

Friday Yoga Sequence

August 25, 2023

“When the breath wanders the mind also is unsteady. But when the breath is calmed the mind too will be still.” - Hatha Yoga Pradipika

Opening Awareness



Meditation



Seated Twist



Child's Pose

Opening Stretch



Table



Cat



Cow

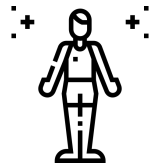


Down Dog



Lions' Breath

Standing Breath of Joy



Mountain



Extended



Forward Fold

Floor Work



Alligator

Cobra

Lizard

Pigeon

Balancing Breathwork



Star

Warrior II

Peaceful Warrior

Chair

Boat

Butterfly

Tree

Airplane

Inversions



Forward Fold

Leg's Up

Bridge

Reclined Twist

Hug

Relaxation



Shavasana

*Images from flaticon.com by artists dDara , Eideticmemo, Freepik and monkik. Sequence curated by Rayna Harris.
Playlist available at <https://open.spotify.com/playlist/7zgs64Pnw2QqlSNduyzmlc?si=2e0010bb226046a0>*