

Posture flow from Artha Yoga Classes

**Warm up with Sun Salutations
Or Table warm up sequence.**



Vinyasa Flow 1st sequence

Incorporate breathing during the poses and as you move. Inhale as you expand, exhale as you contract or fold. Work within your own limits for each pose.

From five pointed star pose



Virabhadrasana I-Warrior 1 pose, right foot forward

Arch back with left hand on back of left leg; right arm is up and arching overhead.



Bring both arms parallel to floor, moving into Virabhadrasana II - Warrior 2 pose with right foot forward, you may need to move left leg back slightly and bring left foot to a 30-degree angle.



Move into Parsvottanasana - Extended Sideways Angle pose



Straighten forward leg, move into Trikonasana - Triangle pose.

Move into Five Pointed Star pose and repeat entire sequence on the other side.

Vinyasa Flow 2nd sequence

From five pointed star pose



Virabhadrasana I-Warrior 1 pose, right foot forward.

Straighten leg, bring arms behind and move into



Parsvottanasana - Pyramid pose



Virabhadrasana I-Warrior 1 pose.

Virabhadrasana III - Warrior 3 pose

Arch back with left hand on back of left leg, right arm is up and arching over head.



Bring both arms parallel to floor, moving into Virabhadrasana II-Warrior 2 pose with right foot forward, you may need to move left leg back slightly and bring left foot to a 30-degree angle.



Move into Ardha Chandrasana - Balancing half moon pose.



Move into Virabhadrasana II-Warrior 2 pose pose.

Five pointed star and repeat on the other side.

Rest on your mat with head to one side.

Floor poses



Salabhasana - Boat pose



Virasana Simple Seated pose



Parighasana - Gate pose



Dandasana - Staff pose



Janu Sirsasana - Forward bend pose, both sides



Bharadvjasana I - Twist, both sides



Dandasana - Staff pose.

Lie down on back for Savasana - relaxation pose.

By Marguerite Ramlow