

EARTH YOGA

SEQUENCE

Use this sequence as a standard for daily preventative care.

Centering / Opening Breathwork	Duration
Sukhasana "easy pose" w/conscious breathing.	2:00 min.
Nadi shodhana "alternate nostril breathing"	3:00-5:00 min.

Asana / Posture	Duration / Hold
Slo Mo "therapy ball" pelvic grounding	2:00 min.
Supta Padangusthasana "reclining hand to big toe pose" (with or without strap)	2:00-5:00 / side
Marichyasana III "Marichi's Pose"	2:00 / side
Paschimottanasana "Seated forward fold"	2:00-5:00 min
Baddha Konasana "Bound Angle Pose"	2:00-5:00 min
Gomukhasana "Cow Face Pose"	2:00-5:00 min/side
Supta Virasana "Reclining Bound Angle Pose"	2:00-5:00 min

Savasana "Final Rest Pose"	5:00-10:00 min
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