

# My Favorite Poses Yoga Sequence

1. 30min sequence — my favorite poses

2. Grab a strap + block

3. Breath Awareness 3 deep breaths

4. Chant: Om, shanti... shanti... shantihiii...

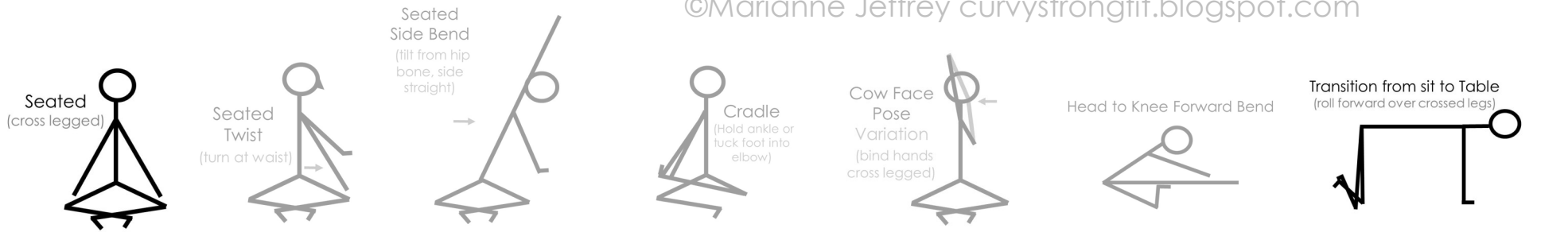
Poses shown in grey should be performed on both sides!

Hold each pose for a slow count of ten if you can.

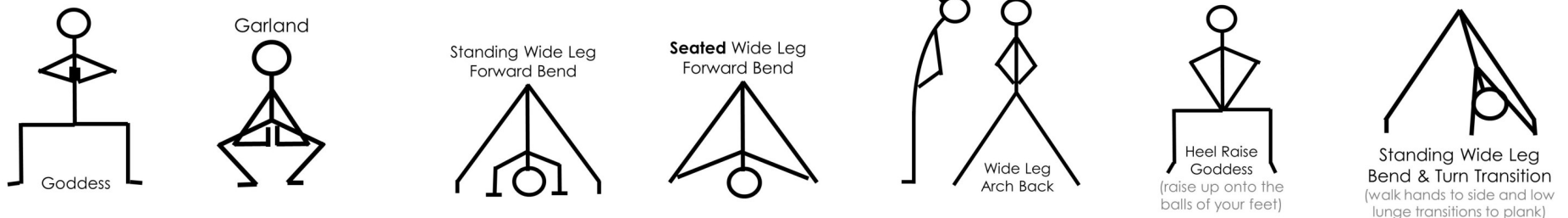
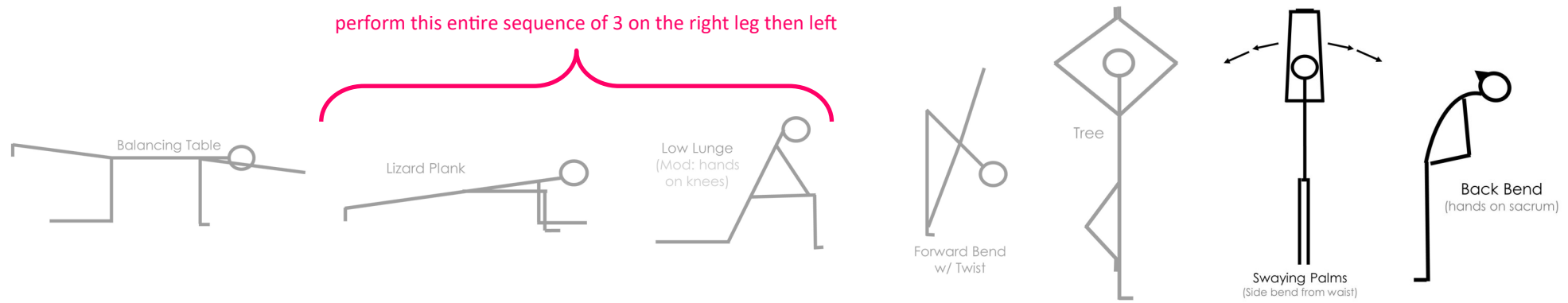
Mantra translation – Mind (man) Tool (tra)

Om shanti, shanti, shanti invokes peace on 3 levels of consciousness; waking, dreaming, & sleeping

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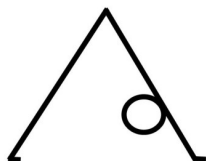


perform this entire sequence of 3 on the right leg then left





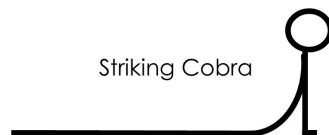
Plank



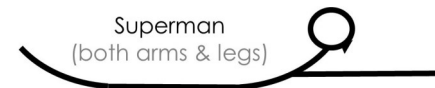
Downward Facing Dog



Upward Facing Dog



Striking Cobra

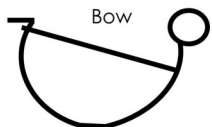


Superman  
(both arms & legs)

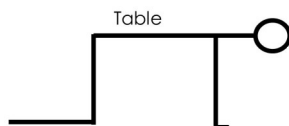
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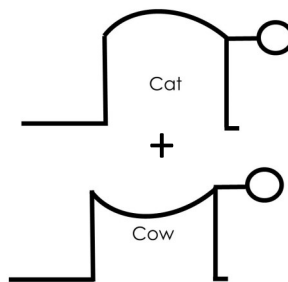
Locust  
(arms bound behind)



Bow

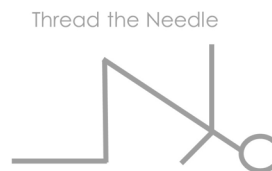


Table

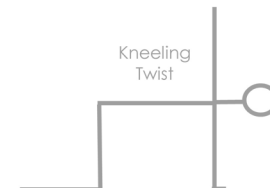


Cat

Cow



Thread the Needle



Kneeling Twist



Kneeling Leg Raise



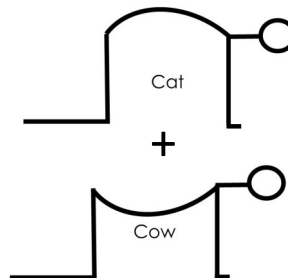
Kneeling Knee to Chest



Camel Warm Up

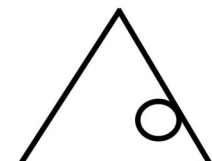


Camel  
(kneeling reach  
back touch feet)

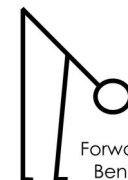


Cat

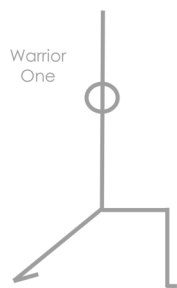
Cow



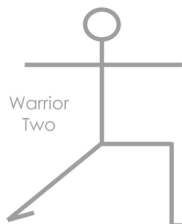
Downward Facing Dog



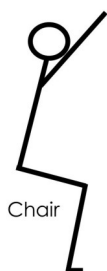
Forward Bend



Warrior One



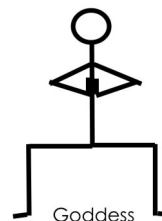
Warrior Two



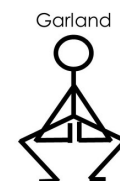
Chair



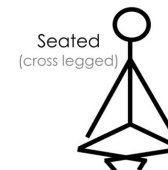
Leg Raise  
(unsupported  
front raise)



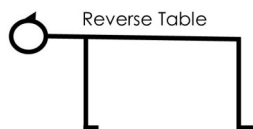
Goddess



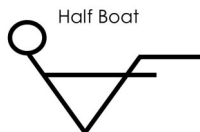
Garland



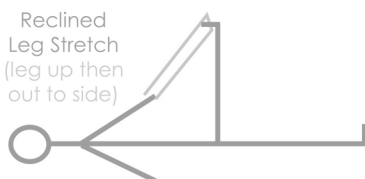
Seated  
(cross legged)



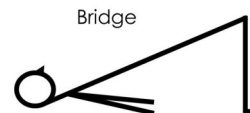
Reverse Table



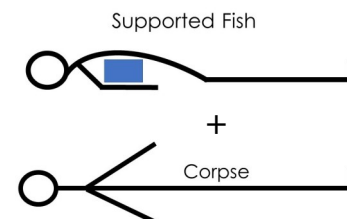
Half Boat



Reclined Leg Stretch  
(leg up then out to side)



Bridge



Supported Fish

+

Corpse