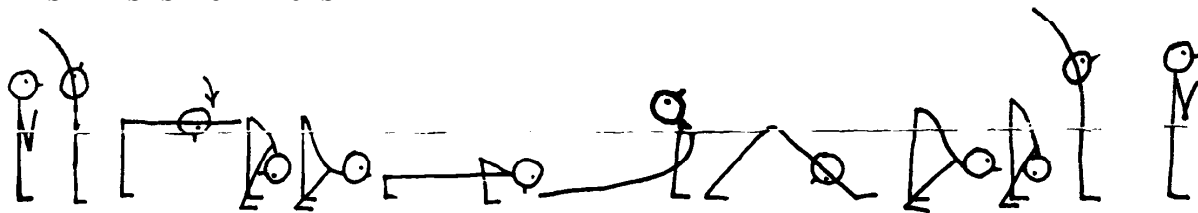


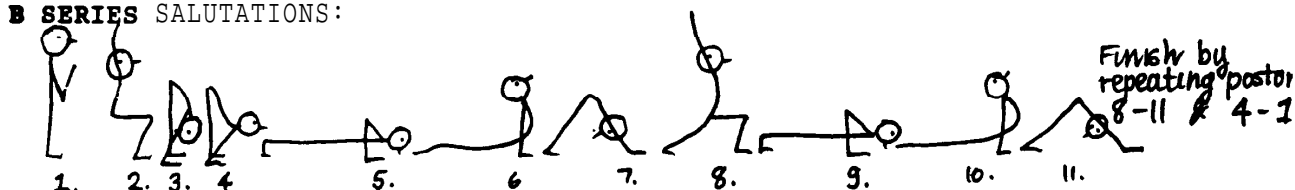
BASIC PRINCIPLES OF FLOW YOGA PRACTICE

1. Be regular in your practice. Keep the flow of the series once you start. Keep the flow of a regular practice.
2. Begin with Ujjayi breathing and keep the breath flow throughout the session. Combine Asana (beneficial posture or pose), Pranayama (breath control and energizing), and Meditation (clarity, attention, awareness, & Concentration combined) in your sessions.
3. Follow the general sequence, but **you** may substitute easier or more difficult poses as necessary. Always do both sides of the body.
4. The difficulty and effect can be greatly increased by holding the poses longer. The basic time is five breaths per pose. This can be increased to 10, 15, 20, or 30. After the warm up sequence beginners may omit the salutations until strength and endurance is built.
5. A, B or C salutations may be used in between asanas. After the initial warm-up salutations connect the entire series by moving directly from the standing back arch to the next forward bend (position 10 to position 3 is A series).
6. Be very careful of over-stressing or over-working your wrists until they are built up. Also be careful if practicing on a soft carpet since this can bend the wrists more.
7. Hold the poses for five full breaths, move on the next breath.
8. The breath moves the body.
9. Listen to your body's intelligence. Work hard but don't overwork.
Enjoy your practice!

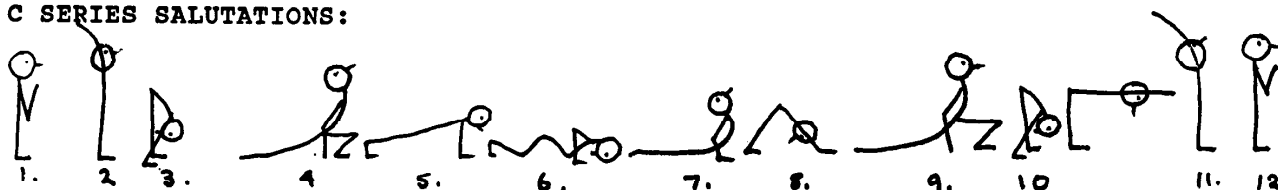
A SERIES SALUTATIONS:



B SERIES SALUTATIONS:



C SERIES SALUTATIONS:



1 A series, hold 5 breaths in Up Dog,

2xU = twice # of breaths]
, Down Dog, Fold, & 1/2 Fold.

Continue A series into:

Triangle (Trikonasana)

Hero Pose (Virabhadrasana II)

Extended Hero (Utthita Parsvakonasana)

Half-Moon (Ardha Chandrasana)

Forward Hero (Virabhadrasana I)

Hero Balance (Virabhadrasana III)

Twisting Triangle (Parivrtta Trikonasana)

Boat (Navasana) 2xU

Jump through to

Upward Boat (Navasana) 2xU

(No salutations)

Standing supported Arch

((hold, rest, repeat)

Camel (Ustrasana)

((hold, rest, repeat)

"

Wheel (UrdhvaDhanurasana)

((hold, rest, repeat)

Embryo, to Down Dog, to Fold, to Standhand

Salutations to

1/2 Forward Fold (Janusirsana) 2xu

Forward Fold (Paschimottanasana) 4xU

then Cobbler,

Straddle Splits,

Front Splits,

Salutations to

Shooting Bw or Leg Head (EkaPadaSirsasana)

Spinal Twist (Ardha Matsyendrasana)

Optional Handstand (AdhoMukhaVriksasana)

Headstand or preparation 30-100 breaths

Shoulderstand (Sarvangasana) 30-100 breaths

Fish (Matsyasana) 20 breaths