

sequence builder



Animals of the Earth - for Earth Day! (For All Levels)

Celebrating nature and the beauty of life around us: natural phenomena and animals asanas

By Lauren

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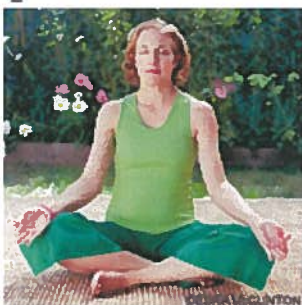


Dhyana

Calm Heart Meditation

Calming the body and the mind - preparing for an asana practice that celebrates life within you and life in the world.

2



Sukhasana

Easy Pose

Continuing meditation into asana

3



Marjaryasana

Cat Pose

Rolling forward into a table position, inhale, and on the next exhale, point your tailbone to the earth and roll your spine up towards the sky.

4



Bitilasana

Cow Pose

On your inhale, slowly point the tailbone up, and curl the belly and the heart closer to the earth. Your neck looks up and your eye gaze is on the horizon, or up towards the sky.

5



Uttana Shishosana

Extended Puppy Pose

Lengthening through the front body, descend your heart and head towards the earth with your arms extended in front of you. Tailbone points up to the sky.

6



MARTY SCORCUTO



Adho Mukha Svanasana

Downward-Facing Dog

Curling your toes towards the earth, push yourself up and back with the arms extended. Move your thighs back away from your torso. Bend deeply in the knees pointing the tailbone at the sky. Exhaling, take the thighs back, straightening the knees and slowly descending the heels to the earth.

7



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High Lunge

On the next inhale, look between your hands and bring your right foot forward. *Be mindful that your knee and is directly above your ankle. Eye gaze is forward and your front thigh slowly descends to the earth while your back thigh stays lifted. Bring the right leg back and take the left leg forward. Repeat from *.

8



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Tadasana

Mountain Pose

Bringing your hands back to meet your feet, take the hands to the hips and point the elbows to the sky. Slowly ascend leading with your heart. With your feet parallel and hip distance apart, root firmly through the four corners of your feet - lift and separate your toes and engage muscular energy. Roll your thighs up and back and tuck the tailbone, not overarching in the low back. With your side body long, inhale your shoulders up to your ears and roll your shoulder blades onto your back with your hands out at the side, palms facing forward and hands spread wide. Bring your ears over your shoulders and your eye gaze is on the horizon. Feel the stability of this pose as you stand strong like a mountain.

9



Vrksasana

Tree Pose

Firmly rooting into your right foot, bring your left heel off the ground and pause gaining your balance. Slowly lift the foot off the floor with the foot active. Taking the knee to the side, place your foot either at your shin or at your inner thigh - never directly on the knee. Lengthening through the side body, bring your hands to Anjali mudra in front of your heart and pause. As you gain balance and stability you can



lift your hands overhead like a beautiful tree growing towards the sun. Fingers are spread wide like blossoms! Slowly release arms and bring the foot back to the ground. Repeat on the other side.

10



Garudasana
Eagle Pose

Taking a strong stance, firmly root into the right leg and lift the left foot off the ground. Crossing at the knees and keeping the knees slightly bent, curl the toes of the left foot and gently bring the toes towards your calf. Lift the left arm at shoulder height. Cross your right arm in front of your body and place the elbow in the crook of the left arm. Interlace your forearms and twist to where your left fingertips graze the palm of the right hand. Breath is full and deep and the eye gaze is soft looking at the horizon.

11



Tadasana
Mountain Pose

Strong stance, lifting the heart and bringing the shoulder blades onto the back.

12



Urdhva Hastasana
Upward Salute

Arms overhead in full celebration! Gaze at your fingertips - to the sky.

13



Ardha Uttanasana
Standing Half Forward Bend

Taking the arms to the side, slowly swandire down into a forward fold. Fingertips at the shins or the floor, lengthen through the back, gazing forward.

14



Uttanasana
Standing Forward Bend

With the fingers at the sides of the ankles, lengthen through the back, and bring the torso closer to your thighs. Bend the knees and point to tailbone to the sky. Slowly straighten the knees and bring your forehead closer to your knees.

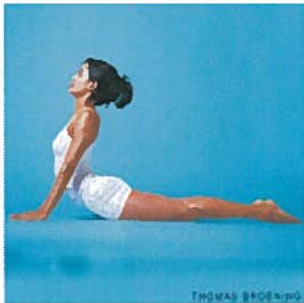
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Plank Pose

Placing your hands at the side of the feet, walk your legs back to a dynamic plank position. Wrists are under your shoulders and your body forms a straight line.

16



Bhujangasana
Cobra Pose

Bring the knees to the floor and slowly descend the heart and head to the earth with your hands spread wide next to your chest, lift your shoulders away and curl your heart forward as your elbows stay at your sides.

17



Salambhasana
Locust Pose

Coming back to the earth, bring your hands to your sides. Gazing at the floor, lift your feet and your heart away from the earth.

18



Dolphin Pose



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Dolphin Plank Pose

Bringing your forearms to the earth, press your hips up and move your thighs back with your tailbone pointed towards the sky.

Shifting your hips forward, come into a strong plank pose at your forearms.

Make sure your body forms a straight line.



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20



Urdhva Mukha Svanasana
Upward-Facing Dog



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Descending back to the earth, lift your shoulders away from the mat. Your feet are pressing into the earth. Curling your heart forward, straighten your arms and lift the hips away from the earth. Shoulders move away from your ears.

21



Balāsana
Child's Pose



Rolling yourself onto your knees, press your hips back and descend your bottom to your heels. Arms can rest at your sides as your forehead comes to the earth. Breathe here and calm your heart.

22



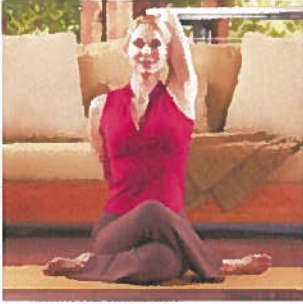
Krounchasana
Heron Pose



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Press up onto your knees and bring your right foot in front of you. Take your fingers to the ankle or the toes and straighten the leg. If any discomfort in your bent leg, you can bring it out straight in front of you. Repeat on other side.

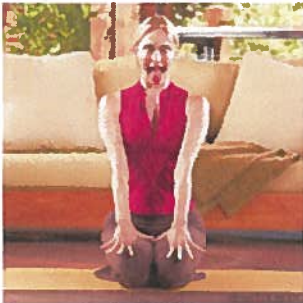
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Gomukhasana
Cow Face Pose

Coming onto your knees, cross ~~one~~ ^{right} leg over the other, bringing the knees of both legs together. Lift the left arm and bend at the elbow, touching your back. Opposite arm stretches out to the side, then curls on to the back, attempting to meet the other hand. Repeat on opposite side. Be mindful to come out of pose slowly.

24



Simhasana
Lion Pose

sitting on your knees, place your hands on your knees with your fingers spread wide. Lengthen through the side body. On the next inbale, cross your eyes to look at your nose. Exhale, sticking your tongue out and opening your mouth wide.

25



Ustrasana
Camel Pose

sitting up on your knees, slowly curl your heart up towards the sky and extend the arms to the heels. The front of the neck is long, looking towards the sky.

26



Virasana
Hero Pose / Thunderbolt Pose

Bringing your hips back down to the Earth, sit in between your feet. Invite calmness as you focus on your breath.

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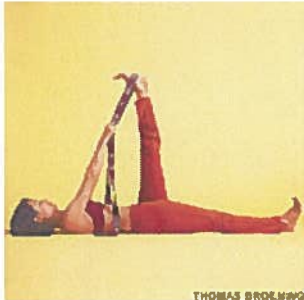


Ardha Matsyendrasana
Half Lord of the Fishes Pose



Take the right knee up, crossing over the left leg. Right arm comes to the back at the tailbone. Left elbow crosses to the right knee. Lengthen as you inhale, twist to the right as you exhale. Release slowly on repeat on opposite side.

28



Supta Padangusthasana

Reclining Big Toe Pose

Laying flat on the ground, bring the right knee into the chest and place a strap around the ball of the foot. Straighten the leg up to the sky with the foot active. Other leg stays active, firmly on the ground. Repeat with other leg and the strap/rope/towel.

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Savasana

Corpse Pose



Releasing to the floor, bring your arms at your sides, palms facing up. Feet can release and fall to the sides. Close your eyes and let go of any tension or clenching in any area. Stay here as long as you like (generally 10 minutes)

30



Dhyana

Self-Inquiry Meditation



Folding your knees, slowly turn to your right side as press yourself up into a seated position. With your hands at your heart, close your eyes and meditate on how you can live lightly on the earth: being mindful of how you can love yourself, love others, and the Earth around you.

Yoga Journal Sequence Builder, Patent pending