

three dog yoga

POWER FLOW 75

INTEGRATION SERIES

child's pose + downward-facing dog
ragdoll + mountain pose + samastithi + OM

AWAKENING SERIES

sun salutation a - 4 repetitions, one inhale/exhale per pose
//mountain pose, fold, half lift, chaturanga, up dog, down dog, (pause for one breath in DD)
hop to front, half lift, fold.

sun salutation b - 1 repetition, five breaths in utkatasana + warriors
//utkatasana, fold, half lift, chaturanga, up dog, down dog, right side warrior 1, chaturanga, up dog, down dog, left side warrior one, chaturanga, up dog, down dog (one breath in DD), hop to front, half lift, fold.

sun salutation b - 2 repetitions, one inhale/exhale per pose
(finish with one breath in down dog)

sun salutation b variation - 1 repetition, five breaths in warrior 2 + reverse warrior
(start from down dog, step right foot forward, one breath in warrior 1, then transition to 2)

VITALITY SERIES

(start with leg lift to three-legged dog)
flipped dog + side plank
(chaturanga/up dog/down dog after each side. pause for a breath after both sides are complete)

(start with leg lift to three-legged dog)
crescent lunge + revolved crescent lunge
(spiral up to warrior 2)
side angle warrior
(chaturanga/up dog/down dog after each side. pause for a breath after both sides are complete)

twisting chair + gorilla
crow
(chaturanga/up dog/down dog. pause 1 breath in down dog. hop to front of mat. half lift. fold. mountain.)

EQUANIMITY SERIES

eagle (2)

standing leg raise front
standing leg raise side
airplane
half moon
(forward fold for a breath of rest. then reach up to mountain pose.)

dancer (2)
tree
(one breath standing meditation. mountain pose. fold. half lift. chaturanga. up dog. down dog.)

GROUNDING SERIES

(step to warrior 1, exhale warrior 2. inhale straighten front leg.)

triangle

straddle

pyramid + revolved triangle

(chaturanga/up dog/down dog after each side. pause for a breath after both sides are complete) (shift forward to high plank. lower slowly to floor.)

IGNITING SERIES

locust (2)

bow (2)

(rest on floor between backbends. when complete: press up to up dog/down dog)

camel (2)

(down dog or child's pose after each camel.)

(pause for a breath after camels are complete. then transition to prepare for bridge.)

bridge (2)

wheel (3-6)

supta baddha konasana

(rest for several breaths, then bring knees to chest.)

STABILIZING

scissor lifts (8-12)

30/60 lifts (1-3)

bicycles (8-12)

(knees to chest. rock to boat.)

boat + lift (3-5)

(jump through to chaturanga/up dog/down dog)

OPENING SERIES

pigeon + double pigeon

(return to down dog after each double pigeon)

frog

(transition to down dog or take wheel.)

(from down dog, transition to seated.)

RELEASING SERIES

one-legged forward folds + two-legged forward fold

inclined plank/tabletop + fish

(release to floor when finished)

REJUVENATION SERIES

hips on block

OR

shoulderstand + plow + deaf man's pose

(release to knees-to-chest when finished)

SURRENDER SERIES

reclining twists

dead bug/happy baby

savasana