

Downtime: Dynamic Flow

10 min · Yoga

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We've covered plenty of static stretching; now we're going to work with some full-body yoga flow! Try to transition smoothly through each transition between poses. Should you need more time, by all means take it! Move with your breath.

Mountain · Samasthiti



3 breaths

Point tailbone toward floor · Soft, steady gaze · Lift kneecaps up · Body weight centered between heels and...

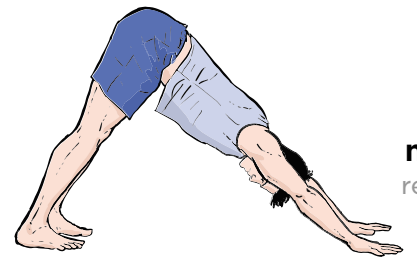
Rag Doll · Uttanasana Variation



2 breaths

Relax neck · Bend knees · Feet parallel · Hold opposite elbows · Round back

Downward Facing Dog · Adho Mukha Svanasana



5 breaths

Bring feet hip-width apart · Bring hands shoulder-width apart

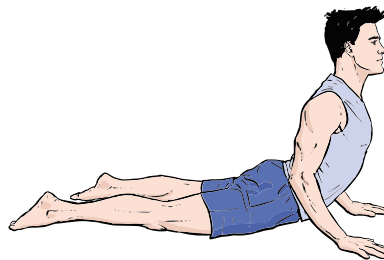
Four Limbed Staff · Chaturanga Dandasana



1 breaths

Keep elbows in · Upper arms parallel to floor · Elbows above wrists · Abs engaged · Hands shoulder-distan...

Extended Cobra · Saral Hasta Bhujangasana



1 breaths

Bring feet hip-width apart · Bend elbows slightly · Draw shoulders away from ears · Keep head in line with ...

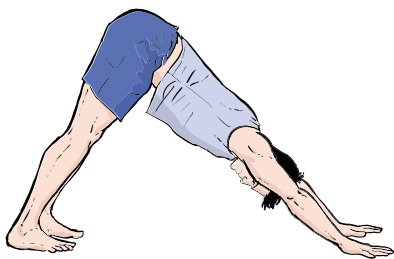
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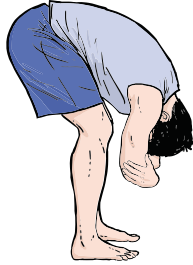


3 breaths

Point tailbone toward floor · Soft, steady gaze · Lift kneecaps up · Body weight centered between heels and...



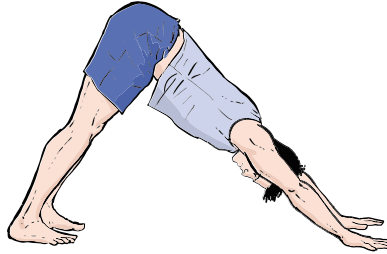
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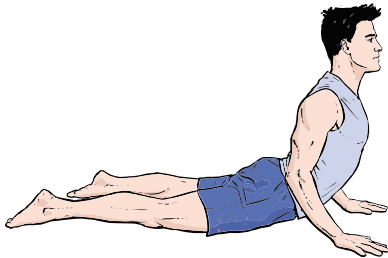
no rest

no rest

1 breaths

Keep elbows in · Upper arms parallel to floor · Elbows above wrists · Abs engaged · Hands shoulder-distanc...

Extended Cobra · Saral Hasta Bhujangasana



1 breaths

Bring feet hip-width apart · Bend elbows slightly · Draw shoulders away from ears · Keep head in line with ...

Four Limbed Staff · Chaturanga Dandasana



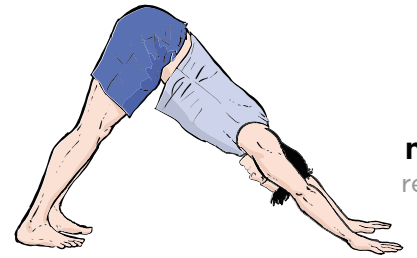
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1 breaths

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Downward Facing Dog · Adho Mukha Svanasana



no rest

5 breaths

Bring feet hip-width apart · Bring hands shoulder-width apart

Rag Doll · Uttanasana Variation



2 breaths

Relax neck · Bend knees · Feet parallel · Hold opposite elbows · Round back

Mountain · Samasthiti



3 breaths

Point tailbone toward floor · Soft, steady gaze · Lift kneecaps up · Body weight centered between heels and...

Chair · Utkatasana



no rest

no rest

3 breaths

Keep knees behind toes · Tuck the tailbone under · Draw shoulders away from ears · Keep body weight in heel...



Crescent Lunge · Anjaneyasana



3 breaths

Lengthen tailbone toward floor · Draw shoulders away from ears · Lift back heel · Align knee over ankle (ri...

no rest

Equestrian · Ashwa Sanchalanasana



3 breaths

Lengthen spine · Back knee on floor · Gaze diagonally upward · Align knee over ankle · (right leg)

no rest

Crescent Lunge · Anjaneyasana



3 breaths

Lengthen tailbone toward floor · Draw shoulders away from ears · Lift back heel · Align knee over ankle (ri...

no rest

Chair · Utkatasana



3 breaths

Keep knees behind toes · Tuck the tailbone under · Draw shoulders away from ears · Keep body weight in heel...

no rest

Crescent Lunge · Anjaneyasana



3 breaths

Lengthen tailbone toward floor · Draw shoulders away from ears · Lift back heel · Align knee over ankle (le...

no rest

Equestrian · Ashwa Sanchalanasana



3 breaths

Lengthen spine · Back knee on floor · Gaze diagonally upward · Align knee over ankle · (left leg)

no rest

Crescent Lunge · Anjaneyasana



3 breaths

Lengthen tailbone toward floor · Draw shoulders away from ears · Lift back heel · Align knee over ankle (le...

no rest

Chair · Utkatasana



3 breaths

Keep knees behind toes · Tuck the tailbone under · Draw shoulders away from ears · Keep body weight in heel...

no rest

Mountain · Samasthiti



3 breaths

Point tailbone toward floor · Soft, steady gaze · Lift kneecaps up · Body weight centered between heels and...

no rest



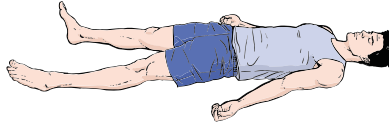
Accomplished · Siddhasana



20 breaths

Stack ankles · Tuck toes in between thigh and calf · Lengthen spine · Heels close to groin · Relax shoulder...

Corpse · Savasana



no
rest

20 breaths

Keep head and spine in one line · Relax forehead · Release tension in jaw · Tuck shoulder blades under