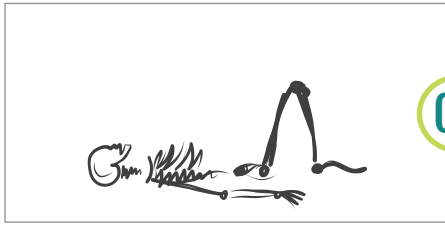
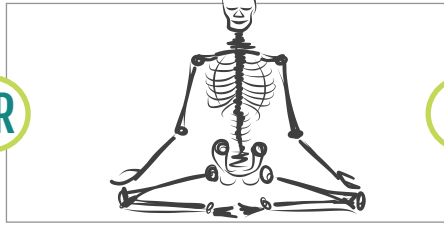


Body Position in an Asana Sequence

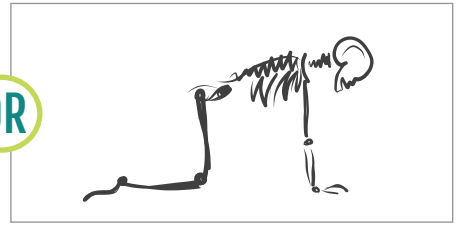
Warm-up: check-in, deepen the breath, begin easy movement



OR



OR



Main work

1 STANDING POSES



STANDING POSES use large body movements to warm up the body properly and introduce whatever work you planned for the practice.

2 KNEELING POSES



KNEELING POSES are used to compensate for the standing ones, to transition down to the ground and to continue the work that you started in standing.

3 PRONE POSES



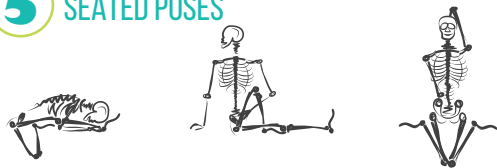
PRONE POSES (on the stomach) are used to stabilize the sacrum and the lower back after whatever you did in standing and kneeling.

4 SUPINE POSES



SUPINE POSES (on the back) are used to compensate for prone ones and continue to explore the work that you've planned for the practice.

5 SEATED POSES



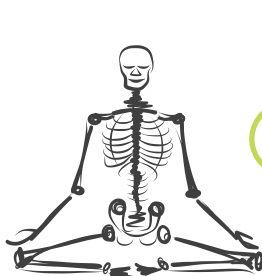
SEATED POSES are used as culmination of that work. When the body is adequately prepared you can zoom in on specific areas and challenge yourself more safely.

6 SUPINE POSES



SUPINE POSES are used to compensate for the seated work and help you transition into Savasana.

Pranayama / Meditation



OR



Traditionally pranayama and meditation are placed at the end of the practice. At this point you are not distracted by the bodily discomfort, your breathing is deep and your mind is focused. Asana serves as preparation for pranayama, and pranayama as preparation for meditation.