



Atha Yoga Training

Mini Practice (20 Mins)

Theme: Ice Pop (Cooling Practice)

*focus on slow moving, cooling and calming asana to ground and soothe your spirit

Props: Blanket, blocks, wall

Sequence:

Sit in Sukhasana and connect with effortless breath

Nadi Shodhana 6 rounds → Fold forward (5 breaths)

Cat/Cow (slowly!)

Child's Pose → Cobra → Child's Pose (4 rounds: inhale 4 to cobra, exhale 8 to child's pose)

Kneeling Urdhva Hastasana → Kneeling Warrior I (right leg forward in a box lunge) →

Kneeling Warrior II → Exhale slowly into a kneeling twist → Kneeling Warrior I

Repeat Left Side

Downward Dog (5 slow breaths)

Pigeon Pose (5-10 breaths)

Janu Sirsasana (right and left)

Paschimottanasana with Bhramari Breath (humming breath)

Viparita Karani (Legs Up the Wall) → Upavistha Konasana on the Wall → Reclined

Pigeon on the Wall

Reclined Twist

Savasana (long if possible)

Vipassana Meditation