

Full Spectrum Asana Sequence

Theme: Renewal

Featuring: Upavistha Konasana - May Pose of the Month

*Explore creative + juicy hip opening asana to encourage the body to "replenish" and renew itself.

Props: Blanket, blocks and strap

Sequence:

Begin in Heart Bench with Baddha Konasana Legs (optional)

Garbhasana → Apanasana → Reclined Eagle Arms and Legs → 3 crunches → Baddha Konasana (repeat and switch sides for Eagle)

Rock and Roll along the spine 10 rocks or 1 min → Plank Pose

Walk hands back to feet → 3 Sun Breaths → Tree Pose Sun Breaths (right + left)

Surya Namaskar A - 3 Rounds

Low Lunge → Twist → High Lunge → Warrior III → Standing Split → Reverse the asana back out

Vinyasa

Repeat Left Side

Core Planks → Fallen Triangle → Upavistha Konasana → right hand plants back hips lift → 3 legged dog with hip opener → Rockstar option

Repeat Left Side

Malasana → Crow → Malasana with Twists (right and Left) → Crow → Vinyasa

Child's Pose (brief - 3 breaths)

Supported Headstand of choice - Give option to come in via Crow Pose

Shoulderstand → Viparita Karani → Apanasana (5-10 breaths) → Rock up to sit

Baddha Konasana → Janu Sirasana Right → Baddha Konasana → Janu Sirsasana Left

Upavistha Konasana → Kurmasana (Turtle Pose) option

Dynamic Bridge Pose → 3 rounds

Happy Baby

Reclined Twist with Twisted Roots

Savasana with guided breath - inhale 4, exhale 6, add optional retention between (6 rounds and then let it go)