

45 Minute Yoga Sequence

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**Props Needed: Eye Pillow
1 Block**

Begin lying flat on the mat on your back. Use your eye pillow. Paying attention to your natural breath, feel the length of your inhale and the length of your exhale. Practice breathing in and out slowly. Calming the mind, letting go of the day, begin to feel relaxation in your arms, legs, and neck. Let your shoulders lay heavy on the mat. Let the feet fall apart. Breathe in deeply. Practicing belly breath, breathe in deeply into the belly and feel it expand. Hold the breath in. Feel the power of your breath. Exhale, emptying the torso. Continuing to breathe into your belly breathe in, feeling your whole body full with the breath. Feel it in your toes and fingers. Exhale. Inhale 1, 2, 3, 4. Exhale 1, 2, 3, 4.

Remove your eye pillow.

Reclining Pigeon or Thread the Needle – (2x on each side) This pose reduces stress, increases blood flow to the reproductive organs, and gently stretches the hips. Like inversions, this pose is excellent for fertility, but it is safe to do alone and at home and beginners can practice it as well as advanced yogis.

Supta Padangusthana (Reclining Big Toe) – (2x on each side) This pose relieves menstrual discomfort, strengthens the knees, and frees congested energy in the abdomen.

Hug Knees – Comfort pose

Table

Cat/Cow Pose – Warms the spine and massages the organs in the belly

Down Dog – Relieves menopause symptoms, is good for those with high blood pressure, improves asthma symptoms, and energizes the body

Low Lunge (R) – Relieves sciatica

Pigeon (R) – Deep hip opener, relieves stress in the hips & sciatica

Locust – Improves posture, strengthens back and spine

Balāsana (Child) – calms the brain, relieves stress and fatigue

Table Circles - (go left and right) – warms the hips and low back

Low Lunge (L) – Relieves sciatica

Pigeon (L) - Loosens stored toxins in the hips and pushes them into the bloodstream for elimination

Plank – Core workout. Improves posture and strengthens the muscles of the back and along the spine

Straight Arm Cobra – Increases the communication between the brain and the body by bringing increased blood to the muscles and nerves of the spine. Relieves constipation, stimulates appetite. Conditions the kidneys and the adrenal glands. Opens the heart and lungs

Balāsana – (Child) – Curve spine in opposite direction after Cobra.

Table Circles (R and L)

Down Dog – Let the head go. Reverses blood flow to the brain.
Strengthens upper arms and shoulders

Vira I (Warrior I (R)) – Hips squared, front leg lunges deeply.
Arms rise above head. Stretches
the sides of the body and the front of the
hip flexors

Vira II (Warrior II (R)) – Increases stamina, excellent for
pregnant women in the 2nd trimester to
relieve back ache. Improves carpal
tunnel (stretch through to the
fingertips)

Plank – Abs and core

Side Plank (R) – Improves balance, strengthens core

Plank

Side Plank (L) – Stretches and strengthens wrists, arms, belly, and
legs

Plank

Down Dog

Vira I (Warrior I (L)) – Head drops back and it opens the
thyroid, letting blood flow there

Vira II (Warrior II (L)) – Helps with flat feet (lift through the arches) and sciatica. Back foot controls difficulty

Down Dog

Walk Feet to Hands

Tadasana – (Mountain) – Use a block between the thighs. Reduces flat feet and relieves sciatica

Tree (R) – Stretches the sacral-iliac joint. Stretches inner thigh

Tree (L) – Strengthens low back, improves balance, helps with flat feet

Tadasana (with block between thighs)

Forward Bend (with block) – Calms the brain, relieves stress, depression, and headache

Arda Uttanasana (Flat Back) – Improves posture, strengthens and lengthens the back

Forward Bend – Aids in digestion and relieves menopausal symptoms

Hop back with block still between thighs, drop to elbows

Dolphin Plank – Core strength with added bonus of improved upper arm and shoulder strength. Better than a sit up to reach every muscle in the abdomen

Drop block to the mat and walk feet into

Dolphin – All benefits of down dog for depression and stress and quieting the brain, with added bonus of extra core and shoulder strength. Excellent for Osteoporosis. Any weight-bearing exercise strengthens our bones

Balasana (Child)

Down Dog

Side Angle (R) - Stretches spine, groin, legs, knees and ankles

Rotate feet on mat

Side Angel (L) – Opens the whole side of the body and increases stamina

Wide Angle Forward Bend – (Arms clasped behind back) – stretches hamstrings, low back

Seated Forward Bend – Stimulates ovaries and uterus, excellent for high blood pressure, stimulates kidneys, relieves menstrual cramps, calms the brain, relives mild depression, and relieves headache and anxiety

Half Fish (2x right and left) – Stimulates the kidneys and liver, aids digestion, excellent for infertility, asthma. Destroys disease in the body

Butterfly – Relieves inner thigh tension. Removes tiredness from legs after standing or walking for long periods of time

Bridge – (2x – 2nd time supported with block) - Releases
endorphins, relieves depression,
aids in digestion, feeds the thyroid.

Supported – Relieves menstrual discomfort,
supports sacrum

Reclining Twist (R and L) – Aids digestion, calms the nervous
system

Happy Baby – Stretches groin and hips, relieves fatigue

Legs Up the Wall (Eye Pillow) – Calms the nervous system,
slows the heart rate, relieves
stress and fatigue. Blood flow the face and
scalp means increased cell turnover –
making us look younger. Also, hair follicles
are stimulated for growth.

(Waterfall Imagery down legs, pool at hips,
spread to heart) – Focus on 2nd Chakra which
houses reproductive organs

Come Seated. Breathe in and out

Namaste