

Warrior Sequence

This sequence is a powerful end to the standing asanas. The postures replicate the movements within Surya Namaskara A and B. Instead of flowing through Utkatasana and Warrior postures, they are held for five breaths



- 1) Inhale: Lift arms to Urdhva tadasana
- 2) Exhale: Lengthen down over the legs to Uttanasana
- 3) Inhale: Lift and open the chest and lengthen the spine to Urdhva Uttanasana
- 4) Exhale: Jump or step back to Chaturanga Dandasana
- 5) Inhale: Draw the chest forward and up to Urdhva Mukha Svanasana.
- 6) Exhale: Roll over toes and lift hips into Adha Makha Svanasana
- 7) Inhale: Look up and jump to feet together, knees bent to Utkatasana (5 Breaths) (See practice sheet)**
- 8) Exhale: Fold into Uttanasana
- 9) Inhale: Lift and open the chest and lengthen the spine to Urdhva Uttanasana`
- 10) Exhale: Jump or step back to Chaturanga Dandasana
- 11) Inhale: Draw the chest forward and up to Urdhva Mukha Svanasana.
- 12) Exhale: Roll over toes and lift hips into Adho Mukha Svanasana
- 13) Inhale: Pivot on the ball of the left foot and step the right foot forward. Lift into Virabhadrasana A (5 breaths)**
- 14) Exhale: Straighten the front leg and pivot around to take Virabhadrasana on the left foot. (5 breaths)**
- 15) Exhale: Turn the back foot square with the back of the mat. Open the hips to the longside of the mat in Virabhadrasana B (5 breaths).**
- 16) Exhale: Turn to face the front of the mat in Virabhadrasana B. (5 breaths).**
- 17) Exhale: Place both hand on either side of the front foot and step back into chaturanga Dandasana.
- 18) Inhale: To Urdhva Mukha Svanasana
- 19) Exhale: To Adho Mukha Svanasana.
- 20) Inhale: Walk or jump forward to first posture of the seated sequence, Dandasana.