

45-minute Vinyasa Flow

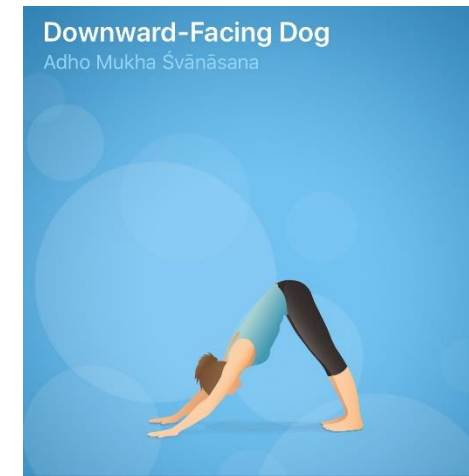
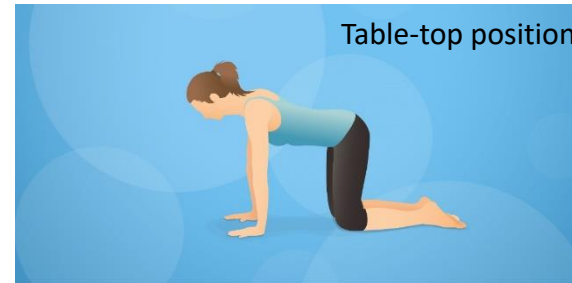
Ms. Dorie Chassin

5/20/20

- All vinyasa flows follow an arc: grounding, warming, heating, progressively cooling poses, and savasana
- Following this arc and sequence ensures that your body is prepared for the next series of poses and remains uninjured.
- Vinyasa specifically is about linking breath with movement, so please note that (I)=inhale and (E)=exhale.

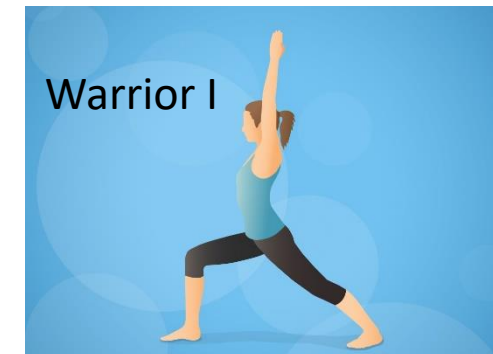
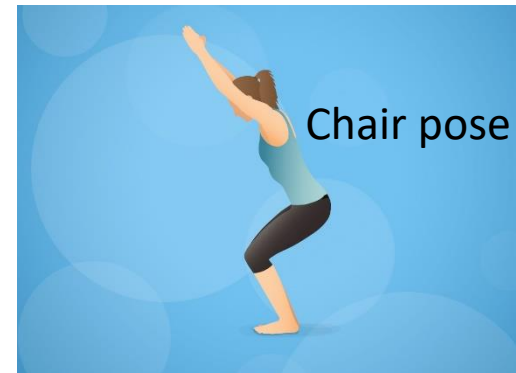
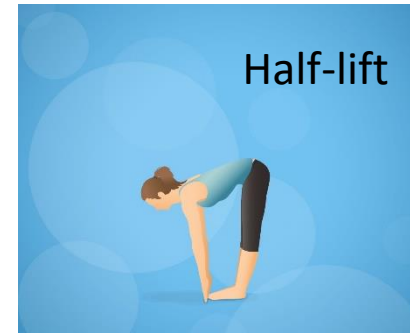
Grounding

- Meet in a comfortable seat, lying on your back, or child's pose (close eyes or lower gaze, begin to focus on your breath and let go of anything that came before this time, take a few breaths here).
- From this initial position, roll on to knees and take a neutral table top position
- cat/cow pose (10 breaths) (other options include thread the needle and sunbird)
- downward facing dog (5 breaths)
- (E) walk to top of mat, forward fold (bend knees for tight hamstrings and if you have any lower back pain)
- Arms over head, down by your sides, mountain pose (3 breaths)



Warm-Up

- Sun salutations:
- SUN A (repeat 3 times)
 - (I) Arms over head, (E) forward fold, (I) half lift straighten spine, (E) plant hands
 - Vinyasa:
 - (I) Plank pose
 - (E) Low plank
 - (I) upward facing dog
 - (E) downward facing dog (5 breaths)
 - Last exhale, walk/hop to top of mat,
 - (I) half lift, (E) forward fold, (I) mountain
- SUN B (repeat 2 times)
 - (I) chair pose (sink hips, drop tailbone)
 - (E) forward fold, plant hands
 - Vinyasa
 - From downward facing dog-right foot forward at 90 degrees, left foot plants at 45 degrees, rise up to warrior I (1 breath in warrior I and exhale take your vinyasa), left foot plants at 90 degrees, right at 45, rise up to warrior I, (E) vinyasa
 - 5 breaths in downward facing dog
 - (E) walk/hop to top of mat, (I) chair, (E) mountain pose

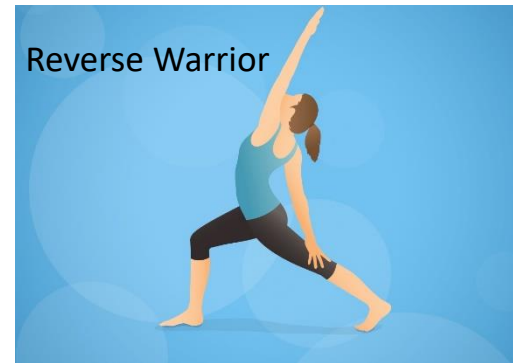
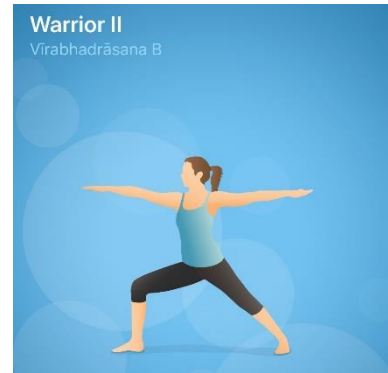


Heating

- SUN A (ending in down dog)
- Warrior I
- (E) Warrior II
- (I) Reverse Warrior
- (E) Warrior II
- (I) straighten front leg
- (E) triangle pose
- plant hands take a vinyasa (as cued in warm-up)

(take this same sequence on the left side)

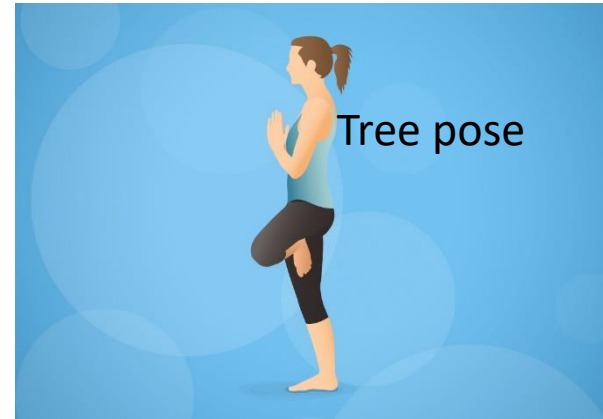
- Down dog/child's pose (5 breaths)
- From down dog, pull forward to plank pose, right hand center, left arm high (side plank right side) (5 breaths)
- Vinyasa
- From down dog, pull forward to plank pose, side plank left side (5 breaths)
- Vinyasa
- Down dog (5 breaths)
- Walk/hop forward, (I) half lift, (E) forward fold, (I) mountain pose



Triangle

Balancing series

- Tree pose
- Standing hand to foot pose (right then left side) (optional bind with peace fingers around big toe, as pictured)
 - *Can also lift knee to chest instead of extending leg

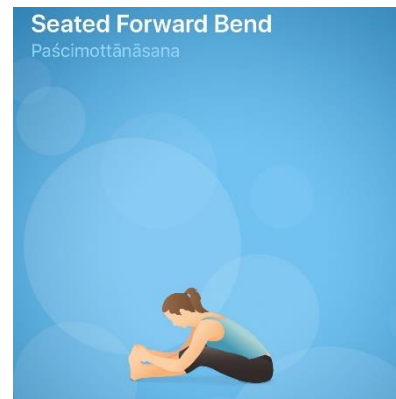


Progressively Cooling

- Back bends
- Backbends on back:
 - *Always lift up into backbends on the inhale
 - (I) Bridge (5 breaths)
 - (I) Wheel (7 breaths)
 - (I) Yogi's choice (10 breaths)
- Seated forward fold-(I) arms lift, (E) fold forward
- Supine twist on back (right and left sides)



How-to : Wheel Pose



Savasna

(5-10 min)

Come back to a comfortable seat, eyes closed, gaze lowered, (I) hands to heart (E), (I) hands to third eye, bowing forward thank yourself for taking time out of your day for your practice. Thank your body for all it does for you. Peace to the mind, peace to the heart. Namaste.