

Dynamic Warm-Up Yoga

6 min · Yoga

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Start with and carry Yogic Breathing throughout your entire practice and release it during your final rest in Corpse, unless following with another sequence. Move slowly and mindfully through each exercise.

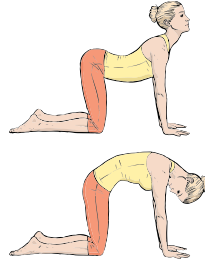
Yogic Breathing · Pranayama



5 breaths

Inhale and feel the belly, then chest, then throat expand

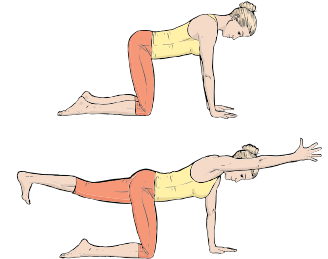
Cat Stretch · Marjariasana



3 breaths

Align wrists under shoulders · Align knees under hips · Broaden shoulders · Inhale and arch · Exhale and round

Balancing Table · Dandayamna Bharmanasana



3 breaths

Draw belly toward spine · Broaden shoulder blades · Flex top foot · Keep top leg, torso and top arm in one line

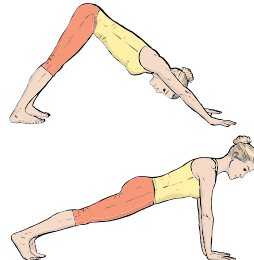
Tiger · Vyaghrasana



3 breaths

Align wrists under shoulders · Align knees under hips · Lengthen the neck · Inhale and arch · Exhale and round

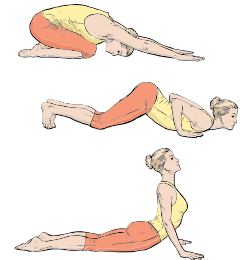
Plank Flow · Kumbhakasana Vinyasa



3 breaths

Hands shoulder-width apart, fingers wide · Feet hip-width apart · Draw belly toward spine

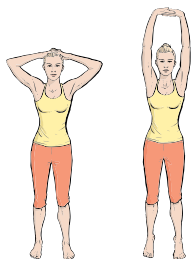
Striking Cobra · Shashank Bhujangasana



3 breaths

Keep hands fixed to floor shoulder-width apart · Draw shoulders away from ears · Keep elbows bent

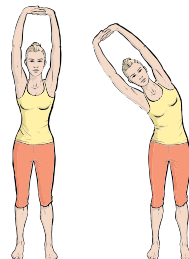
Palm Tree · Tadasana



3 breaths

Feet hip-width apart · Draw shoulders down · Tuck tailbone under · Tuck front ribs in

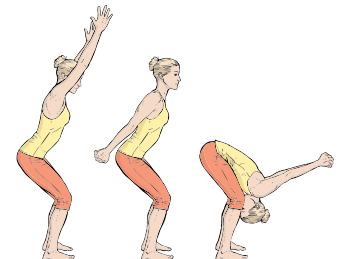
Swaying Palm Tree · Tiryaka Tadasana



3 breaths

Bring feet wider than shoulders · Do not move hips · Draw shoulders down

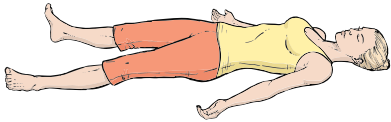
Standing Yoga Seal · Dandayamana Yoga Mudrasana



3 breaths

Draw shoulder blades together · Keep neck in line with spine · Keep knees bent, aligned over ankles

Corpse · Savasana



50 breaths

Relax for 5-10 minutes unless performing another sequence next.

Destress & Refresh Yoga

9 min · Yoga

[View online](#)

Precede this sequence with the Dynamic Warm-up Yoga. Move slowly and mindfully through each pose. Finish with 5-10 minutes in the Corpse pose followed by Alternate Nostril Breathing. Enjoy

Pyramid · Parsvottanasana



5 breaths

Anchor back heel to floor · Lengthen front of torso · Square your hips · Do not lock knees

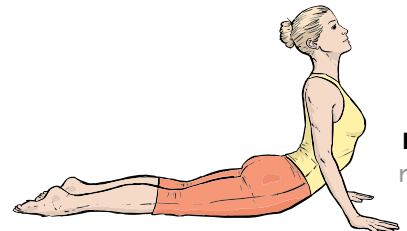
Tree · Vrksasana



5 breaths

Draw shoulders away from ears · Gaze at a fixed point to balance · Lengthen spine · Open knee to the side

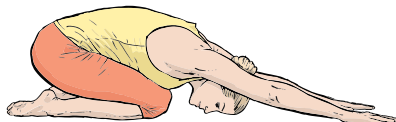
Extended Cobra · Saral Hasta Bhujangasana



5 breaths

Bring feet hip-width apart · Bend elbows slightly · Draw shoulders away from ears · Keep head in line with spine

Extended Child's Pose · Utthita Balasana



5 breaths

Release tailbone toward feet · Rest forehead on floor · Bring knees hip-width apart

Cow Face · Gomukhasana



5 breaths

Lengthen spine · Keep neck neutral and relaxed

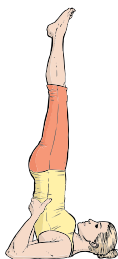
Fire Log · Agnistambhasana



5 breaths

Flex feet · Position top foot just beyond bottom knee · Lengthen spine · Try to bring shins parallel

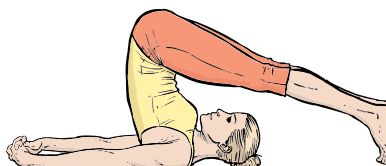
Shoulderstand · Sarvangasana



5 breaths

Push ribs in and up · Soften tongue and throat · Press upper arms and shoulders into floor · Keep legs together

Plow · Halasana



5 breaths

Align hips over shoulders · Do not turn head · Push tops of shoulders into floor · Soften tongue and throat

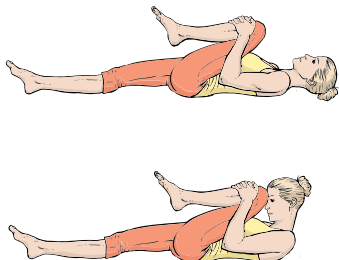
Fish · Matsyasana



5 breaths

Relax toes · Keep most of the weight in the elbows · Lift chest up · Keep mouth closed

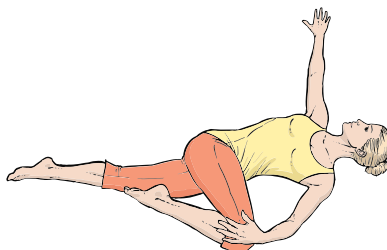
Wind Release · Pavanmuktasana



5 breaths

Press straight leg into floor · Hug knee into chest · Lift shoulders from floor · Press thigh to belly

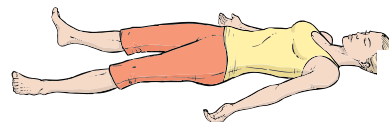
Reclined Spinal Twist · Supta Matsyendrasana



5 breaths

Press shoulder blades toward floor · Gaze in opposite direction of twist

Corpse · Savasana



50 breaths

Keep head and spine in one line · Release tension in jaw · Tuck shoulder blades under. Relax for 5-10 minutes.

Alternate Nostril Breathing · Nadi Shodhana Pranayama



5 breaths

Lengthen spine · Keep chin parallel to floor · Relax shoulders · Tuck right index and middle fingers into palm

Firm & Tone Yoga

4 min · Yoga

[View online](#)

Precede this sequence with the Dynamic Warm-up Yoga. Move slowly and mindfully through each pose. Finish with 5-10 minutes in the Corpse pose followed by Ocean Breathing. Enjoy

Warrior I · Virabhadrasana I



3 breaths

Lengthen tailbone toward floor · Anchor outer edge of foot to floor · Draw shoulders away from ears

Warrior II · Virabhadrasana II



3 breaths

Lengthen tailbone toward floor · Anchor outer edge of foot to floor · Stretch hands away from each other

Extended Side Angle · Utthita Parsvakonasana



3 breaths

Anchor outer edge of foot to floor · Align knee over ankle · Center body weight evenly between feet

Chair · Utkatasana



3 breaths

Keep knees behind toes · Tuck the tailbone under · Draw shoulders away from ears · Keep body weight in heels

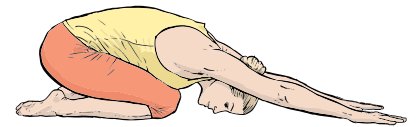
Standing Forward Bend · Uttanasana



3 breaths

Relax neck · Do not lock knees · Press heels into floor · Lift kneecaps · Lift sit bones toward sky

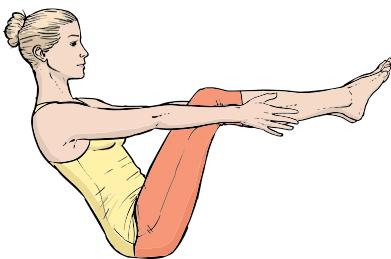
Extended Child's Pose · Utthita Balasana



3 breaths

Release tailbone toward feet · Rest forehead on floor · Bring knees hip-width apart

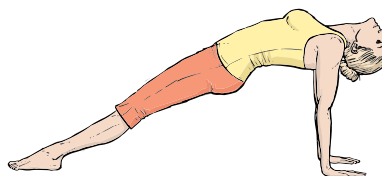
Half Boat · Ardha Navasana



3 breaths

Lengthen spine and keep back flat · Reach strongly through fingers · Balance on sit bones

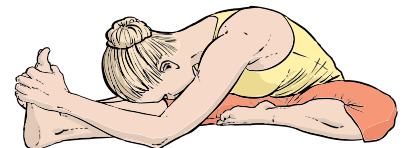
Inclined Plane · Purvottanasana



3 breaths

Press soles of feet toward floor · Align wrists under shoulders · Lift hips toward sky · Keep the neck neutral

Head to Knee · Janu Sirsasana



3 breaths

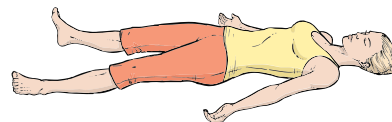
Flex extended foot · Keep neck in line with spine · Bend elbows. Hold for 3 breaths for each side.

Crow · Kakasana**3** breaths

Spread fingers wide · Bring knees high on upper arms · Keep elbows bent · Focus your gaze beneath you

Half Spinal Twist · Ardha Matsyendrasana**3** breaths

Position foot just outside of knee · Lengthen spine vertically and then twist · Draw shoulders down

Corpse · Savasana

Keep head and spine in one line · Release tension in jaw · Tuck shoulder blades under. Relax for 5-10 minutes.

Ocean Breathing · Ujjayi Pranayama**10** breaths

Lengthen spine · Keep chin parallel to floor · Relax shoulders · Slightly constrict the throat

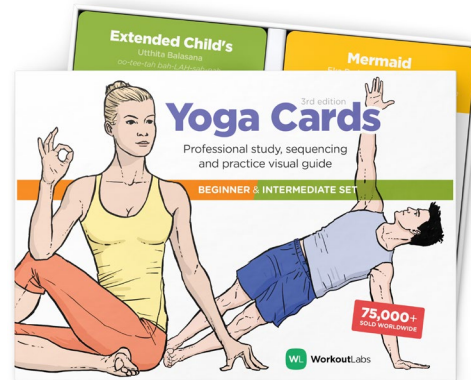
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