## Deeper Insight

The Virtues: Self-Study, Wisdom, and Humility as they bring Insight and Revelation

The Focus: Hip openers

The Apex: Vishvamitrasana, Krounchasana, Surya Yantrasana, Parivrtta Janu Sirsasana

## SEQUENCE:

Adho Mukha Savasana (lie on your belly with your hands under your head and breathe)

Balasana

Down dog

Uttanasana

Tadasana, pulse with breath

Wide Uttanasana with shoulder stretch

Dragon Lunge with twist

Vinyasa

Parsvottanasana

Vinyasa

Anjaneyasana

Down dog

Parsvakonasana > Trikonasana > Ardha Chandrasana

Pigeon with twist

Vinyasa

Pigeon thigh stretch

Runner's Lunge

Hanumanasana

Lunge with shoulder behind shin > Vishvamitrasana (optional)

Vinyasa with Shalabhasana

Uttanasana

Janu Sirsasana

Triang Mukhaipada Paschimottanasana (optional)

Krounchasana (Heron Pose - optional)

Surya Yantrasana (Sundial Pose - optional)

Parsva Upavistha Konasana

Upavistha Konasana

Parivrtta Janu Sirsasana (x2)

Supine Pigeon

Ardha happy baby

Finishing Twist

Savasana



Krounchasana (Heron Pose)

## Deeper Insight



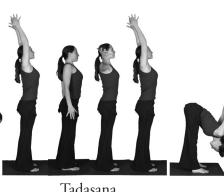
Balasana: Child's Pose breathe into your body



Down Dog move as you like



Uttanasana pulse with your breath



Tadasana spread your wings



Dragon Lunge Twist both sides



Parsvottanasana both sides



Anjaneyasana both sides







Trikonasana > Ardha Chandrasana repeat FLOW on other side



Breathe. Feel.



Pigeon: Forward, Twisted and Wide both sides



Pigeon Thigh Stretch



Down Dog enjoy your breath



Ardha Hanumanasana (Runner's Lunge)





Hanumanasana: any variations



Down Dog enjoy your breath



Lunge with leg behind shoulder Optional: Vishvamitrasana



Uttanasana enjoy your breath



Janu Sirsasana



Triang Mukhaikapada Paschimottanasana



Krounchasana prep or Krounchasana





Dandasana (Staff Pose)



Surya Yantrasana (Sundial Pose)





Parsva Upavistha Konasana









Parivrtta Janu Sirsasana repeat to go deeper





Half Happy Baby



Supine Pigeon or Thread the Needle



Finishing Twist



Hug and Rock



Savasana