YOGI SURPRISE SEQUENCE



DEVELOP THE FUTURE SELF

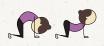
IST EDITION • LIMITED RUN

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



Urdhva Mukha Svanasana



Dandasana



CHILD'S POSE

Balasana