

# Fluid Vinyasa

Strengthen your upper body and work on core conditioning with **Jessie Chapman's** fluid Vinyasa yoga practice that's perfect for you to do at home.

This is a Vinyasa yoga asana sequence I have specifically designed to deeply tone the abdominal and lower back muscles for stability and good posture as well as to build arm and upper body strength. For best results, practice at least 3 times a week (you can tear out this page and pin it to your wall). Regular yoga asana practice cultivates physical health, stillness of mind, feeling of inner peace and a deeper sense of knowing the self.

'Asana' means 'comfortable' or comfortable seated position' and reflects the importance of practicing with ease and awareness without pushing or straining the body. Only do what feels right for you and rest in Childs Pose when needed. You can modify the postures to suit your level of strength and flexibility. For example, if the Plank position is too challenging, then keep the knees on the floor until you build up your strength enough to lift them. Also, leave out postures altogether if you find them too difficult.

Practicing with awareness and softness and you will progress and be more relaxed after each practice. Always breathe in and out through your nostrils. For a lengthier practice, hold each posture for a longer number of breaths. Otherwise, keep the practice flowing by moving from posture to posture with the in and out breath - as noted in the sequence.

## TO BEGIN

1. Be on your hands and knees in this Neutral Spinal Position
2. Inhale curl the spine to gaze up (cat\_inhale.jpg)
3. Exhale tuck the chin and tail bone under, draw the belly to the spine and lift up between the shoulder blades for a deep stretch
4. Inhale extend the right leg back and gaze up
5. Exhale draw the right knee toward the forehead tucking the chin in
6. Inhale extend the right leg back and left arm forward, returning to a neutral spinal position and stabilizing the hips and pelvis Draw the belly to the spine as you exhale here, Inhale And exhale to release the right leg and left arm down
7. Inhale extend the left knee back and up and gaze up
8. Exhale draw the left knee to forehead tucking the chin in
9. Inhale extend the left leg back and right arm forward to a neutral spinal position, stabilizing the hips Draw the belly to the spine as you exhale here, Inhale And exhale to release the left leg and right arm down
10. Inhale in this neutral spinal position and tuck the toes under
11. Exhale into Downward Facing Dog, keeping the knees bent
12. Inhale back to Cat Pose arching the back and gazing up
13. Exhale to Downward Facing Dog, knees bent
14. Inhale back to Cat Pose arching the back and gazing up
15. Exhale to Downward Facing Dog knees bent, stay for 5breaths
16. Inhale, step the right foot forward between the hands and bring the arms up Exhale lunge the right knee forward (you may need to slide the right



foot forward more so the right knee stays inline with the right ankle)

Inhale lift the heart, exhale lunge deeper

17. Inhale step back to a plank position

18. Exhale bring the buttocks to heels, arms foreword, forehead down, rest

Inhale up onto the knees

19. Exhale to Downward Facing Dog, knees bent

20. Inhale, step the left foot forward between the hands and bring the arms up

Exhale lunge the left knee forward (you may need to slide the left foot forward more so the left knee stays inline with the left ankle)

Inhale lift the heart, exhale lunge deeper

21. Inhale step back to into a plank position

22. Exhale buttocks to heels, arms foreword

Inhale up onto the knees

23. Exhale to Downward Facing Dog, knees bent

24. Inhale step the right foot foreword between the hands and twist the torso to the right, keeping the left leg straight, pressing the palms together at the side, gazing to the right

Exhale twist deeper, inhale lengthen the spine, exhale twist deeper

25. Inhale step back to a plank position

26. Exhale bring the buttocks to heels, arms foreword, forehead down, rest

Inhale up onto the knees

27. Exhale to Downward Facing Dog, knees bent

28. Inhale step the left foot foreword between the hands and twist the torso to the left, keeping the right leg straight and pressing the palms together at the side, gazing to the right

Exhale, inhale, exhale

29. Inhale step back to a plank

30. Exhale bring the buttocks to heels, arms foreword, forehead down, rest

31. Inhale roll through and down to Salabhasana – lift the legs, head, chest and arms up for 5breaths

Exhale rest the whole body down

32. Inhale press up to into Bhujangasana, keeping the elbows down beside the torso – hold for 5breaths gazing to your nose tip

Inhale slide the hands back under the shoulders and press up onto the knees

33. Exhale bring the buttocks back to heels, arms foreword, rest

Inhale up onto the knees

34. Exhale to Downward Facing Dog, straightening the legs now or keeping them bent

Inhale come onto the knees for Ustrasana

35. Exhale bring the right arm up, left hand to left ankle

Inhale, exhale, inhale release up

36. Exhale left arm up, right hand to right ankle

Inhale, exhale, inhale release up

37. Exhale rest in Childs Pose with the arms back for 5breaths

Inhale up onto the knees

38. Exhale to Downward Facing Dog, legs straight

Inhale through to sitting

39. Exhale into Malasana, a squatting posture with the heels together, toes wide and torso moving through with the head dropping down, stay for 5 breaths (you can extend the arms forward or wrap them behind the back, if needed have a blanket under the heels)

Exhale release

40. Inhale lift up into move into Bakasana and hold for 3 breaths (skip to the plank or Childs Pose if you're not familiar with this posture)

41. Inhale step back into the Plank

42. Exhale buttocks to heels, arms foreword

Inhale up onto the knees

43. Exhale to Downward Facing Dog – 5breaths

44. Inhale through to lying on your back

45. Exhale hug the knees into the chest

46. Inhale roll the legs over the head with the palms supporting the hips and lift the legs up into Vipareeta Karani Mudra, stay for 10breaths (move straight to Childs Pose and then Savasana if not familiar with this posture)

47. Exhale roll the legs down and rest in Savasana for at least 5minutes

Disclaimer: It's recommended that beginners to yoga compliment their at-home practice with guidance from an experienced yoga teacher to learn how to practice the postures correctly and safely to avoid injury.

