Drishti

sequence 3

Introduction

Thank you for downloading the "Drishti 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 next to 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.

At the end of each round of standing poses move through plank, push up, cobra or updog and then down dog. Also, breathing! 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.

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Drishti sequence, page 1

down dog jog
ahdo muka svanasana

10 breaths

repeat 4x

mountain
tadasana

power pose
utkatasana

mountain
tadasana

power pose
stage 1

mountain
tadasana

power pose
head to knee

twisted
power pose

repeat 4x

thunderbolt
arms extended
vajrasana

eight angle
pose

cobra
bhujangasana

plank

hold plank, do a push up, or add a hop

Drishti sequence, page 2

repeat 2x

down dog
ahdo muka svanasana

warrior 2
virabhadrasana 2

high lunge

warrior 2
virabhadrasana 2

high lunge

twisted lunge

repeat 2x

mountain
tadasana

lunge

side angle

revolved lunge

high lunge

revolved warrior 2
parivrtta virabhadrasana

eagle
forearms
together

leg lifts

1 minute

bridge
setu bandha
sarvangasana

30 seconds
lift and lower

Drishti sequence, page 3

repeat 2x

cow
bitalasana

cat
marjarasana

tiger
vyghrasana

cat
forehead to
knee

repeat 2x

crescent
indudalasana

summit

warrior 3
hands behind
head

nesting pigeon

monkey lunge
anjaneyasana

pyramid
parsvotanasana

repeat 2x

down dog
ahdo muka svanasana

radiant warrior
viparita virabhadrasana

extended side angle
parsvakonasana

warrior 2
virabhadrasana 2

warrior 1
virabhadrasana 1

Drishti sequence, page 4

repeat 2x

mountain
tadasana

warrior 1 palms forward
virabhadrasana 1

lunge hands by hips

elevated locust

levatating sage arms overhead

dancing yogi
natarajasana

cosmic abs

45 seconds

half forward fold
ardha uttanasana

forward fold
uttanasana

30 seconds

child's pose
balasana

sideways child's pose

repeat 4x

reclined mountain
supta tadasana

boat stage 2
navasana

east stretch
purvottanasana

west stretch
extended spine

west stretch
paschimottanasana

30 seconds then rest

topsy turvy
opposite arm/leg

rest

reclined eagle
supta garudasana

needle's eye

reclined lunge prep

supine twist

30 seconds

double diamond
visvavajrasana

pose of repose
savasana

5 minutes