

Hatha Vinyasa Asana Sequence

Theme: Connect with Your Inner Flame

*Connect with and learn to balance your Inner Flame (agni).

Props: Blanket, blocks and strap

Sequence:

Begin seated in Sukhasana with Padadhirasana with brief introduction to Agni (inner fire) and how it can be transformative when in balance.

- Prompt them to witness when their inner flame might be growing out of control or is barely flickering during the practice

Dynamic Dandasana → Paschimottanasana → Navasana (5 rounds with Sama Vritti Breath - 5 count)

Plank Pose → Downward Dog

Surya Namaskar A with Crescent Lunge (5 rounds with Sama Vritti 5 Count Breath)

Surya Namaskar B (3 rounds with Sama Vritti 5 Count Breath)

Utkatasana → Chair Swings with cleansing exhale (5 rounds) → Uttanasana

Vinyasa (or Down Dog/Child's Pose)

- Prompt them to explore their inner flame as they choose - what experience will be most harmonizing for them and notice any resistance

Natarajasana (right and left)

Vinyasa (or Down Dog/Child's Pose)

- Prompt them to explore their inner flame as they choose - what experience will be most harmonizing for them and notice any resistance

Vrksasana → Virabhadrasana III → Low Lunge → Twist → Downward Dog

Repeat Left Side

Child's Pose

Sukhasana → Ardha Matsyendrasana (right and left) → Paschimottanasana (10 rounds of 5 count breath)

Kapalabhati Pranayama (27 rounds) → Nadi Shodhana

Meditation with Ajna Bhedana (5-10 mins)

- Visualize or sense a brilliant flame at the third eye

Savasana (Long held -- ideally 10 mins or more)