

## *Deeper Insight*

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

*The Focus:* Hip openers

*The Apex:* Vishvamisrasana, 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 > Vishvamisrasana (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*



Balāsana: 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

< VINYASA > < VINYASA >



Parsvottanasana  
both sides



Anjaneyasana  
both sides

< VINYASA >



FLOW: Parsvakonasana > Trikonasana > Ardha Chandrasana  
repeat FLOW on other side



Breathe. Feel.



Pigeon: Forward, Twisted and Wide  
both sides

< VINYASA >



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



< VINYASA >



Uttanasana  
enjoy your breath



Janu Sirsasana



Triang Mukhaikapada  
Paschimottanasana



Krounchasana prep or Krounchasana



Dandasana  
(Staff Pose)



Surya Yantrasana (Sundial Pose)



Parsva Upavistha Konasana



Upavistha Konasana



Parivrtta Janu Sirsasana  
repeat to go deeper



Half Happy Baby



Supine Pigeon  
or Thread the Needle



Finishing Twist



Hug and Rock



Savasana