



YOGI SURPRISE SEQUENCE



DEVELOP THE FUTURE SELF



1ST EDITION • LIMITED RUN





DEVELOP THE FUTURE SELF



This sequence will strengthen the foundation of your practice. As you flow, focus on what touches the ground, as that is the foundation from which the rest of the pose grows.



MOUNTAIN POSE

Tadasana



CAT/COW

Marjaryasana/Bitilasana



DOWNWARD DOG

Adho Mukha Svanasana



UPWARD DOG

Urdhva Mukha Svanasana



STAFF POSE

Dandasana



CHILD'S POSE

Balasana



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