

SUGGESTED SEQUENCES



Don't feel like customizing?
Select a sequence below that best suits your needs.

Note that times listed are only estimates. The actual length of your practice is determined by:

A) Breathing speed, since movements flow with your breath and postures are held in breath counts.

B) How long you choose to remain in final relaxation.

Total Body (68 minutes+)

- Breathing & Warming Sequence
- Sun Salutations
- Core Part One*
- Legs Part One*
- Twisting Part One*
- Balance Part One*
- Arms/Shoulders Part One*
- Hips/Groins Part One*
- Inversions Part One*
- Backbending/Chest Opening Part One*
- Final Relaxation & Closing Practice

Energy Boost (50 minutes+)

- Breathing & Warming Sequence
- Sun Salutations
- Core Part One
- Legs Part One
- Backbending/Chest Opening Part One
- Twisting Part Two
- Backbending/Chest Opening Part Two
- Final Relaxation & Closing Practice

Restorative (54 minutes+)

- Breathing & Warming Sequence
- Core Part Two
- Legs Part One
- Hips & Groins Part One
- Legs Part Two
- Twisting Part Two
- Inversions Part Two
- Backbending/Chest Opening Part Two
- Final Relaxation & Closing Practice

Athletic Power (56 minutes+)

- Breathing & Warming Sequence
- Sun Salutations
- Core Part One
- Legs Part One
- Balance Part One
- Legs Part Two
- Arms/Shoulders Part Two
- Hips/Groins Part Two
- Final Relaxation & Closing Practice

Stress Reliever (56 minutes+)

- Breathing & Warming Sequence
- Sun Salutations
- Legs Part One
- Inversions Part One
- Backbending/Chest Opening Part One
- Twisting Part One
- Backbending/Chest Opening Part Two
- Hips/Groins Part One
- Final Relaxation & Closing Practice

Posture Program (54 minutes+)

- Breathing & Warming Sequence
- Core Part One
- Legs Part One
- Arms/Shoulders Part One
- Backbending/Chest Opening Part One
- Twisting Part Two
- Inversions Part Two
- Backbending/Chest Opening Part Two
- Final Relaxation & Closing Practice

*Use Part Two for a total-body workout with slightly more complex and challenging postures.