

Pink Lotus Yoga
Professional Yoga and Teacher Training Summer/Fall 2015
Yang Yoga Sequences and Postures

“We explore postures that invoke the spiritual essence of various creatures and activate the yin and yang properties of the five alchemical elements used in Chinese medicine (wood, fire, earth, metal, and water), thus enlivening the body and consciousness with these energetic qualities. Through this process of renewal, we balance our emotions, restore bodily systems, clear energetic obstructions, increase vitality, and enhance self-awareness. By returning to our true state of being, we awaken to our primal power and wild, playful spirit.” –Paulie Zink

The Golden Seed

Sun Chi (I)
Open Horse (E)
Elephant/Elephant Raises its Trunk (I/E)
Elephant/ Elephant Raises its Trunk (I/E)
Elephant/Earth Chi (I/E)
Sky Chi (I)
Drinking Bird (E)
Rocking Horse (I)
Drinking Bird (E)
Air Chi (I)
Moon Chi (E)

Rooftop Dragon Sequence, Beginners:

Heels Up, Heels Down (I/E)
Dragon Raises Its Tail/Rooftop (I/E)
Lunging Dragon/Twisting Dragon (I/E)
Lunging Dragon/Rooftop (I/E)
Dragon Raises Its Tail/Rooftop (I/E)
Heels Up, Heels Down (I/E)

Rooftop Dragon Sequence, Advancing:

Dragon Raises Its Tail
Lunging Dragon
Twisting Dragon
Lunging Dragon
Dragon Raises Its Tail
Rooftop

Fledgling Dragon Sequence

Tall Bamboo
Dragon Looks over the World
Gecko
Lunging Dragon
Twisting Dragon
Lunging Dragon
Dragon Looks over the World
Tall Bamboo/Land, Folding Wings

Warrior Stances

Peaceful Warrior
Humble Warrior
Brave Warrior
Watchful (a.k.a. Turning) Warrior

Advancing Warrior Sequence, Beginners:

Advancing Warrior
Retreating Warrior
Ready Warrior
Turning Bamboo

Advancing Warrior Sequence, Advancing:

Chi-Pivot/Advancing Warrior
Retreating Warrior
Ready Warrior
Turning Bamboo

Dragon Flies around the World

Tall Bamboo
Dragon Looks over the World
Gecko
Twisting Dragon
Dragon Raises Its Tail
Dragon Flies around the World/Twisting Dragon
Dragon Raises its Tail
Dragon Looks over the World
Tall Bamboo/Land, Folding Wings

Note:

The Rooftop Dragon, Advancing sequence and the Dragon Flies around the World sequence can be advanced with two variations of Warrior positions: Under the Belly of the Dragon and Over the Dragon's Back. These postures can follow and/or precede a Dragon Raises its Tail position, Rooftop, or Lunging Dragon.