

Contents

II

- | | |
|-----------------------------|--------------------------------------|
| 51 Mountain | 68 Dolphin |
| 52 Five Pointed Star | 69 Feathered Peacock / Forearm Stand |
| 53 Goddess | 70 Sphinx |
| 54 Crescent Lunge | 71 Extended Puppy |
| 55 Equestrian | 72 Upward Facing Dog |
| 56 Reverse Warrior | 73 Reclining Hero |
| 57 Revolved Side Angle | 74 Upward Bow / Wheel |
| 58 Preparatory King Dancer | 75 Wild Thing |
| 59 Extended Hand-to-Big-Toe | 76 Lizard |
| 60 Standing Split | 77 Frog |
| 61 Gate | 78 Half Monkey |
| 62 Crane | 79 Sleeping Pigeon |
| 63 Side Crow | 80 Mermaid |
| 64 Side Plank | 81 Revolved Head-to-Knee |
| 65 Shoulder Pressing | 82 Wide Angle Seated Forward Bend |
| 66 Rabbit | |
| 67 Handstand | |

FLIP FOR MORE

- 83 Hand-to-Foot / Gorilla
- 84 Plank
- 85 Four Limbed Staff / Low Plank
- 86 Full Boat
- 87 Bharadvaja's Twist
- 88 Noose
- 89 Staff
- 90 Reclining Bound Angle
- 91 Reclining Hand-to-Big-Toe
- 92 Hero
- 93 Lotus
- 94 Happy Baby
- 95 Cooling Breath
- 96 Shining Skull Breath
- 97 Bee's Breath

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Stretch & Strengthen

II

Bring core and arm strength and spinal flexibility with this challenging sequence

With poses that both increase and depend upon abdominal strength, this sequence builds core power. At the same time, the internal organs are stretched, compressed and twisted; improving digestion and elimination. **Cooling Breath** mitigates excess heat in body and mind.

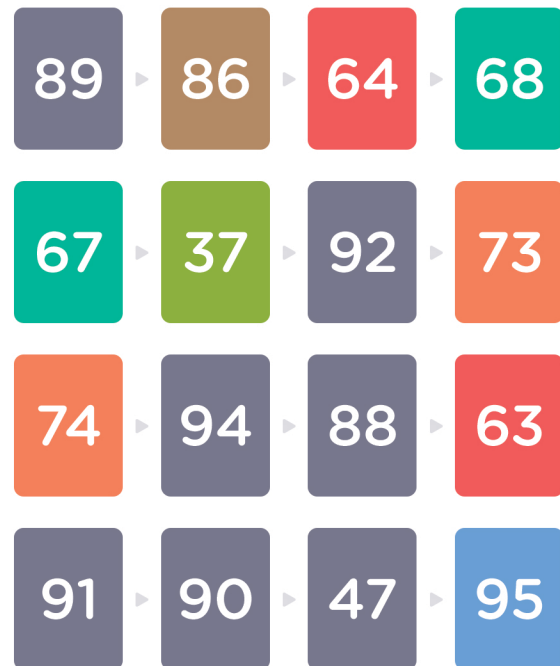
Incorporate core-strengthening yoga poses into every yoga practice. A strong core is important not only for balancing poses, but for a healthy back and good posture.

Beginners: hold each pose for 5 breaths

Intermediate: for up to 10 breaths

End with 5-15 minutes in **Corpse**

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Beginners: hold each pose for 5 breaths

Intermediate: for up to 10 breaths

Rest 5-15 minutes in **Corpse**

Open & Release Yoga

II

Find deep release on all levels with this hip-opening sequence

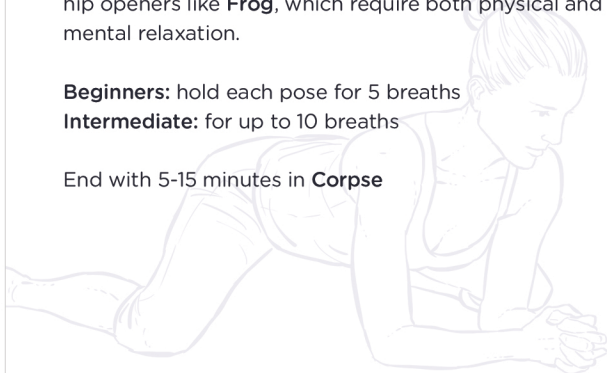
Yoga helps to unknot the tight hips that arise from running, prolonged sitting and emotional baggage. This sequence leads up to two big hip openers: **Lizard** and **Frog**. Finding release in these poses not only builds hip flexibility but also unblocks negative energy that's often stored in the hips.

Open tight areas of your body by directing your breath wherever you feel tension. This technique helps in deep hip openers like **Frog**, which require both physical and mental relaxation.

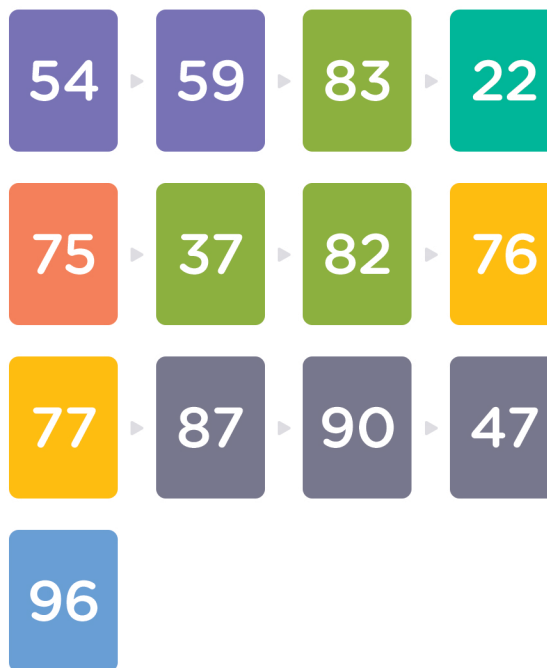
Beginners: hold each pose for 5 breaths

Intermediate: for up to 10 breaths

End with 5-15 minutes in **Corpse**



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Beginners: hold each pose for 5 breaths

Intermediate: for up to 10 breaths

Rest 5-15 minutes in **Corpse**

Energize & Glow Yoga

II

Awaken your body and mind with this energy boosting sequence

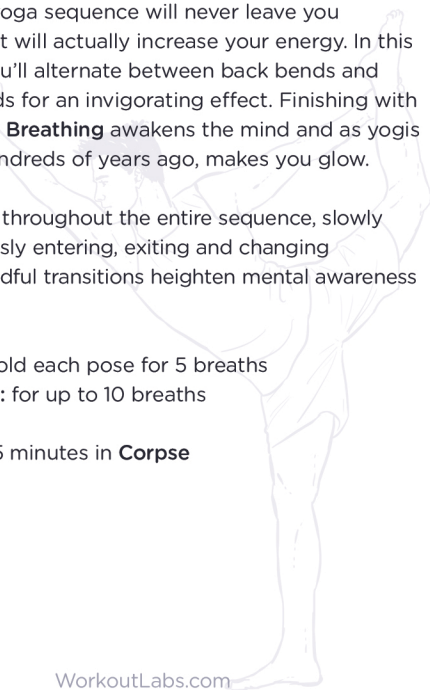
A balanced yoga sequence will never leave you exhausted – it will actually increase your energy. In this sequence, you'll alternate between back bends and forward bends for an invigorating effect. Finishing with **Shining Skull Breathing** awakens the mind and as yogis explained hundreds of years ago, makes you glow.

Bring fluidity throughout the entire sequence, slowly and consciously entering, exiting and changing postures. Mindful transitions heighten mental awareness and acuity.

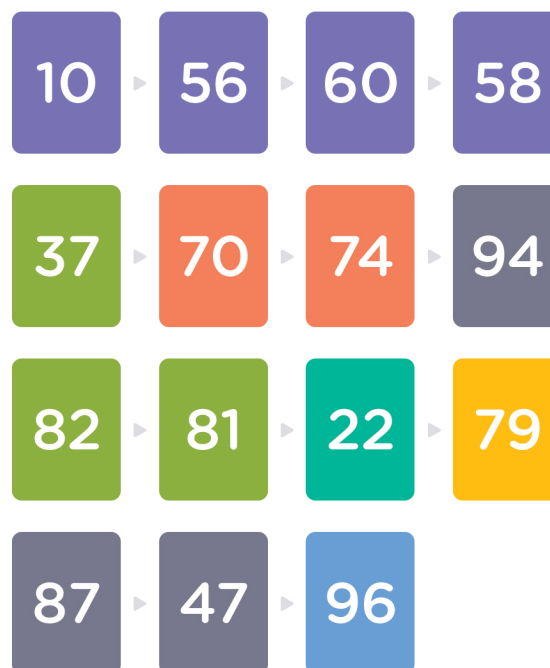
Beginners: hold each pose for 5 breaths

Intermediate: for up to 10 breaths

End with 5-15 minutes in **Corpse**



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Beginners: hold each pose for 5 breaths

Intermediate: for up to 10 breaths

Rest 5-15 minutes in **Corpse**

Detox & Revive Yoga

Help the body to eliminate toxins with this liver-focused sequence

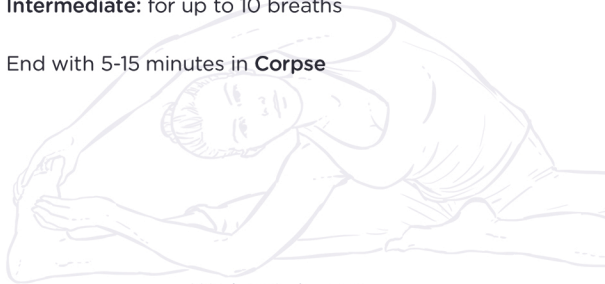
Filled with twists and forward bends, this sequence targets the liver and digestive organs. The better the liver functions, the easier it is for the body to process and eliminate toxins. Poses like **Revolved Head to Knee** and **Bharadvaja's Twist** are excellent liver invigorators.

Try holding these twists a little longer than usual. When you release the twists, fresh blood rushes in and revives the digestive system.

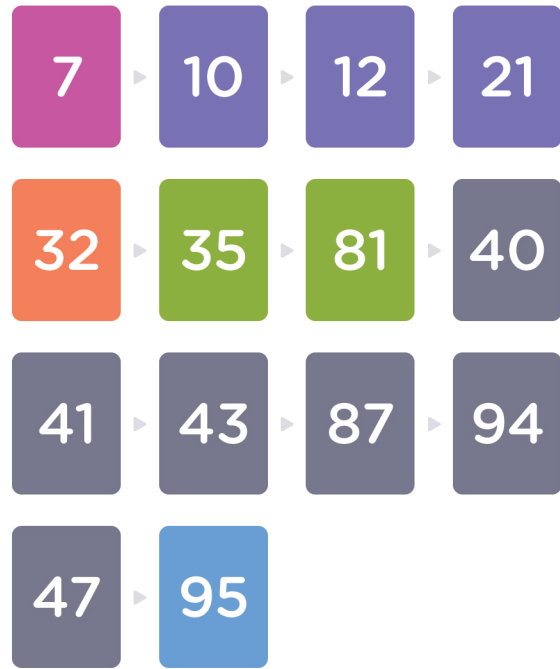
Beginners: hold each pose for 5 breaths

Intermediate: for up to 10 breaths

End with 5-15 minutes in **Corpse**



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Beginners: hold each pose for 5 breaths

Intermediate: for up to 10 breaths

Rest 5-15 minutes in **Corpse**

Slim & Trim Yoga

Find your healthy weight with this slimming yoga sequence

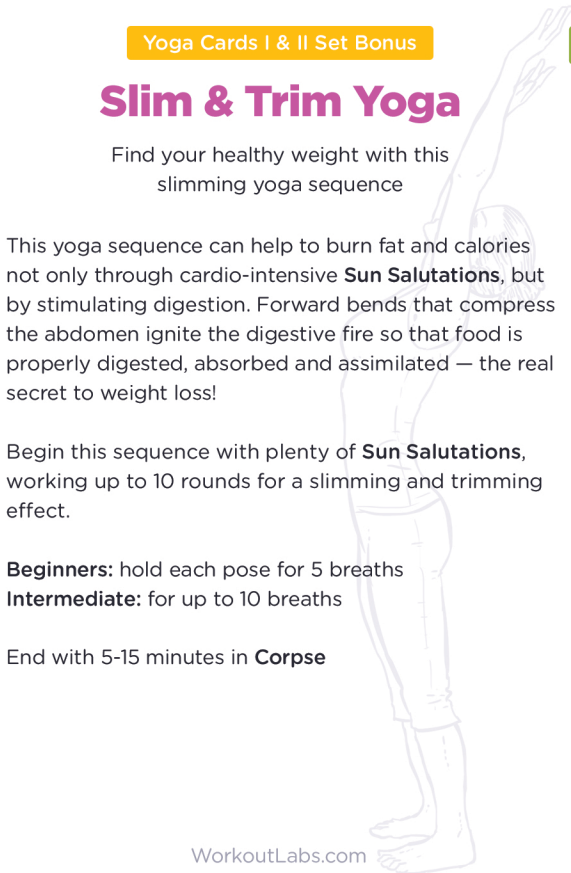
This yoga sequence can help to burn fat and calories not only through cardio-intensive **Sun Salutations**, but by stimulating digestion. Forward bends that compress the abdomen ignite the digestive fire so that food is properly digested, absorbed and assimilated — the real secret to weight loss!

Begin this sequence with plenty of **Sun Salutations**, working up to 10 rounds for a slimming and trimming effect.

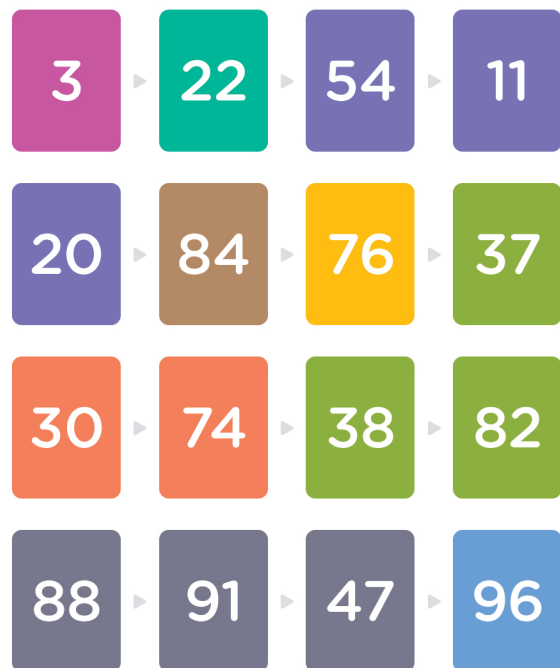
Beginners: hold each pose for 5 breaths

Intermediate: for up to 10 breaths

End with 5-15 minutes in **Corpse**



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Beginners: hold each pose for 5 breaths

Intermediate: for up to 10 breaths

Rest 5-15 minutes in **Corpse**

Balance & Challenge Yoga

Improve body awareness with poses that challenge your sense of balance

With a focus on balancing postures, this yoga sequence will improve your sense of stability on and off your mat. At the same time, it encourages focus and concentration: the key to attaining physical balance.

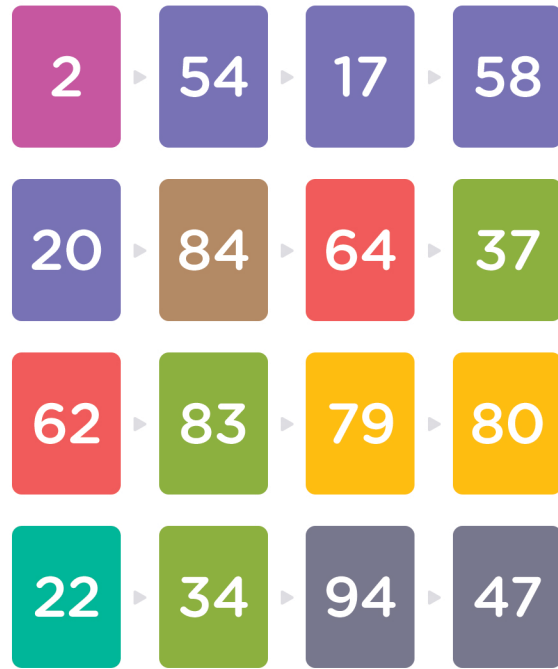
You'll likely find that your sense of balance varies from one day to the next. This is natural and expected, so be kind to yourself. If you fall out of a pose, come right back into it with a sense of ease.

Beginners: hold each pose for 5 breaths

Intermediate: for up to 10 breaths

End with 5-15 minutes in **Corpse**

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Beginners: hold each pose for 5 breaths

Intermediate: for up to 10 breaths

Rest 5-15 minutes in **Corpse**

Sun Salutation A

Surya Namaskar A · *sur-yah nah-mah-SCAR-ah A*

Warm up your entire body with this Ashtanga version of the Sun Salutation. Practice 5-10 rounds for a complete warm up. Rest for 1-2 minutes in **Corpse** before moving on.

- 1 Stand with your feet together and arms by your sides.
- 2 Inhale and reach your arms up. Bring your palms to touch overhead.
- 3 Exhale and fold forward.
- 4 Inhale and rise halfway to a flat back.
- 5 Exhale and jump or step back. Bend your elbows so that your upper arms are in line with your torso.
- 6 Inhale and slide forward and up, straightening your arms.
- 7 Exhale and push your hips up and back.
- 8 Inhale and jump or step both feet forward, rising halfway to a flat back.
- 9 Exhale and fold forward.
- 10 Inhale and rise, reaching your arms up. Bring your palms to touch overhead.
- 11 Exhale and release your arms by your sides.

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Traditional Sun Salutation

Surya Namaskar · *sur-yah nah-mah-SCAR-ah*

Warm up your entire body with this classic version of the Sun Salutation. Follow the steps below and repeat, stepping your left foot back and forward. Practice 3-10 rounds for a complete warm up. Rest for 1-2 minutes in **Corpse** before moving on.

- 1 Stand with your feet hip distance wide. Exhale and bring your hands to prayer.
- 2 Inhale and reach up, arching back.
- 3 Exhale and bend forward.
- 4 Inhale and step your right foot back. Lower your knee.
- 5 Retain your breath and step your left foot back.
- 6 Exhale and lower your knees, chest and chin to the floor.
- 7 Inhale and slide forward and up, straightening your arms.
- 8 Exhale and push your hips up and back.
- 9 Inhale and step your right foot forward. Lower your left knee and lengthen your spine.
- 10 Exhale and step your left foot next to the right, folding forward.
- 11 Inhale and reach up, arching back.
- 12 Exhale and bring your hands to prayer.

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Prayer



Raised Arms



Standing Forward Bend



Equestrian



Plank



Knees-Chest-Chin



Extended Cobra



Downward Facing Dog



Equestrian



Standing Forward Bend



Raised Arms



Prayer

How to build a balanced yoga sequence

A well-rounded sequence includes a warm up, standing poses, inversions, back bends, forward bends, twists, balancing poses and corpse. It should finish with breathing exercises and meditation.

Use the basic template on the back of this card to build your sequence, keeping the following guidelines in mind:

- Move the spine in all directions: bend forward, backward, laterally and side to side.
- Rest in **Extended Child's** or **Corpse** after every 3-4 poses.
- A series of back bends should always be balanced by forward bends.
- Alternating back bends and forward bends is energizing and invigorating, while multiple back bends followed by multiple forward bends is more calming.
- Inversions which are also back bends (like **Handstand** and **Feathered Peacock**) should be followed with a short rest in **Extended Child's**.
- Beginners should hold poses for 5 breaths and intermediate practitioners for 10 breaths.

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Sun Salutations: Begin with 3-10 rounds of the **Traditional Sun Salutation** or **Sun Salutation A** to gently wake up the body, stretch the spine and prepare for deeper yoga postures.

Standing and Core poses: Practice several standing and core poses to build strength, balance and stamina.

Inversions: Practice 1-2 inversions to build upper body strength and reverse blood flow.

Back Bends: Practice 2-3 increasingly challenging backbends to improve spinal flexibility.

Forward Bends: Balance the effect of back bends with 2-3 forward bends. Forward bends also improve digestion and calm the mind.

Hip Openers: Add 1-2 hip openers to release tight hips and emotional blockages.

Balancing Poses: Practice 1-2 balancing poses to build strength and focus.

Seated & Supine: Wind down with a balancing posture, twist and a gentle reclining pose.

Corpse: Take a final 5-15 minute rest in **Corpse**.

Breathing Exercises: Practice a yogic breathing exercise to increase prana (life force) and tame the mind.

Meditation: Close with 5-10 minutes of meditation to connect to your inner being.