

Vinyasa

balance & focus

Develop balance, strong legs, open hips, coordination skills, will power and focus in this dynamic yoga sequence. Practice with deep full breathing and only do what feels right for you.

Yoga Sequence provided by Byron Bay yoga teacher Jessie Chapman who runs Radiance Yoga Retreats. Phone (02) 6685 9015 or e-mail info@radianceretreats.com



One

Stand with your feet together in Tadasana (Mountain pose) with soft eye gaze forward at eye level. Ground your heels. Engage and draw upwards through your whole body.



two

Inhale bend your knees and swing your arms forward and up coming into Utkatasana (Powerful/intense pose) with the arms extended overhead and the knees bent so you're 'sitting' in mid air.



three

Exhale, fold forward and down into Uttanasana (Extension pose) with the knees bent or, if you have the flexibility, straighten the legs. Have the palms or fingertips on the floor (or hold your legs) and draw the torso in close to the thighs.



four

Inhale to come into a bent knee squat position with the heels lifted, balancing with the fingertips on the floor. Lift the heart and gaze slightly upwards.



five

Exhale and again fold forward and down into Uttanasana with the knees bent or legs straight. Tuck the chin in and gaze towards the navel.



six

Inhale bend the knees and again swing the arms through and up into Utkatasana. Focus on squatting deeper so your thighs come parallel to the floor, keep the arms extending straight up and the chest moving back.



seven

Exhale, release the fingertips to the floor and gaze down.



eight

Inhale, take a big step back with the left foot keeping the right leg bent at right angles, knee directly above the ankle. With the fingertips on the floor for stability focus on straightening the back leg, stretching the front of the left hip and opening the back of the knee. Stay here for a few breaths.



nine

From here hold your right ankle, or wherever you can reach, and with your left hand on your left hip inhale and begin to straighten both legs and open the hips out to the front, preparing for Trikonasana (Triangle pose).



ten

Come into full Trikonasana. As you exhale rotate the torso and open the chest. Lift the kneecaps and thighs, firming both legs and open the hips. Either keep the left hand on the hip or extend the arm up. Gaze forward (or to the right foot if there's neck strain) and be here for 5 breaths.



eleven

From here bend your right knee and lean forward to place your right fingertips on the floor about a foot out in front of the right toes. Keep both arms extended and stay looking forward as you step the back foot in keeping the heel off the floor. Or, if you cannot balance, gaze to the floor and keep the left hand on the left hip (see insert)



twelve^o

Now slowly raise the back leg, keeping it straight, and then straighten the right leg so you're balancing in Ardha Chandrasana (Half moon pose). Have the arms extending and focus on opening the hips to the front. Or, if you cannot balance, keep the left hand on the left hip and gaze to the right foot. (ie.: optional insert). Balance here for 5 breaths.



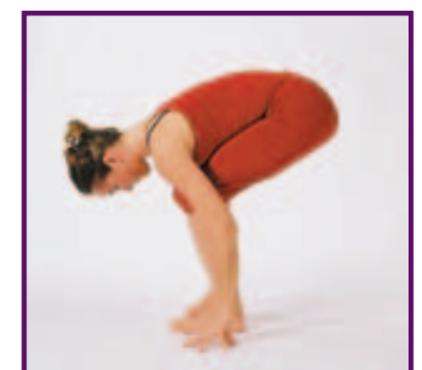
thirteen

Exhale, slowly bend the right knee and take a big step back with the left foot to come into Virabhadrasana II (Warrior II Pose), left foot turned in, heel pressed to the floor, right leg bent at right angles. Have the torso upright; arms extended at shoulder level. Keep the legs firm, hips and chest opening to the front and gaze beyond the right fingertips for 5 breaths.



fourteen

Inhale bring the left hand to the right, turning the hips to the front and exhale bring the fingertips to the floor, back into the straight leg lunge.



fifteen

inhale to step the left foot to the right. And now step the right foot back to continue the same standing posture sequence on the left side.