

Flip for Aerial Yoga

Grounded

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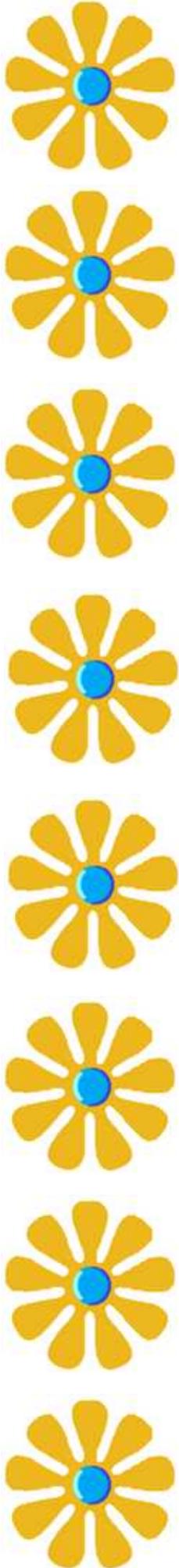


Flip for Aerial Yoga Grounded Poses

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ERYT-500

Waterhouse Press
Kings Mountain, NC ©2021





About Flip for Yoga

The Flip for Yoga books help maintain a daily yoga practice. This book is intended to be used between regular classes with a certified yoga teacher. Each pose page explains basic alignment for the pose (Cool Cues), precautions, modifications and extensions of poses (Timely Tips), and poses that go together well (Pose Partners). More books are planned for release including Meditation, Yin Yoga, Everyday Poses, Challenge Poses, Cocooning, Therapeutic Yoga, and Restorative Yoga. Let us know what poses you'd like to be included or send any questions or comments to YogaRhonda@gmail.com . We hope you Flip for Yoga!



Legal Stuff



Disclaimer

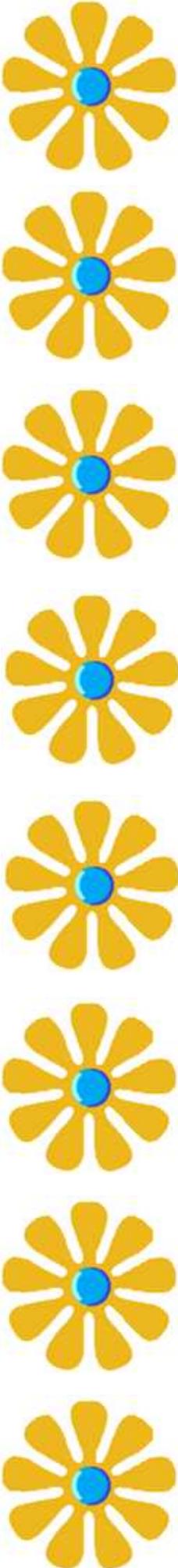
Not all exercises are suitable for each person. This or any other exercise program may result in injury. The information presented in Flip for Yoga is educational and is not a substitute for advice from a medical professional. The creators of Flip for Yoga disclaim any liability from any injury that may result from the use, proper or improper, of any exercise or advice contained in this book. Please consult your physician for information and advice on the suitability of your exercise program.



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How to Use this Book

Although the Flip for Yoga© books are intended to be used between regular classes with a certified yoga teacher, their directions are simple enough for beginners to follow. The poses are in the order of a class flow, starting with warm-ups, working toward a peak pose, cooling down with gentler poses and ending with Savasana. If poses are done in the order in the book, the whole body will be utilized and the practice will flow nicely. For the full benefits of yoga, students should include a breath practice or focus meditation at the start of practice, a relaxation or Yoga Nidra during Savasana, and a seated meditation at the end of practice. Check out the [Flip for Meditation](#)© book for more information about these practices.



Important Definitions



Aerial Yoga



Traditional yoga poses (plus some poses specific to aerial yoga) that incorporate the philosophical aspects of yoga and utilize the aerial hammock



Aerial Arts



Dance and acrobatics utilizing aerial silks (single or double swaths of fabric that hang from the ceiling or a rig)



Aerial Yoga Hammock



A swing made up of tricot fabric in a U shape that usually hangs from locking carabiners and daisy chains (strap with loops in it, usually used for rock climbing) connected to the ceiling or a rig



Grounded Poses

Yoga poses, usually seated, kneeling, or standing, that focus on the connection with the earth



Floating Poses

Aerial yoga poses in which the hands or feet are touching the floor while another part of the body is supported by the aerial yoga hammock



Flying Poses

Aerial yoga poses in which all of the body is supported by the hammock



Inverted Poses

Yoga poses that are upside down from the direction they are normally done



Cool Cues

Simple and specific directions for getting into the yoga pose



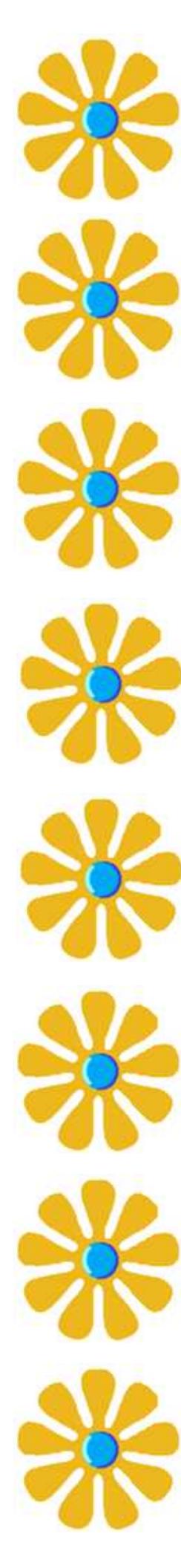
Timely Tips

Tips for doing the pose safely, modifying the pose to make it easier, or to deepen it and make it more challenging



Pose Partners

Poses that go well together because they are similar or because they start with a similar type of pose



Aerial Yoga Hammock Parts Needed

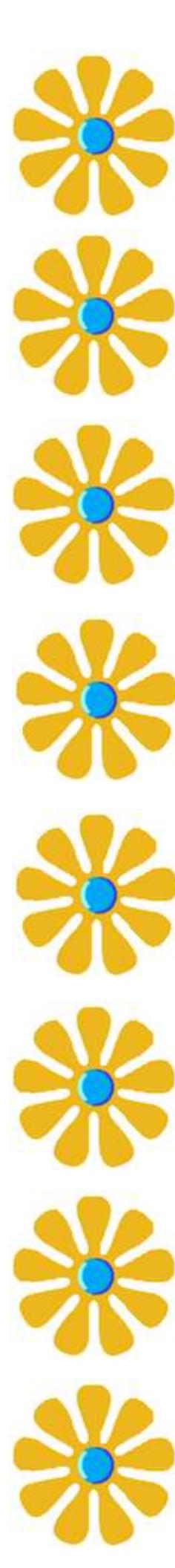
- 5 or more yards of tricot per swing
- 2-4 locking carabiners per swing
- 2-4 daisy chains (depending on ceiling height)
- Consult a structural engineer before hanging

Where to Buy

- <http://www.sewsassy.com/LingerieProducts/wholesalenylontricofabric.html>
- <http://www.backcountry.com/mammut-crag-hms-locking-carabiner>
- <http://www.backcountry.com/black-diamond-daisy-chain>

Tying the Knot

Watch this YouTube video to learn to tie the knot in order to hang your aerial yoga hammock: <https://youtu.be/M6z0bNFbtHg>



Being Safe

Height of the Hammock

- The hammock should never be more than 3 feet off the floor
- A yoga mat and other padding can be added below the hammock

Transitioning from Poses

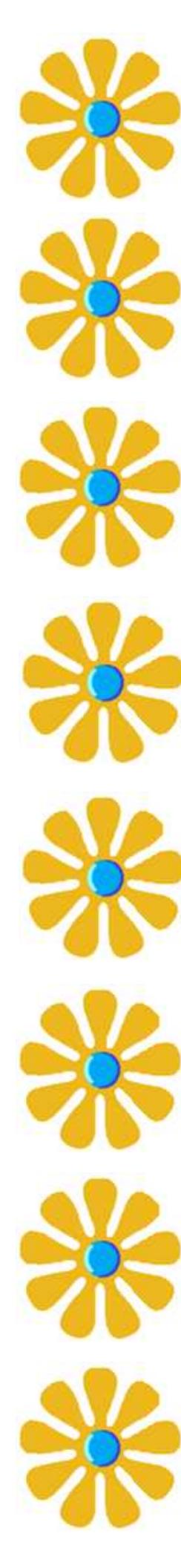
- Be extra cautious when transitioning out of poses
- Have someone nearby to help you
- If you get stuck, placing a hand or foot on the floor can help

Caution

Anyone using the information contained herein waives all liability claims against Daisy Yoga, Inc., On Track Yoga, LLC., and the authors of this book. Aerial Yoga can result in catastrophic injury or even death. No amount of knowledge can eliminate all risks in aerial yoga activities. Use this information at your own risk.



Hammock Height



Hammock Height

**For Grounded and Flying Aerial Yoga,
the hammock is set at hip height.**

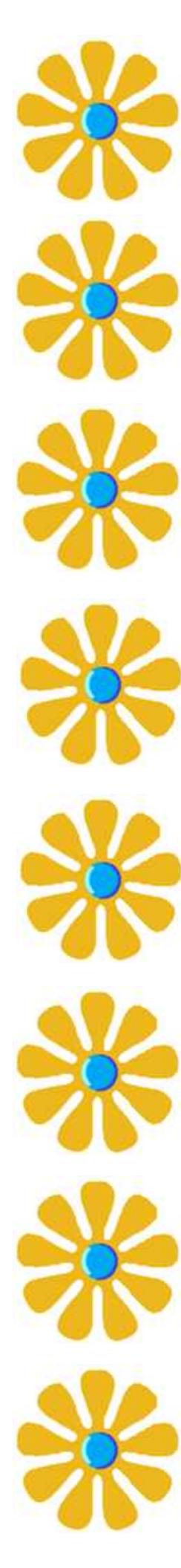
- Stand behind the hammock in mountain pose.
- Place hands at shoulder width inside the hammock with thumbs toward your body.
- Press down firmly.
- Thumb knuckles should touch points of hip bones or slightly higher.
- Having the hammock higher will make some poses more challenging, but will help prevent the head from touching the floor in inverted poses.



Seated Poses



Easy Pose



Easy Pose

Cool Cues:

- One foot in front of other leg
- Knees relax down
- Spine tall
- Shoulders roll back and down
- Gaze ahead or eyes closed

Timely Tips:

- Relax hips and elbows
- Modify: Props under knees or sit on cushion
- Deepen: Easy Pose Fold

Pose Partners:

- Easy Pose Fold
- Easy Pose Flow
- Straddle Fold



Easy Pose Fold



Easy Pose Fold

Cool Cues:

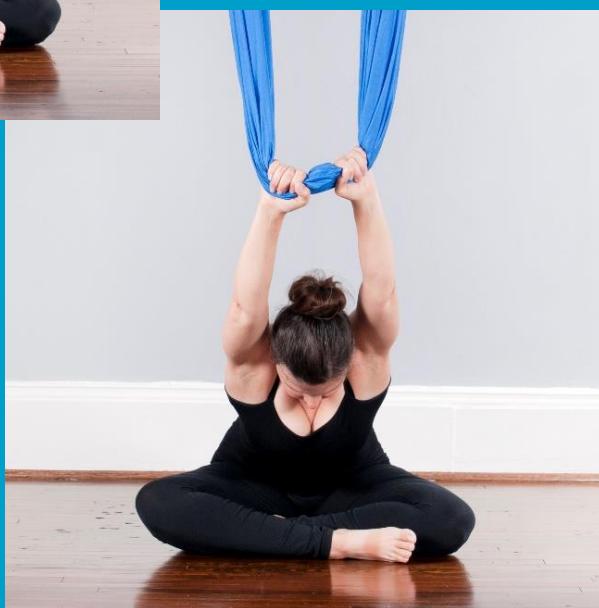
- Start in Easy Pose
- Place hands in hammock
- Press hammock forward and fold
- Keep spine long
- Gaze to floor

Timely Tips:

- Try to keep hands parallel to floor
- Modify: Bring hands wider apart
- Deepen: Sink chest toward floor

Pose Partners:

- Easy Pose Flow
- Straddle Fold
- Butterfly Fold



Easy Pose Flow



Easy Pose Flow



Cool Cues:

- 
- Start in Easy Pose Fold
 - Lean to the left
 - Swing back through center
 - Lean to the right
 - Swing back to center



Timely Tips:

- 
- Beware of hyperextending shoulders
 - Modify: Sit on cushion
 - Deepen: Butterfly Flow

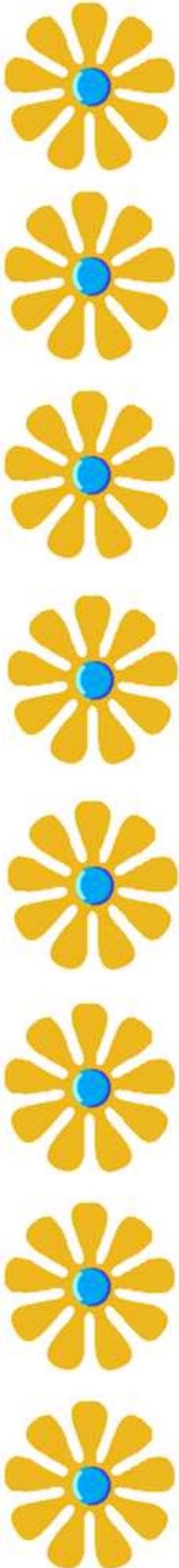


Pose Partners:

- 
- Easy Pose Fold
 - Butterfly Fold
 - Straddle Fold



Straddle Fold



Straddle Fold

Cool Cues:

- Sit in Straddle Pose
- Place hands in hammock
- Press hammock forward and fold
- Keep spine long
- Gaze to floor

Timely Tips:

- Flex toes and keep directed toward ceiling
- Modify: Bend knees
- Deepen: Fold more

Pose Partners:

- Easy Pose Flow
- Butterfly Fold
- Camel Flow



Kneeling Poses



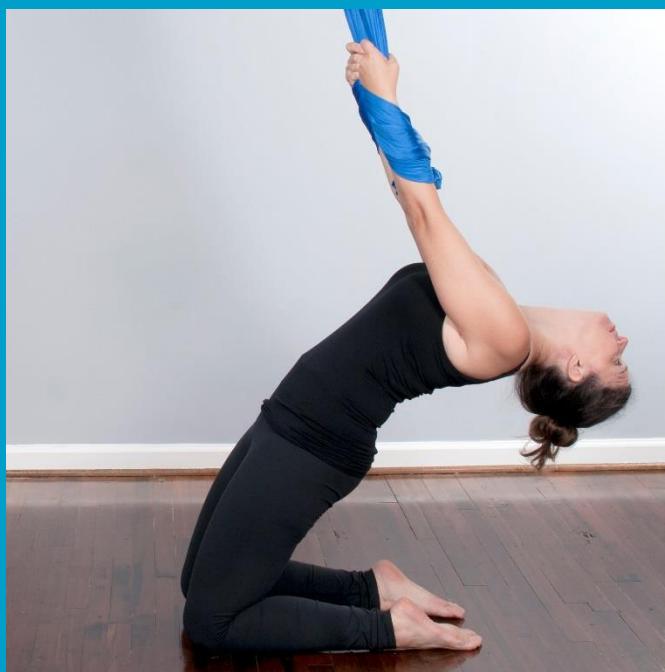
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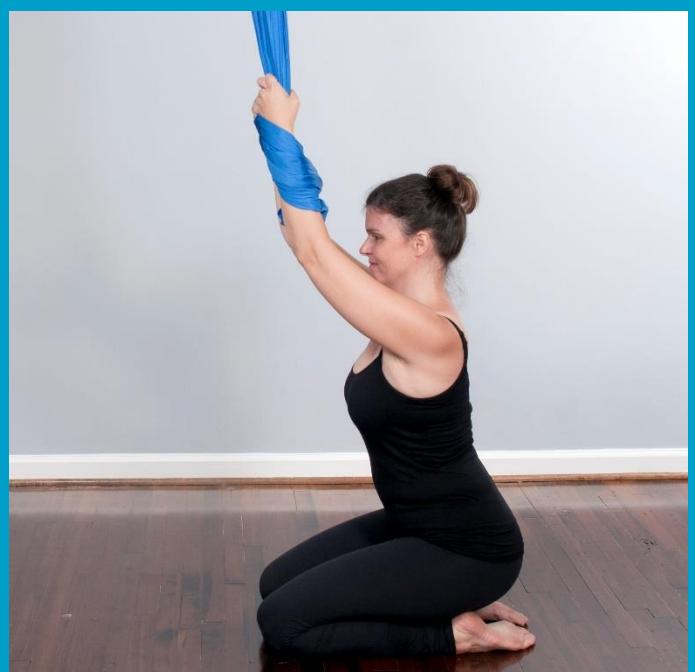
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3



4



Camel Flow



Camel Flow



Cool Cues:

- 
- 1. Kneeling Mountain with hammock in front**
 - Reach arms out, around, and then through the hammock & grasp
 - Hips directly above knees
 - 2. Look up, mindful of neck**
 - 3. Allow head to fall back and toward floor**
 - 4. Hips sink to heels**
- 



Timely Tips:

- 
- Avoid pushing hips forward of knees
 - Modify: Stay in step 1 or 2
 - Deepen: Bring head closer to floor in step 3
- 

Pose Partners:

- 
- Child's Pose
 - Straddle Fold
 - Floating Hands Cat



Floating Hands Cat



Floating Hands Cat

Cool Cues:

- Wrap hands in hammock
- Toes in line with knees
- Knees in line with hips
- Round spine toward ceiling
- Look toward belly button

Timely Tips:

- Keep elbows slightly bent to take pressure off shoulders
- Modify: Tuck toes under for easier balance
- Deepen: Camel Flow

Pose Partners:

- Floating Hands Cow
- Camel Flow
- Easy Pose Flow



Floating Hands Cow



Floating Hands Cow



Cool Cues:

- Toes in line with knees
- Knees in line with hips
- Hands wrapped in hammock
- Arch spine toward floor
- Look up or forward



Timely Tips:

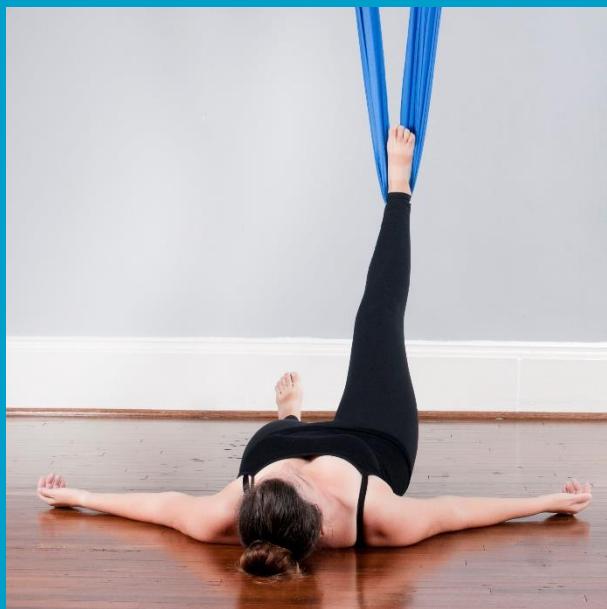
- Press belly toward floor
- Modify: Bend elbows more or regular Cow
- Deepen: Push hips toward ceiling more



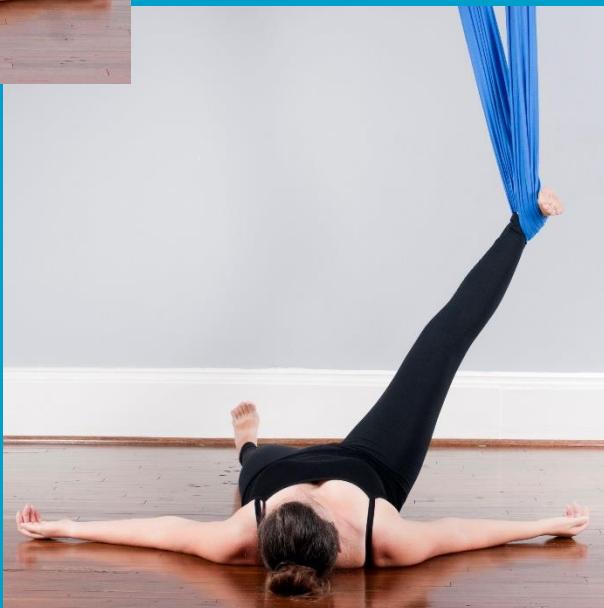
Pose Partners:

- Floating Hands Cow
- Camel Flow
- Easy Pose Flow

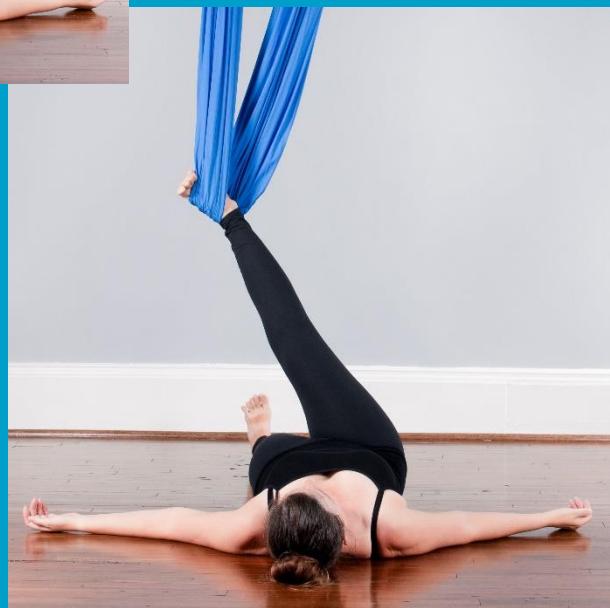
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2



3



Single Leg Swing



Single Leg Swing

Cool Cues:

- Lay on back with hips under hammock
- Place right ankle in hammock (1)
- Swing leg out to right with foot flexed (2)
- Swing leg across body to right (3)
- Keep hips on floor

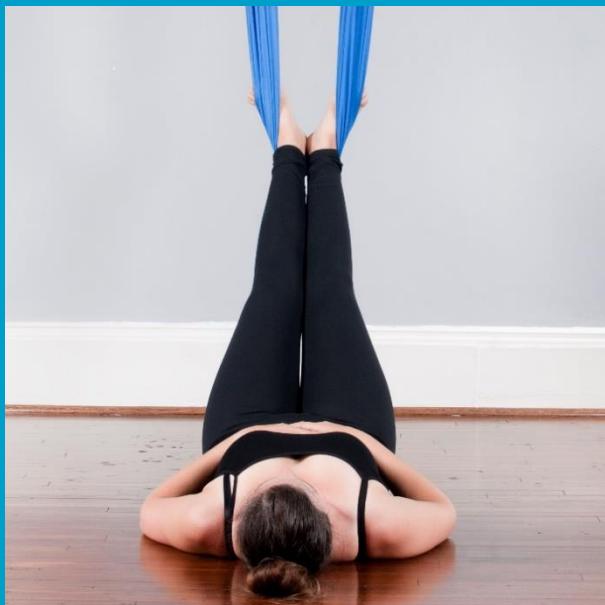
Timely Tips:

- Repeat on the left side
- Modify: Lay with knees under hammock
- Deepen: Lay with chest under hammock

Pose Partners:

- Double Leg Swing
- Savasana on the floor
- Floating Fish

1



2



3



Double Leg Swing



Double Leg Swing



Cool Cues:

- 
- Lay on back with hips under hammock
 - Place both ankles in hammock with feet turned slightly out and flexed (1)
 - Swing leg over to right (2)
 - Swing leg over to left (3)
 - Keep hips on floor
- 



Timely Tips:

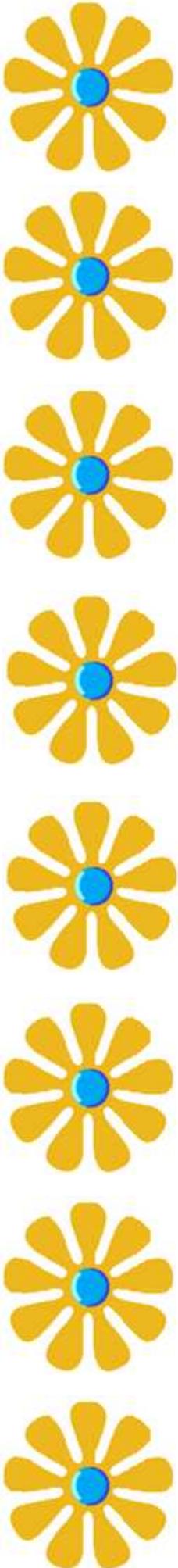
- 
- Arms can be out like a T or hands on belly
 - Modify: Lay with knees under hammock
 - Deepen: Lay with chest under hammock
- 

Pose Partners:

- 
- Single Leg Swing
 - Savasana on the floor
 - Floating Knees



Floating Foot Cow



Floating Foot Cow

Cool Cues:

- Place one foot in hammock
- Other foot in line with knee and knee in line with hip
- Shoulders directly over wrists
- Arch spine toward floor
- Look straight ahead

Timely Tips:

- Be careful not to strain neck
- Modify: Lower to forearms
- Deepen: Push floating knee back

Pose Partners:

- Floating Foot Cat
- Tripod
- Floating plank



Floating Foot Cat



Floating Foot Cat

Cool Cues:

- One foot in swing
- Other knee in line with hips
- Hands in line with or slightly wider than shoulders
- Round spine toward ceiling
- Look toward belly button

Timely Tips:

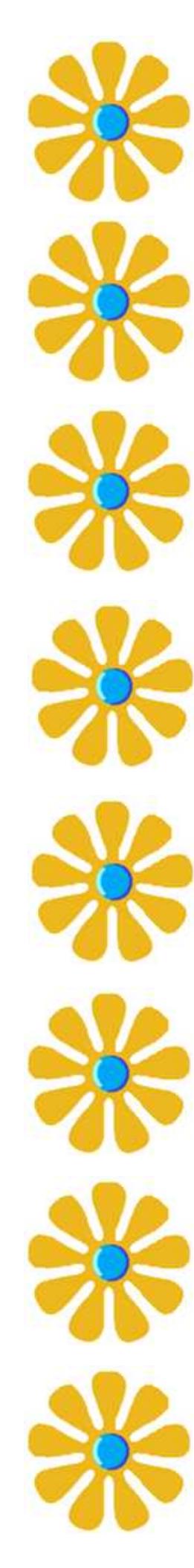
- Be sure shoulders stay over wrists
- Modify: Flex foot on floor for easier balance
- Deepen: Pull knee toward nose

Pose Partners:

- Floating Foot Cow
- Half Child's Pose
- Floating Foot Tripod



Half Child's Pose



Half Child's Pose

Cool Cues:

- Start at Floating Foot Cow
- Sink hips back
- Sink chest toward floor
- Keep head in line with spine
- Reach hands forward

Timely Tips:

- Keep hips level
- Modify: Keep shoulders over wrists
- Deepen: Sink hips back more

Pose Partners:

- Floating Foot Cow
- Floating Foot Cat
- Floating Foot Lizard



Tripod



Tripod



Cool Cues:

- 
- Start in Floating Foot Cat
 - Straighten bottom leg
 - Come up onto ball of foot
 - Lift hips up and back
 - Sink chest towards floor
- 



Timely Tips:

- 
- Keep bottom knee slightly soft
 - Modify: Lower to forearms
 - Deepen: Floating Plank
- 



Pose Partners:

- 
- Half Child's Pose
 - Floating Foot Cat
 - Floating Foot Lizard



Floating Foot Lizard



Floating Foot Lizard



Cool Cues:

- 
- Start in Tripod
 - Hop bottom leg forward
 - Place palms on the floor inside the front leg
 - Spine long
 - Gaze to floor
- 



Timely Tips:

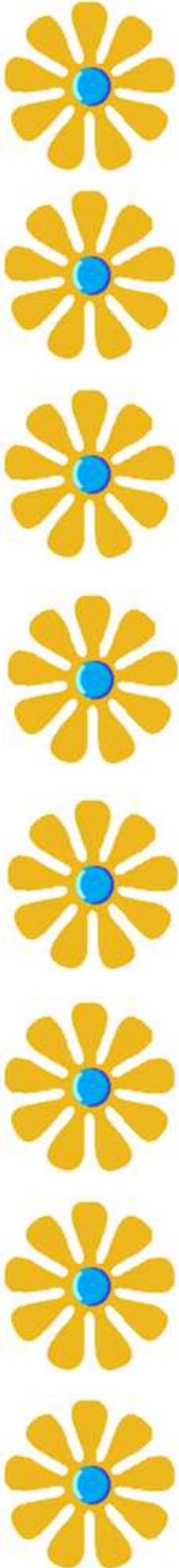
- 
- Keep back leg straight
 - Modify: Bring hands up to front thigh
 - Deepen: Bend elbows to sides
- 

Pose Partners:

- 
- Half Child's Pose
 - Tripod
 - Floating Plank



Floating Leg Plank



Floating Leg Plank

Cool Cues:

- Start in Tripod
- Bring shoulders over wrists
- Lower hips in line with shoulders
- Engage belly
- Head in line with spine

Timely Tips:

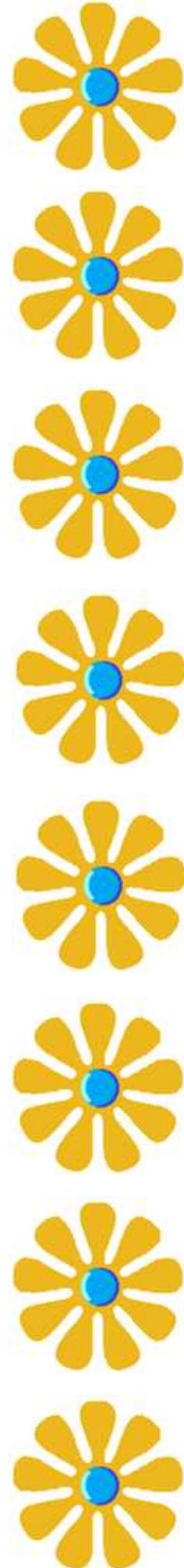
- Keep hips, heart, and head in line
- Modify: Lower to bottom knee or forearms
- Deepen: Floating Plank

Pose Partners:

- Floating Foot Lizard
- Floating Plank
- Floating Pike



Floating Plank



Floating Plank

Cool Cues:

- Start in Floating Leg Plank
- Bring both feet into hammock
- Keep shoulders over wrists
- Lower hips in line with shoulders
- Engage belly
- Head in line with spine

Timely Tips:

- Keep hips, heart, and head in line
- Lower to forearms
- Modify: Floating Pike

Pose Partners:

- Floating Leg Plank
- Floating Pike
- Floating Foot Lizard



Floating Pike



Floating Pike



Cool Cues:

- 
- Start in Floating Plank
 - Press forward to bring hips over shoulders
 - Engage belly
 - Keep hips in line with shoulders
 - Keep shoulders in line with wrists
- 

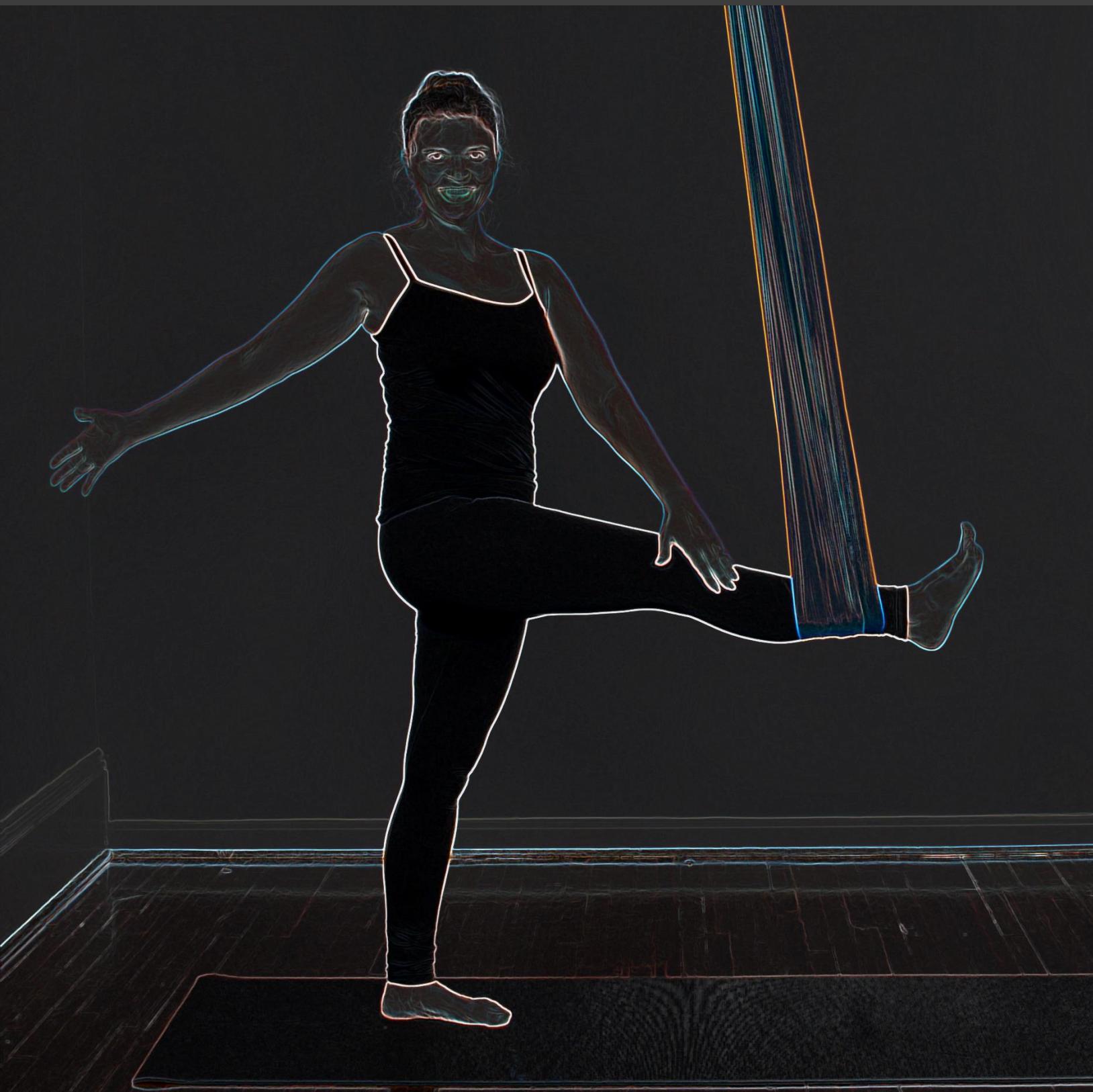


Timely Tips:

- 
- Keep shoulders away from ears
 - Modify: Stay in Floating Plank
 - Deepen: Lower to forearms
- 

Pose Partners:

- 
- Floating Plank
 - Floating Foot Lizard
 - Floating Leg Plank



Standing Poses



Floating Leg Raise



Floating Leg Raise



Cool Cues:

- Start in Mountain behind the hammock
 - Bring right leg inside the hammock
 - Spread the hammock to cover thigh and heel
 - Left toes straight ahead
 - Slide right hip back to be in line with left
- 
- 
- 
- 

Timely Tips:

- Keep spine long and belly engaged
 - Modify: Standing Pigeon
 - Deepen: Fold over right leg or slide right leg forward into Floating Split
- 
- 

Pose Partners:

- Leg Raise Twist
- Standing pigeon 1
- Ballet Raise



Leg Raise Twist



Leg Raise Twist



Cool Cues:

- Start in right side Standing Leg Raise
- Reach right hand to left thigh
- Reach left arm out behind you
- Gently twist upper body to the left
- Keep spine long



Timely Tips:

- Keep right toes flexed
- Modify: Hold hammock with right hand
- Deepen:



Pose Partners:

- Floating Leg Raise
- Standing Pigeon 1
- Dancer's Leg Stretch



Standing Pigeon 1



Standing Pigeon 1



Cool Cues:

- 
- Start in Floating Leg Raise
 - Bend floating leg
 - Lean weight slightly forward
 - Keep spine long
 - Flex floating foot
- 



Timely Tips:

- 
- Keep belly engaged to improve stability
 - Modify: Stay upright without leaning forward
 - Deepen: Lift up back heel
- 



Pose Partners:

- 
- Standing Leg Raise
 - Leg Raise Twist
 - Dancer's Leg Stretch



Dancer's Leg Stretch



Dancer's Leg Stretch



Cool Cues:

- Start in Mountain Pose behind hammock
- Hold onto hammock with both hands
- Place right ankle in hammock
- Left foot straight ahead
- Keep knee slightly soft
- Spine stays long



Timely Tips:

- Engage belly for more stability
- Modify: Bend floating knee slightly
- Deepen: Dancer's Fold



Pose Partners:

- Floating Leg Raise
- Dancer's Fold
- Revolved Dancer's Stretch



Dancer's Fold



Dancer's Fold



Cool Cues:

- Start in Ballet Stand
- Pull hammock out to sides with hands
- Fold forward from hips
- Keep spine long
- Flex floating foot



Timely Tips:

- Soften standing knee slightly
- Modify: Keep hands together or soften floating leg
- Deepen: Press hammock further apart raising standing leg higher or standing split



Pose Partners:

- Dancer's Leg Stretch
- Revolved Dancer's Stretch
- Open Ballet Stand



Revolved Dancer's Stretch



Revolved Dancer's Stretch



Cool Cues:

- Start in Ballet Stand with right ankle in hammock
- Bring left hand to right thigh
- Reach right hand back
- Open shoulders to left
- Flex floating foot toward ceiling



Timely Tips:

- Keep spine long
- Modify: Left hand holding hammock
- Deepen: Lift up left heel and carefully lean into a standing split



Pose Partners:

- Dancer's Leg Stretch
- Dancer's Fold
- Open Ballet Stand



Open Ballet Stand



Open Ballet Stand

Cool Cues:

- Start in Mountain with hands on swing
- Place right ankle in the swing
- Hold onto the swing with the right hand
- Move leg out to the right
- Keep spine long.

Timely Tips:

- Switch legs for even stretch
- Modify: Keep knee slightly bent
- Deepen: Fold over leg

Pose Partners:

- Dancer's Leg Stretch
- Dancer's Fold
- Revolved Dancer's Stretch



Standing Pigeon 2



Standing Pigeon 2



Cool Cues:

- 
- Start in Dancer's Leg Stretch
 - Bend floating knee
 - Bring ankle toward opposite thigh
 - Keep floating foot flexed
 - Keep spine long & belly engaged
- 



Timely Tips:

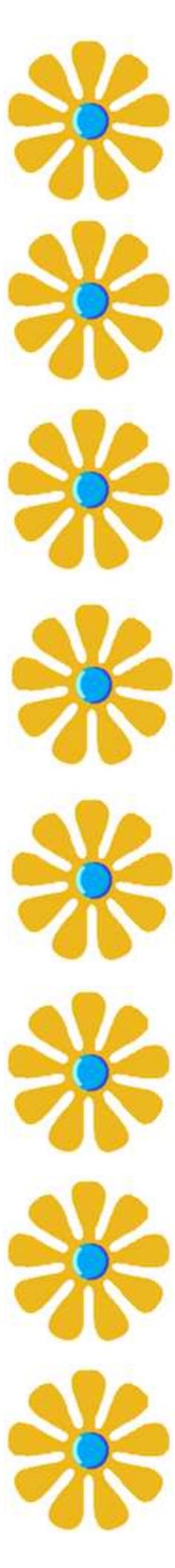
- 
- Keep floating shin parallel to the floor
 - Modify: Soften standing knee slightly
 - Deepen: Raise standing heel and mindfully lean weight toward floating leg
- 

Pose Partners:

- 
- Dancer's Leg Stretch
 - Open Ballet Stand
 - Dancer's Fold



King Dancer



King Dancer

Cool Cues:

- Start in Mountain with hammock behind
- Reach over head and grasp hammock
- Place ankle into hammock
- Pull hammock forward to lift ankle up
- Lean slightly forward

Timely Tips:

- Keep standing knee soft to avoid hyperextension
- Modify: Place hands on chair
- Deepen: Reach hands down hammock toward floating foot

Pose Partners:

- Standing Pigeon 2 to King Dancer
- Standing Pigeon
- Open Ballet Stand



Pigeon to King Dancer



Pigeon 2 to King Dancer



Cool Cues:

- Start in Standing Pigeon 2
- Swing leg out to Open Ballet Stand
- Release hands from hammock
- Allow knee to bend slightly as you bring leg around behind you
- Reach arms overhead and grasp hammock with both hands, pulling forward



Timely Tips:

- Keep the hammock on the ankle as the leg swings behind
- Modify: See King Dancer page
- Deepen: Practice until transition is smooth



Pose Partners:

- Dancer's Leg Stretch
- Warrior 3 with floating back foot
- Revolved Dancer's Stretch



Warrior 1



Floating Warrior 1



Cool Cues:

- 
- Place one thigh near knee in hammock
 - Standing toes straight ahead
 - Flex floating foot
 - Hips straight ahead
 - Raise arms up, relax shoulders down
- 



Timely Tips:

- 
- Engage belly to protect back
 - Modify: Standing foot closer to hammock
 - Deepen: Sink more into floating thigh
- 



Pose Partners:

- 
- Warrior 2
 - Side Angle
 - Peaceful Warrior



Floating Warrior 2



Floating Warrior 2



Cool Cues:

- 
- Start in Floating Warrior 1, holding hammock in same hand as floating leg
 - Turn standing toes to point out at 90°
 - Flex floating foot
 - Keep floating ankle in line with knee
 - Open ribs and back hip to the side



Timely Tips:

- 
- Keep shoulders in line with hips
 - Modify: Step standing leg closer to hammock
 - Deepen: Reach arms out, sink more into floating thigh

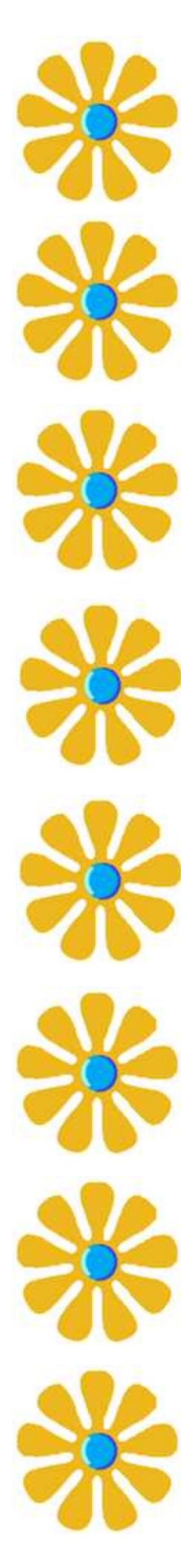


Pose Partners:

- 
- Floating Warrior 1
 - Peaceful Warrior
 - Side Angle



Peaceful Warrior



Peaceful Warrior

Cool Cues:

- Start in Floating Warrior 2
- Slide back arm down back leg
- Raise front arm up
- Reach toward where ceiling meets wall
- Gaze up

Timely Tips:

- Stretch is in the side body, not the back
- Modify: Back hand to lower back
- Deepen: Wrap back arm around waist

Pose Partners:

- Floating Warrior 2
- Floating Triangle
- Floating Side Angle



Floating Side Angle



Floating Side Angle



Cool Cues:

- Start in Floating Warrior 2
- Back toes pointing toward long side of mat
- Place elbow on floating thigh
- Reach opposite arm over ear
- Open chest and keep spine long



Timely Tips:

- Lengthen side body and reach
- Modify: Palm on thigh
- Deepen: Sink more into floating thigh



Pose Partners:

- Floating Warrior 2
- Peaceful Warrior
- Revolved Side Angle



Revolved Side Angle



Revolved Side Angle



Cool Cues:

- 
- Start in **Side Angle** with **left leg floating**
 - Reach **right arm through hammock to left thigh**
 - Open **left arm out to side**
 - Revolve **chest open**
 - Keep **right foot flexed**
- 



Timely Tips:

- 
- Repeat on the other side
 - Modify: **Side Angle**
 - Deepen: **Mindfully rotate deeper**
- 

Pose Partners:

- 
- Floating Side Angle
 - Floating Warrior 1
 - Floating Triangle



Floating Triangle



Floating Triangle



Cool Cues:

- 
- 
- 
- 
- 
- 
- Start in Floating Warrior 2 or Side Angle
 - Toes on standing foot point toward long side of mat
 - Straighten floating leg
 - Flex floating foot
 - Reach opposite arm up

Timely Tips:

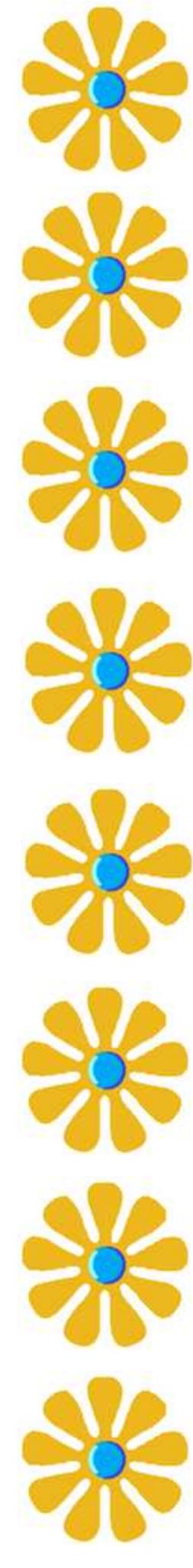
- 
- 
- Open chest and shoulders
 - Modify: Side Angle
 - Deepen: Lean more weight into floating thigh

Pose Partners:

- 
- 
- Floating Side Angle
 - Floating Warrior 2
 - Revolved Side Angle



Crescent Lunge



Crescent Lunge

Cool Cues:

- Start in Warrior 1
- Lift up onto ball of back foot with knee straight but not locked
- Flex floating foot and line up ankle with knee
- Square hips toward floating leg
- Reach up arms

Timely Tips:

- Keep spine long and pelvis neutral
- Modify: Hands on swing or Warrior 1
- Deepen: Lean weight more into floating leg

Pose Partners:

- Warrior 1
- Triangle
- Revolved Side Angle



Floating Crescent Lunge



Floating Crescent Lunge



Cool Cues:

- 
- 
- 
- 
- 
- 
- Start in Mountain Pose with hammock behind
 - Bring ankle into hammock
 - Bend front knee keeping above ankle
 - Keep spine long
 - Reach Arms up



Timely Tips:

- 
- Keep hips squared over bent knee
 - Modify: Crescent Lunge with front leg in hammock or hands on chair
 - Deepen: Bend front knee more

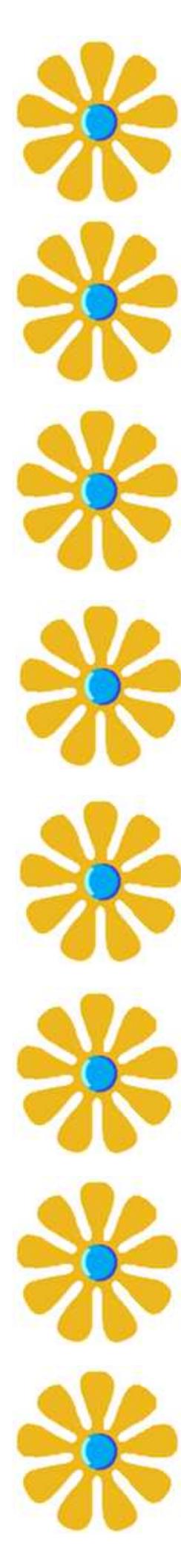


Pose Partners:

- 
- Crescent Lunge
 - Floating Plank
 - Floating Tripod



Floating Down Dog



Floating Down Dog

Cool Cues:

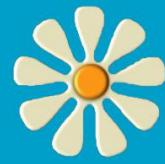
- Place hammock across hip points
- Bend knees and bring hands to floor
- Step feet back at hips-width
- Arms in line or wider than shoulders
- Gaze between knees

Timely Tips:

- Sink heart toward floor
- Modify: Blanket over hammock for padding
- Deepen: Flying Locust

Pose Partners:

- Flying Locust
- Floating Tripod
- Forward Fold



Floating Tripod



Floating Tripod



Cool Cues:

- Start in Floating Down Dog
- Reach leg up
- Hook foot on hammock
- Work top leg toward straight
- Sink chest toward floor



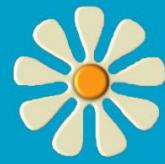
Timely Tips:

- Keep hips squared
- Modify: Blanket over hammock for padding
- Deepen: Straighten top leg more



Pose Partners:

- Floating Down Dog
- Straddle Fold
- Box Pose



Straddle Yogi Mudra



Straddle Yogi Mudra



Cool Cues:

- Stand with hammock across hips
- Fold forward across hammock
- Separate feet
- Clasp hands behind back
- Lift hands off bottom



Timely Tips:

- Be sure all ten toes face the same direction
- Modify: Release hands to floor, soften knees
- Deepen: Floating Down Dog



Pose Partners:

- Floating Down Dog
- Floating Tripod
- Box Pose



Box Pose



Box Pose



Cool Cues:

- Stand in Mountain Pose
- Knees straight but soft
- Hands in hammock at shoulder width
- Bend forward from hips
- Spine long and back straight
- Gaze to floor



Timely Tips:

- Only fold as far as the back stays straight
- Modify: Bring back up higher
- Deepen: Sink chest toward floor



Pose Partners:

- Mountain
- Folded Shoulder Stretch
- Straddle Yogi Mudra



Folded Shoulder Stretch



Folded Shoulder Stretch



Cool Cues:

- Stand in Mountain Pose in front of hammock
- Grasp hammock with thumbs down
- Bend from hips
- Relax spine & release head
- Lift arms away from bottom toward head



Timely Tips:

- Protect back by keeping knees slightly soft
- Modify: Bend knees more
- Deepen: Bring hands closer or clasp together



Pose Partners:

- Straddle Yogi Mudra
- Box Pose
- Floating Chair



Floating Chair



Floating Chair



Cool Cues:

- Hold hammock in hands, elbows bent
- Hammock across shoulder blades
- Feet in line with hips
- Bend knees and sit back
- Engage belly



Timely Tips:

- Keep your spine long
- Modify: Less bend in knees
- Deepen: Release hammock from hands and straighten arms toward sky



Pose Partners:

- Volcano
- Leaning Tower
- Helicopter



Volcano



Volcano



Cool Cues:

- 
- Start in Floating Chair
 - Straighten legs
 - Lean weight forward
 - Press heels to floor
 - Engage core
- 



Timely Tips:

- 
- Keep spine (especially lower) long
 - Modify: Soften knees
 - Deepen: Allow heels to lift slightly
- 

Pose Partners:

- 
- Floating Chair
 - Leaning Tower
 - Helicopter



Leaning Tower



Leaning Tower



Cool Cues:

- Starting in Floating Chair
- Straighten legs
- Lean weight backwards
- Reach arms over head
- Engage core



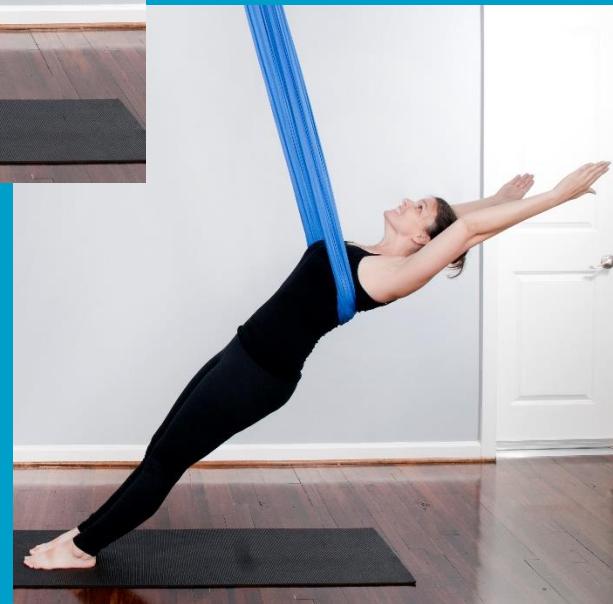
Timely Tips:

- Keep spine (especially lower) long
- Modify: Keep knees bent
- Deepen: Volcano Tower Flow



Pose Partners:

- Volcano
- Helicopter
- Volcano Tower Flow



Volcano Tower Flow



Volcano Tower Flow



Cool Cues:

- Start in Floating Chair
- Lean forward into Volcano
- Keep heels on the floor during the transition
- Sit back into Floating Chair
- Press back into Leaning Tower



Timely Tips:

- Repeat several times
- Modify: Allow heels to lift during transition
- Deepen: Helicopter



Pose Partners:

- Volcano
- Leaning Tower
- Helicopter



Side Lunge



Side Lunge



Cool Cues:

- 
- Start in chair
 - Turn toes out slightly and step feet apart
 - Lean weight to right
 - Lift left toes
 - Engage belly
- 



Timely Tips:

- 
- Keep spine long
 - Modify: Use hands to lift some weight
 - Deepen: Step feet wider apart
- 

Pose Partners:

- 
- Volcano Tower Flow
 - Helicopter
 - Floating Chair



Helicopter



Helicopter



Cool Cues:

- Start in Side Lunge
- Flow through wide-legged chair into side lunge on the other side
- Bring weight forward, around to the front, and to other side
- Return to Side lunge



Timely Tips:

- Allow lower body to be loose as you loop around
- Modify: Left Side Lunge to right Side Lunge
- Deepen: Speed up the loop a bit

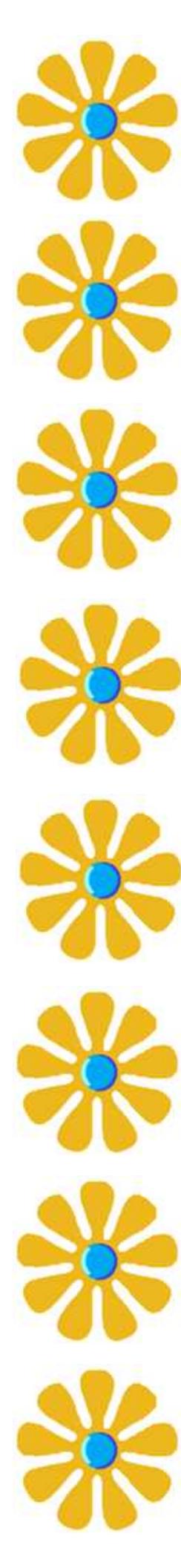


Pose Partners:

- Side Lunge
- Supported Goddess
- Supported Pigeon



Supported Goddess



Supported Goddess

Cool Cues:

- Start in Floating Chair
- Take legs apart
- Toes pointed same direction as knees
- Bring arms up to goal posts
- Keep spine long

Timely Tips:

- Engage belly for maximum stability
- Modify: Keep hands on hammock
- Deepen: Widen legs and deepen squat

Pose Partners:

- Supported Pigeon
- Side Lunge
- Helicopter



Supported Pigeon



Supported Pigeon

Cool Cues:

- Start in Floating Chair
- Cross left foot over right thigh
- Press right thigh down
- Engage belly
- Allow hips to sink toward floor

Timely Tips:

- Keep shin vertical and knee in line with hip
- Modify: Floating Chair
- Deepen: Bring arms to goalposts

Pose Partners:

- Supported Goddess
- Warrior 3
- Supported Lunge



Warrior 3



Warrior 3



Cool Cues:

- 
- 
- 
- 
- 
- 
- Start in Mountain Pose
 - Wrap wrists in swing
 - Lean forward from hips
 - Raise one leg up even with hips
 - Flex foot
 - Keep hips level



Timely Tips:

- 
- Keep head, heart, hips, and heel in line
 - Modify: Lower leg closer to floor
 - Deepen: Raise leg higher



Pose Partners:

- 
- Supported Pigeon
 - Supported Lunge
 - Supported Goddess



Supported Lunge



Supported Lunge



Cool Cues:

- 
- Start in Floating Chair
 - Step right foot forward with knee bent
 - Step left foot back with straight knee
 - Keep left heel lifted
 - Hips face top of mat
 - Raise arms up



Timely Tips:

- 
- Slight tailbone tuck to relieve low back pressure
 - Modify: Hold onto hammock with hands
 - Deepen: Press through heel of back leg

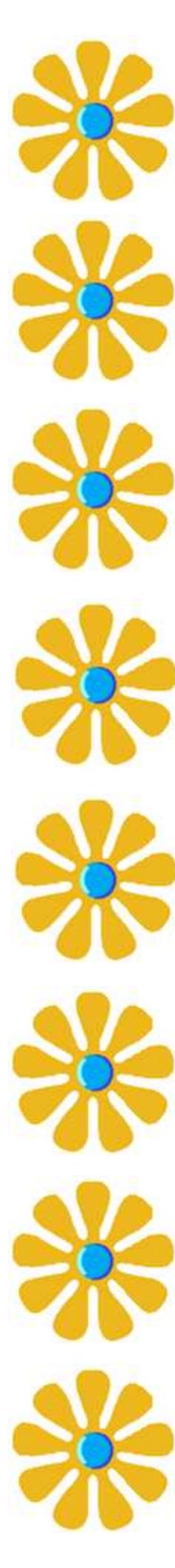


Pose Partners:

- 
- Warrior 3
 - Supported Pigeon
 - Helicopter



Warrior 3 Lunge Flow



Warrior 3 Lunge Flow

Cool Cues:

- Start in Floating Chair
- Move into Supported Pigeon with left leg on top
- Step left foot back to Supported Lunge
- Bring eight into right foot for Warrior 3
- Repeat on other side

Timely Tips:

- Flow mindfully from one pose to the next
- Modify: Use modifications for each pose
- Deepen: Reverse the sequence and flow through several rounds

Pose Partners:

- Helicopter
- Goddess
- Side Lunge



About Us



Rhonda & Rachael



Rhonda & Rachael

Creators of Flip for Yoga

Rhonda Waterhouse

- Writer
- Certified Yoga Therapist IAYT, specializing in anxiety, chronic pain, trauma, and addiction.
- Yoga Teacher E-RYT500: therapeutic, aerial, yin, prenatal, yoga wall, restorative, gentle, teen, and trauma-informed yoga teacher
- Daisy Yoga Studio Owner

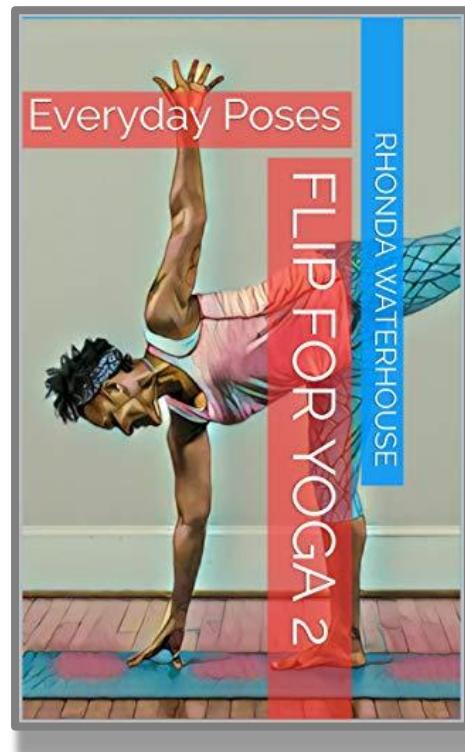
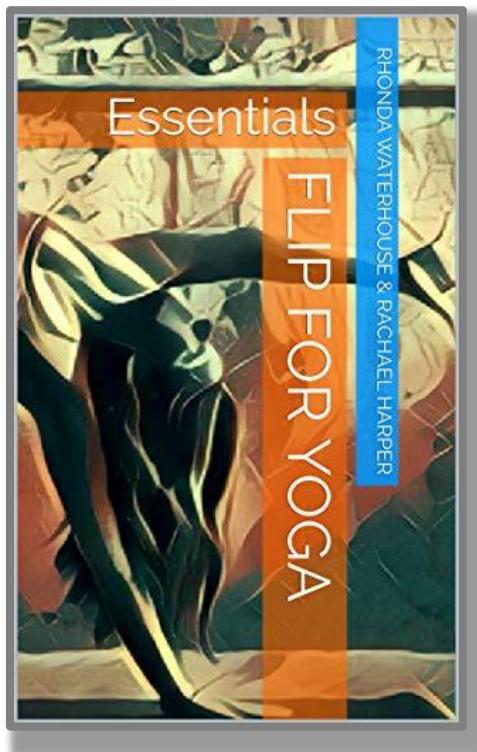
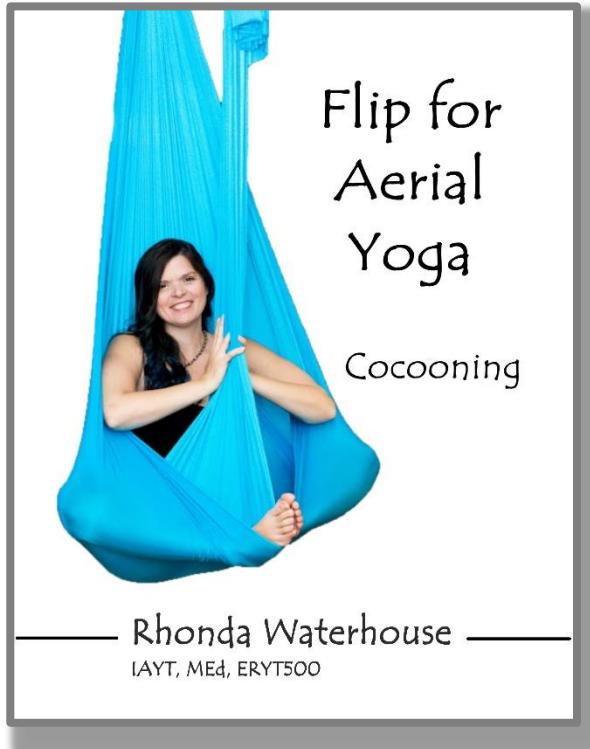
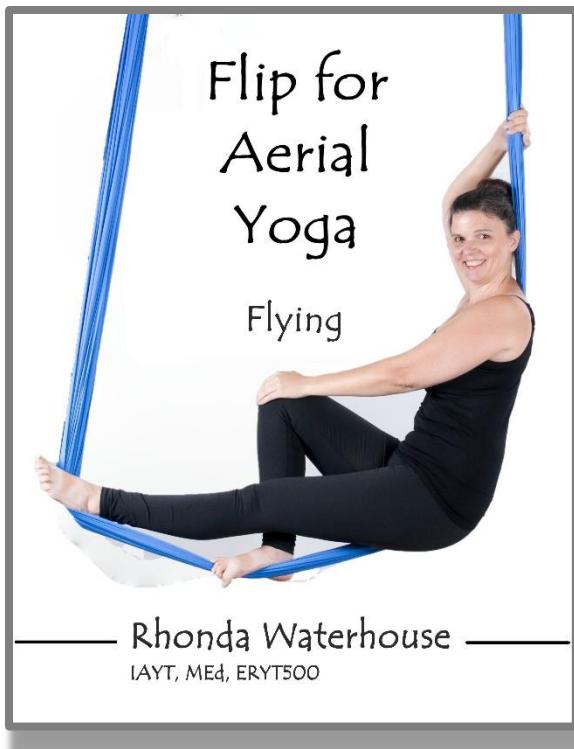
DaisyYogaStudio.com

Rachael Harper

- Photographer
- Ayurveda Health Counselor
- Yoga Teacher E-RYT500: Alignment-oriented, slow flow, gentle, aerial, vinyasa, 5Elements Flow, prenatal, trauma-informed yoga teacher
- YA Continuing Education provider
- Thai Yoga Therapist (deonThai)
- On Track Yoga Studio Owner

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