

# Yandara Flow Sequence

Yandara  
yoga institute



*Mountain Pose*  
(*Tadasana*)

Feet parallel.  
Equal weight 4 corners of feet.  
Neutral pelvis.



*Mod Tree*  
(*Vrikshasana*)

Tadasana thru Standing leg.  
Engage the core to lift the leg.



*Mod - intense side stretch*  
(*Parsvottasana*)

Lengthen the spine, hinge and fold.  
Micro bend both knees, square the hips.  
Hold a ball of energy btw the arms.



*War III*  
(*Virabhadrasana III*)

Lift in the belly.  
Press thru extended heel.  
Lengthen the back of the neck.



*3 Pointed Star*

Back heel turns down on same track.  
Heel to heel or heel to arch alignment.  
Back toes pointed in slightly.



*War II*  
(*Virabhadrasana II*)

Knee above ankle (tendency to track in).  
-Send sits bone back and wide then  
descend the tail bone.



*Reverse Warrior*

Same feet as above  
Lengthen the side bodies.



*Side Angle*  
(*Parsvakonasana*)

Same set up as WII.  
Draw the belly up and the ribs down.



*Surfer*

Option to take wide leg forward fold.



*Crescent*

Back heel turns up. Feet on sep. tracks.  
Tail bone descends.  
Triceps hug the hears.



*Chair*  
(*Utkatasana*)

Send sits bones back and wide.  
Slight tuck of tail bone.  
Shoulder blades down the back.



*Surrender*

Hips glide forward.



*Dance of Shiva*

Knee in line with opposite elbow for  
the twist.  
Lengthen vertically and then twist.WAZ