

# Your Yoga

## THE BEGINNING

### THE FIRST 20 POSES

#### HANDS & FEET

- Table Top
  - Child's Pose
  - Cat
  - Cow
  - Downward Facing Dog
- Balsana Flow*

#### BODY

- Easy Seat
- Seated Forward Fold
- Cobra
- Knee Hug
- Supine Twist (with Pillow)
- Happy Baby
- Savasana

#### TWO FEET TOGETHER

- Hands to the Sky
  - Forward Fold
  - Halfway Lift
  - Yogi Squat - *Malasana Flow*
- Top of the Sun Flow*

#### TWO FEET APART

- Crescent Lunge
  - Warrior II
  - Reverse Warrior
  - Side Angle
- Peaceful Warrior Flow*

#### SN5 BREATH

Soft, nasal, calming breath. 5 seconds in, 5 out.

#### NOTES

- Postures are organized by points of connection with the ground. For example, "Hands and Feet" refers to postures where both of your hands and both of your feet will be in contact with the ground and supporting you.
- Think of this like learning a language: the postures are vocabulary, and the flows are sentences.
- Recommended duration for each posture or flow is 3 rounds of SN5 breath.

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Disclaimer: Please consult your healthcare professional with questions or concerns before starting any new exercise. There is the possibility of physical injury when doing these poses. The poses may not be suitable for all people. The Perspective Project LLC d/b/a Beat Up the Sun shall not be held liable for any injury sustained doing the poses set forth herein.