



Thirty-Minute Vinyasa Yoga Sequence

Centering

Cat-Cow

Puppy Dog

Down Dog

3-6 Rounds of Sun Salutations (Amrit, Ashtanga, Blend)

Down Dog with Dragon Chasing its Tail (3-Legged Down Dog with bent top knee) both sides

VINYASA*

Right foot Forward Warrior 2

Reverse Warrior 2

Extended Side Angle

Warrior 2

Cartwheel hands down

VINYASA*

Left Foot Forward Warrior 2

Reverse Warrior 2

Extended Side Angle

Warrior 2

Cartwheel hands down

VINYASA*

Step or hop forward to Forward Fold, inhale up

Chair Pose with a twist to the right

Inhale to center Chair Pose with twist to the left

Inhale to center Forward Fold to Down Dog or offer Child's Pose but all will meet in Down Dog

Right foot forward to Crescent Lunge, take a twist, come back to center

Warrior 2

Reverse Warrior 2



Extended Side Angle

Triangle

Warrior 2

Half-Moon (balance)

Forward Fold

VINYASA*

Left Foot Forward to Crescent Lunge, take a twist, come back to center

Warrior 2

Reverse Warrior 2

Extended Side Angle

Triangle

Warrior 2

Half-Moon (balance)

Forward Fold

Inhale up take Tree both sides

Forward Fold to Seated

Seated Twist both sides

Seated Forward Fold

Come to back for Bridge

Supine Twists both sides

Savasana

**VINYASA OPTIONS:*

High/Low Plank; Cobra or Up Dog; Down Dog

Low Plank; Cobra or Up Dog; Down Dog

High Plank, 8-Point Plank; Cobra or Up Dog; Down Dog

High Plank; Descend knees, thighs, and hips to mat; Cobra or Up Dog; Down Dog

High Plank; Down Dog