HATHA YOGA SEQUENCE GUIDE

Including Theme, Purpose, Pranayama & Peak Pose

1. Awareness
2. Strengthening
3. Releasing
4. Connecting
5. Heart Opening
6. Happy Hips & Hamstrings
7. Balancing

1) AWARENESS HATHA 60 MINUTES

Theme: Awareness of Experience
Purpose: Right side, left side
Pranayama: Alternate Nostril Breath
Peak Pose: Chair Twist

PRESENCING Balasana
Balasana walk over Cat Cow, Downdog

WARMING
High Plank, Table Top / Bird Dog with bind to Cat Cow (other side)
Downdog 3 legged, open, knee to nose, Crescent lunge with back bend
Warrior 2, Reverse Warrior, wide legged forward fold - other Side

FIRING
Chair with twist, rise up standing back bend, other side
Rag doll, shoulder rinse, release to knee bends
Low lunge, downdog, other side

GROUNDING
To seated for pranayama Alternate Nostril Breath Seated twist
Seated side bend both sides, Half Pigeon, Pachimotonasana
To seated, hold thighs, lay down to hug knees in

CLOSING
Ananda balasana / Supine Twist

2) STRENGTHENING HATHA 60 MINUTES

Theme: Connection
Purpose: Ahimsa, Satya, Asteya
Pranayama: Puraka, Rechaka
Peak Pose: Warrior 3

PRESENCING Balasana
Dynamic child's pose Downdog
WARMING Downdog twist Flip dog Ragdoll
Half way lift to shoulder rinse High plank hold
Downward dog

FIRING
Crescent lunge with back bed
Crescent lunge with twist
High plank hold
Downward dog - other side
Chair pose with twist, step back to crescent twist Reverse crescent
Warrior 3, Airplane, Standing splits
High plank hold, downward dog, malasana Navasana, low boat
Bicycle twists, Navasana to seated

GROUNDING
Pranayama and meditation Sufi rolls
Seated side bend
Wide legged forward fold

Wide legged side bend Single seated leg stretch Pachimotonasana

RELEASING
Half pigeon Double pigeon Lay down on back

CLOSING
Figure 4
Ananda balasana
Half happy baby
Supine Twist

3) RELEASING HATHA 60 MINUTES

Theme: Release
Purpose: Let go
Pranayama: Kumbhaka
Peak Pose: Hanumanasana

PRESENCING
Reclined pyramid Wipers
Figure 4
Supine twist

WARMING
Table top - cat cow
Childs pose dynamic
Downward dog Fallen star

FIRING
Low lunge - with gentle back bend - and then with twist
Half split
Crescent lunge with twist Extended side angle
Warrior 2
Reverse warrior

GROUNDING
Triangle
Triangle arm balance
Wide legged forward fold
Downward dog other side

RELEASING
Seated Buddha konasana
Wide legged forward fold
Half pigeon
Double pigeon
Splits - both sides
Lay down on back

CLOSING
Reclined shoe lace
Ananda balasana
Half happy baby / Supine Twist / Savasana

4) CONNECTING HATHA 60 MINUTES

Theme: Presencing
Purpose: Connect to left side, right side
Pranayama: Alternate Nostril Breath
Peak Pose: Chair Twist / Standing backbend

PRESENCING
Balasana
Balasana walk over
Cat Cow
Downdog

WARMING
High Plank
Table Top / Bird Dog with bind to Cat Cow
Downdog 3 legged, open, knee to nose
Crescent lunge with backbend
Warrior 2, Reverse Warrior
Wide legged forward fold * Other Side

FIRING
Chair with twist, rise up standing back bend, other side
Rag doll, should rinse, release to knee bends
Low lunge, downdog, other side

RELEASING
To seated for pranayama Alternate Nostril Breath
Seated Twist
Pachimotonasana
Single Seated Leg Stretch - Pachimotonasana to feel the difference

CLOSING
Hold thighs, lay down to hug knees
Ananda balasana, Half happy baby

SURRENDER
Supine Twist
Savasana

5) HEART OPENING 60 MINUTES

Theme: Heart Energy
Purpose: Open Heart
Pranayama: Bastrika
Peak Pose: Wheel

PRESENCING
Balasana (Child's Pose) with walk over
Cat Cow
Puppy walk over
Adho Mukha Svanasana (Downward Facing Dog)
3 legged / flip
Uttanasana (Ragdoll)
Half way / Shoulder rinse

WARMING
Rise standing crescent moon
Standing backbend, hands behind head
Forward Fold
Half way / Shoulder rinse
Surya Namaskara A x 2 (Sun Salutation A) - slow, not one breath

FIRING
Anjaneyasana (Crescent Lunge) low lunge T arms, dynamic, with twist
Utthita Parsvakonasana (Extended Side Angle) with upper arm rotation
High plank, to cat cow

BALANCING
Bird Dog flow, then with bind

GROUNDING
Advasana
Sphinx
Wipers Broken wing

HEART OPENING
Salabhasana (Locust) - Advasana
Locust with interlaced hands behind back - Advasanana, wipers
Dhanurasana (Bow) - turn to one side back to centre, other side * or sphinx
Urdhva Mukha Svanasana (Upward Facing Dog)
Ustrasana (Camel) 2 half camels, full camel

to downward facing dog, to laying on back
Setu Bandhasana (Bridge) dynamic, then static, one legged, supported
Reclined or supta baddha
Urdhva Dhanurasana (Wheel)
Supta Baddha Konasana (Reclined Bound Angle OR Reclined Pyramid)

REJUVENATING
Viparita Karani (Legs Up) 15 breaths meet in reclined pyramid

RELEASING
Finger 4

CLOSING
Ananda Balansana (Happy Baby) 1/2
Reclined Shoe Lace

SURRENDERING
Supine Twist (Laying Down Twist) Savasana

6) HAPPY HIPS & HAMSTRINGS

Theme: Inquire
Purpose: Release
Pranayama: Ujjayi
Peak Pose: Frog

PRESENCING
Child's Pose
Cat Cow - organic hip movements
Table top - thread the needle, with opposite leg out

WARMING
Downward dog, walking out with breath, focussing on the exhale and heel moving toward floor
Three legged dog

FIRING
Crescent Lunge with twist
Extended Side Angle
Side Plank - other side
High plank - hold, Downward dog, Warrior 2 to Triangle

GROUNDING
Triangle
Wide legged forward fold
Turn to the back of your mat Warrior 2 to Triangle
Wide legged forward fold, second set
Malasana at the top side of your mat, to seated

RELEASING
Pachimotonanasa
Single seated leg stretch
Wide legged side bend
Seated Buddha konasana
Frog Pose to Pachimotonasana - second set, notice the change
Half pigeon (both sides)
Double pigeon (both sides)
Lay down on back

CLOSING
Figure 4, Ananda balasana
Supine Twist / Savasana

7) BALANCING HATHA 9 0 MINUTES

Theme: Balance
Purpose: Creation
Pranayama: Breath of fire
Peak Pose: High plank with Breath of fire

PRESENCING Balasana
Balasana walk over, Cat Cow, Downdog

WARMING
Sun A - Slow x 2

FIRING
Chair with twist, step back to lunge, keep the twist
Open arms, side plank, High plank, Downward Dog, Chair - other side
After second high plank, low, upward dog, downward dog to Tadasana

BALANCING
Eagle pose, keep arms, step leg back for crescent lunge, keep eagle arms
Keep eagle arms float to warrior 3, back leg up, release to tadasana - other side
Standing leg raise to warrior 3, release to tadasana - other side
Dancers pose, both sides, release to tadasana
Urdva hastasana, warrior 3, Airplane, Standing split to Revolved Half Moon, release to forward fold - other side
Step your left foot back for extended side angle
Half moon, back to extended side angle, high plank, down dog, step your left foot forward for extended side angle - continue to half moon, back to extended side angle, high plank, down dog
3 legged dog, flip dog, fallen star - other side
High Plank - side plank - both sides
To downward dog

CORE ACTIVIATING
High Plank with breath of fire
Downdog, to Malasana, option for crow pose; crow return to malasana
Boat, high, low, high, low, to back hug knees in
Bicycle twists with ujjayi breath
30 - 60 lift

To seated for pranayama Alternate Nostril Breath Seated twist
Seated side bend both sides, to Pachimotonasana
To seated, hold thighs, lay down to hug knees in

RELEASING
Figure 4

CLOSING
Ananda balasana / Supine Twist