Konasana (Reclined Bound Angle) with Ujjayi Pranayama  
Reclined Garudasana (Eagle) right side → 5 “crunches” using breath  
Supta Baddha Konasana (Reclined Bound Angle) 3 breaths  
Repeat Reclined Garudasana (Eagle) left side → 5 “crunches” using breath  
Supta Baddha Konasana (Reclined Bound Angle) 3 breaths  
Rock and Roll forward and back on length of spine (1 min) → Navasana (Boat Pose) 5 breaths → Repeat  
Rock and Roll to Plank or Chaturanga → lower all the way to the earth →  
Bhujangasana (Cobra Pose) → Downward Dog  
Surya Namaskar A - 3 rounds with Anjaneyasana (Crescent Lunge)  
Vinyasa → Plank Pose → Side Plank (right) → Wild Thing → Plank → Side Plank (left) → Wild Thing  
Vinyasa or Down Dog  
High Lunge right side → Warrior III with palms in prayer → Prayer Twist in Warrior III → Open Arms → Revolved Half Moon (use block under bottom hand) → Standing Split → Anjaneyasana (Crescent Lunge) → Ardha Hanumanasana (Runners Lunge)  
Vinyasa or Down Dog  
Repeat Left Side  
Vinyasa or Down Dog  
Malasana (Garland pose) → Bakasana (Crow Pose) → Vinyasa or Down Dog  
Three Legged Dog (right side) → Knee to nose → Three Legged Dog → Knee to Shoulder → Draw knee to Elbow → Back up to Shoulder → Lizard Pose → Rock forward and back to open hips → Down Dog  
Repeat Left Side  
Three Legged Dog (right side) → Knee to nose → Three Legged Dog → Knee to Shoulder → Flying Lizard Pose → Vinyasa or Down Dog  
Repeat Left Side  
Child's Pose (5-10 breaths)



## Atha Yoga Training

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Virasana or Supta Virasana (Hero or Reclined Hero Pose) 5-10 breaths

Dandasana (pause and breathe to feel strength, power and stability) 10 breaths

Paschimottanasana (Seated Forward Fold) 5-10 breaths

Supported Bridge Pose (with block) 10-20 breaths

Apanasana (knees to chest) → Reclined Twist 5-10 breaths

Savasana (as long as possible)

Shakti Meditation