

BHAKTI

SEQUENCE 2



INTRODUCTION

Thank you for downloading the “Bhakti sequence”! This is how I practice when I am at home and I am thrilled to offer this sequence to support and sustain your home practice.

You will notice that each medley, or sequence of poses, has been separated by a rectangular border. This means that the medley should be done in order and then repeated the recommended number of times as indicated with the notation to the left of the border (ie: repeat 4 x). These notations are just a framework for you to adjust as you practice. Short on time? Do everything once. Have a full hour? Practice as indicated.

You will also notice the ✖ symbol. At the end of these rounds move through plank, push up, cobra or updog and then down dog. Also, breathing! In some of the medleys I have indicated breathing instructions and sometimes I have not. Typically, when you move into a pose you exhale and when you move out of a pose you inhale. When you move closer to the floor you exhale and away from the floor you inhale. This isn't the case 100% of the time, but more of a general idea to help you move through the sequence. At the end of the day this is just a guide. Breathe in a way that is intuitive and makes sense for your body and your practice. Please be safe and rest when needed.

Enjoy!

Annie

Disclaimer:

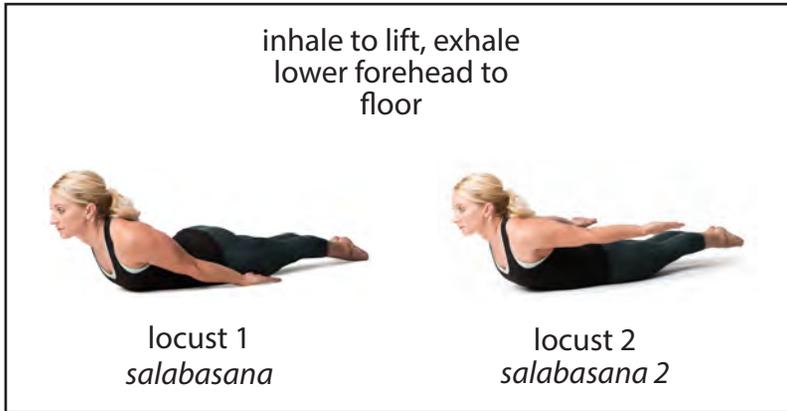
The information in this book is meant to supplement, not replace, proper yoga instruction. Annie.yoga LLC, the author, affiliates, and contributors of and to this publication, assume no responsibility or liability for any injury that might occur while attempting the exercises outlined in this publication. Exercise is not without its risks, and this or any other exercise program may result in injury. To reduce the risk of injury, before beginning this or any exercise program, please consult a healthcare provider for appropriate exercise prescription and safety precautions. As with any exercise program, if at any point during your workout you begin to feel faint, dizzy, or have physical discomfort, you should stop immediately and consult a physician.

BHAKTI SEQUENCE, PAGE I

repeat 4 x



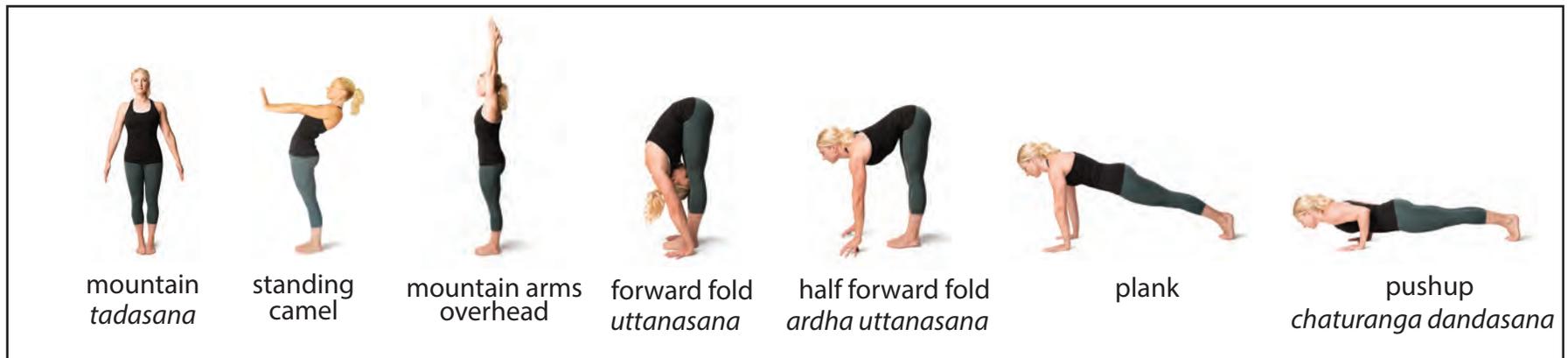
repeat 4 x



rest, turn head to
the right, then to
the left



repeat 4 x



BHAKTI SEQUENCE, PAGE 2

TWO FULL ROUNDS



EXHALE
mountain
tadasana



INHALE
mountain
arms
overhead



EXHALE
forward fold
uttanasana



INHALE
half forward fold
ardha uttanasana



EXHALE / INHALE
plank



EXHALE
pushup
*chaturanga
dandasana*



INHALE
upward facing dog
*urdhva mukha
svanasana*



EXHALE
down dog
*ahdo muka
svanasana*



INHALE
warrior 1 (right)
virabhadrasana 1



EXHALE / INHALE
plank



EXHALE
pushup
*chaturanga
dandasana*



INHALE
upward facing dog
*urdhva mukha
svanasana*



EXHALE
down dog
*ahdo muka
svanasana*



INHALE
warrior 1 (left)
virabhadrasana 1



EXHALE / INHALE
plank



EXHALE
pushup
*chaturanga
dandasana*



INHALE
upward facing dog
*urdhva mukha
svanasana*



HOLD 3 BREATHS
down dog
*ahdo muka
svanasana*



INHALE
half forward fold
ardha uttanasana



EXHALE
forward fold
uttanasana



INHALE
mountain arms
overhead



EXHALE
mountain
tadasana

BHAKTI SEQUENCE, PAGE 3

repeat 2 x

INHALE mountain *tadasana*
 EXHALE / INHALE lunge
 EXHALE revolved lunge
 INHALE monkey lunge *anjaneeyasana*
 EXHALE kneeling sage *ardha hanumanasana*
 INHALE high lunge foot pointed



repeat 2 x

EXHALE / INHALE down dog *ahdo muka svanasana*
 INHALE warrior 1 *virabhadrasana 1*
 EXHALE warrior 2 *virabhadrasana 2*
 INHALE high lunge
 EXHALE revolved warrior 2 *parivrta virabhadrasana*
 INHALE, HANDS TO CHEST
 EXHALE twisted lunge



REPEAT WARRIOR 2 / EXTENDED SIDE ANGLE 3 TIMES

hands in / elbows out
 wide stance
 warrior 2 *virabhadrasana 2*
 extended side angle *parsvakonasana*
 half-moon *ardha chandrasana*
 half-moon hands to chest
 mountain hands to chest

BHAKTI SEQUENCE, PAGE 4

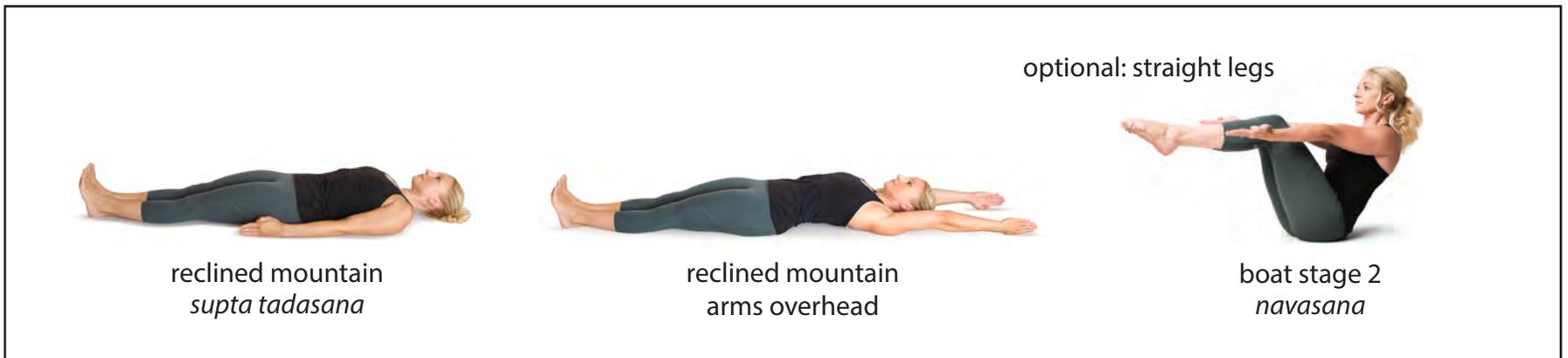
repeat 2 x



repeat 3 x



repeat 4 x



BHAKTI SEQUENCE, PAGE 5

repeat 2 x



rest 5 breaths, then either
repeat bridge or do urdhva
dhanurasana



BHAKTI SEQUENCE, PAGE 6



down dog
ahdo muka svanasana



v sage foot on floor
vasisthasana



wild thing
camatkarasana



down dog
leg lifted



plank
opposite arm / leg



plank
knee between elbows



plank
same arm / leg

CHALLENGE POSE



k sage 2 knee bent
eka pada koundinyasana 2



meditation pose



pose of repose
savasana