

The Dance of Intention: Awaken the Dragon

The Virtues: Interconnection, Grace, and Balance of Love, Wisdom and Power in each moment.

The Focus: Flow and Power

The Apex: Flying Warrior

This practice can serve as a stand-alone practice or a mindful movement prep. It is also a great way to start your day. Let your intention be reflected in each pose.

SEQUENCE:

Tadasana—spread your wings and breathe

Uttanasana—pulse with your breath

Rotator Cuff Twist

Scorpion Twist

Down Dog (pulse, bending one knee at a time with breath)

Plank (optional: inchworm with push-up, or do plank with one leg lifted)

Chaturanga

Cobra

Down Dog

Pulsing Parsvottanasana variation (3 breaths x 3 on each side)

Uttanasana to standing

Twisting Lunges

Flying Warrior

**Optional transition point-*

Anjaneyasana

Runner's Lunge

Vinyasa

Vira II > Goddess Warrior > Trikonasana

Vinyasa

Pigeon Thigh Stretch

Pigeon

Uttanasana

Janu Sirsasana

Hamstring Hug

Twist

Meditation or Savasana

**Optional transition point* means that from Flying Warrior you could go into any other type of activity feeling warmed up for stable, powerful movement. You could insert your workout or run/ bike/hike and so on; then return to yoga and continue from the transition point with the rest of the practice serving as a cool down and mindful stretch.

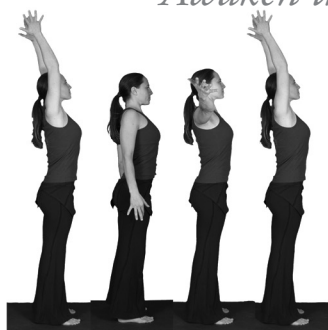
This is a wonderful practice to do before adventures of any kind.

This is also a good way to go for a short ride on the wings of Shakti, get your blood flowing, and connect your intention to the manifest world through breath and movement.



Virabhadrasana III (Warrior III)

Awaken the Dragon



Tadasana
spread your wings



Uttanasana
pulse with your breath



Rotator Cuff Twist - Inhale center, Exhale to twist
go from side to side with your breath
press your shoulders firmly back



Scorpion twist from side to side



Down Dog, bend knees
pulse with your breath



Plank, hold 3 breaths
Optional: push-ups or one leg push-ups



Chaturanga
lower to belly



Bhujangasana
Cobra Pose



Down Dog
enjoy your breath



Pulse from lunge to straight leg stretch
3 breaths straight, 1 breath bent knee
3 times each side



Twisting lunges with straight back leg
side to side 5 to 10 times each side



Optional variation for
Vira III with chair



* OPTIONAL
TRANSITION
POINT

Flying Warrior III
pulse Tadasana to Vira III to Tadasana
5 to 10 times each side



Down Dog
enjoy your breath



Anjaneyasana
both sides



Runner's Lunge
both sides

Down Dog
enjoy your breath

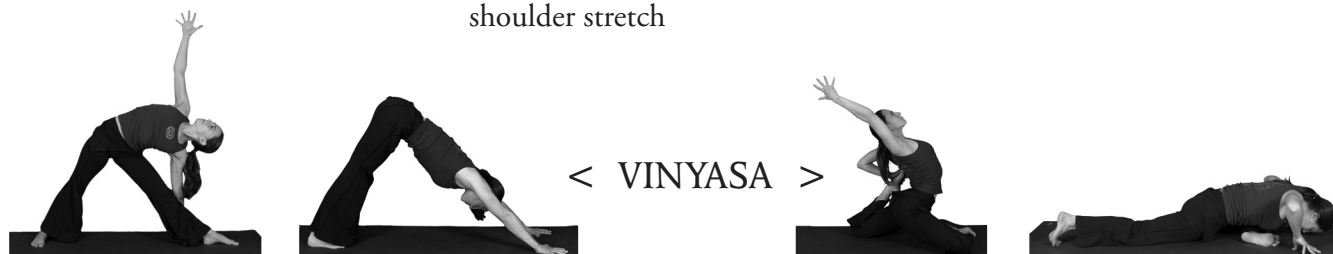
VINYASA: Plank > Chaturanga > Cobra > Down Dog



Uttanasana > Tadasana

Uttanasana
shoulder stretch

FLOW: Warrior II > Goddess Warrior >



Trikonasana > Down Dog
repeat FLOW on other side

< VINYASA >

Pigeon Thigh Stretch
both sides

Pigeon Forward Fold
both sides



Down Dog > Uttanasana

Janu Sirsasana on both sides

Hamstring Hug
both sides



Finishing Twist
go to one side and take 3 to 5 deep breaths
then inhale through center to the other side

Savasana
relax for several minutes
enjoy your breath