

Erika Smiley 4.8.16

## 60-Minute Sequence for Clayton Yoga:: YTT Graduation

### Theme:: Open Hips, Open Heart

Our hips are, essentially, an emotional "junk drawer." They house and hold many of the feelings that we have repressed, have yet to process, or are unable to process for various reasons. Feelings such as anxiousness, worry, fear, sadness, frustration, etc can inevitably "clog" our hips and create tightness and stagnation.

This "holding on" to emotions is based on a simple, yet complex premise that we refer to as "fight or flight."

Back in the ancient world, when our ancestors would find themselves in front of a bear in the woods, they had two choices: run from the bear, or fight the bear.

The sympathetic nervous system would then send hormones/energy to the hips to propel the legs of the person to either run from the bear, or fight it.

While this was useful in ancient times, things look a bit different in our modern world.

Nowadays, the "bear" appears in the form of worries about work, personal life, or frustrations about relationships, money, health, to name a few.

Since we are most likely NOT physically running from these woes, amongst others, NOR are we physically fighting these troubles, this same energy gets stuck:: It has no place to go, to release.

This "gunk" that gets stuck in our hips, combined with our ever-present seated culture, and it's no wonder that our hips can get tight.

It also makes sense that even simple hip-openers can cause some emotions to get stirred up and brought to the surface:: Our bodies need the release.

Combining hip openers with heart openers allow us to connect to our body in two major ways: When we have allowed ourselves to release tension/worry/anxiety (STRESS), we have more space to open ourselves up and experience more love and compassion for not only ourselves, but for those around us.

Once we've opened the hips and have cleared away any blockages, our hearts are open to receive.

Heart openers bring an enormous amount of energy and brightness to our heart center. The feeling one has after a backbend is palpable and potent. Heart openers also aid in improving our posture, standing with more confidence, and increases our capacity to nourish our bodies more appropriately with the breath.

sequence builder

Open\_Hips\_Open\_Heart

By Erica\_Sonke



1

Dhyana

Sati-Inquiry Meditation

Sit\_in\_a\_comfortable\_position\_Hands\_in\_prayer\_Pick\_an\_intention\_for\_your\_practice\_Now\_close\_your\_eyes\_and\_begin\_breathing\_in\_1-2-3-4\_pause\_jalandhara\_bandha\_exhale\_1-2-3-4



2

Bitilasana

Cow Pose

Several\_round\_of\_cat\_cow\_moving\_at\_your\_own\_pace\_Feel\_free\_to\_move\_from\_side\_to\_side\_to\_open\_up\_the\_hips\_and\_side\_body



3

Marjaryasana

Cat Pose



4

Balasana

Child's Pose

child's\_pose\_for\_a\_quieting\_breath\_or\_two



5

Adho Mukha Svanasana

Downward-Facing Dog

down\_dog\_for\_a\_few\_breaths\_peddling\_out\_the\_feet



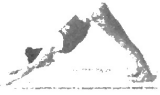
6

Plank Pose

Move\_from\_down\_dog\_to\_plank\_a\_few\_times\_to\_warm\_up\_the\_shoulders

*Begin 3 rounds of low-bridge sequence*  
*30s @ 3 min*

\* Note: vinyasa pictures are not always represented, but after each sequence, "vinyasa" is stated as the next movement. Students are always able to take down-dog and skip vinyasa.



**Adho Mukha Svanasana**  
Downward-Facing Dog



**Plank Pose**



**Chaturanga Dandasana**  
Four-Limbed Staff Pose



**Urdhva Mukha Svanasana**  
Upward-Facing Dog



**Adho Mukha Svanasana**  
Downward-Facing Dog



**Uttanasana**  
Standing Forward Bend



**Urdhva Hastasana**  
Upward Salute

From here we begin 3 rounds of low-lunge surya namaskar sun salutations, 3 each side, R leg and L leg

[Begin 3 rounds of low-lunge salutations:  
3 on (R), 3 on (L)]

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**Uttanasana**  
Standing Forward Bend



**Ardha Uttanasana**  
Standing Half Forward Bend



**Uttanasana**  
Standing Forward Bend



**Chaturanga Dandasana**  
Four-Limbed Staff Pose



**Urdhva Mukha Svanasana**  
Upward-Facing Dog



**Adho Mukha Svanasana**  
Downward-Facing Dog



**Anjaneyasana**  
Low Lunge

After finishing the last round of low lunge salutations, step or hop to the front of the mat from down dog.

**Tadasana**  
Mountain Pose



**Urdhva Hastasana**  
Upward Salute



**Ardha Uttanasana**  
Standing Half Forward Bend



**Uttanasana**  
Standing Forward Bend



**Chaturanga Dandasana**  
Four-Limbed Staff Pose



**Urdhva Mukha Svanasana**  
Upward-Facing Dog



**Adho Mukha Svanasana**  
Downward-Facing Dog

From\_down\_dog\_\_right\_leg\_forward\_into\_a\_low-lunge\_for\_twisted\_monkey



**Anjaneyasana**  
Low Lunge

Represents\_low-lunge\_variation\_twisted\_monkey\_right\_side\_vinyasa\_then\_left\_side\_vinyasa

[twisted monkey]



29



**Virabhadrasana I**  
Warrior I Pose

vis\_1\_\_clasp\_hands\_behind\_back\_and\_lean\_forward\_into\_humble\_warrior\_Vinyasa Down\_dog



30



**Virabhadrasana I**  
Warrior I Pose

vis\_1\_\_other\_side\_\_clasp\_hands\_behind\_back\_\_lean\_forward\_\_humble\_warrior\_Vinyasa Down\_dog



31



High Lunge, Variation

Right\_leg\_take\_a\_few\_breaths\_in\_crescent\_lunge\_cultivating\_strength\_and\_awareness\_then\_wrap\_R\_arm\_to\_back\_of\_L\_left\_leg\_lower\_left\_knee\_to\_mat



32



**Anjaneyasana**  
Low Lunge

R\_arm\_to\_back\_heel\_if\_accessible\_Pulls\_hips\_back\_to\_ardha\_hanuman\_on\_the\_right\_leg\_Vinyasa



[ardha hanuman → vinyasa]

33



High Lunge, Variation

L\_leg\_crescent\_lunge\_Hold\_L\_arm\_to\_back\_of\_R\_leg\_lower\_R\_leg\_to\_mat



34



**Anjaneyasana**  
Low Lunge

L\_hand\_to\_R\_heel\_if\_available\_Puff\_hips\_back\_to\_ardha\_hanuman\_on\_L\_leg\_Plant\_hands\_vinyasa



[ardha hanuman → vinyasa]

35



**Vrksasana**  
Tree Pose

Stand\_in\_tree\_pose\_R\_leg\_for\_several\_breaths\_Then\_take\_the\_right\_ankle\_to\_the\_left\_knee\_and\_sit\_in\_uktasana\_with\_figure\_4\_stretch



**Uttanasana**  
Standing Forward Bend  
Pause in Uttanasana before taking feet on the left side



**Vrksasana**  
Tree Pose  
Hold for several breaths then place L ankle on top of R knee and sit back into Uttanasana with figure 4 stretch



**Uttanasana**  
Standing Forward Bend  
Rest in Uttanasana for a breath



**Ardha Uttanasana**  
Standing Half Forward Bend



**Uttanasana**  
Standing Forward Bend

**Urdhva Hastasana**  
Upward Salute



**Uttanasana**  
Standing Forward Bend



**Ardha Uttanasana**  
Standing Half Forward Bend



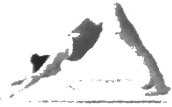
**Chaturanga Dandasana**  
Four-Limbed Staff Pose



**Urdhva Mukha Svanasana**  
Upward-Facing Dog



**Adho Mukha Svanasana**  
Downward-Facing Dog



**Virabhadrasana II**  
Warrior II Pose

From downward dog, step forward with R leg into Vir 2. Stay for a couple of breaths, then reverse warrior.



**Utthita Parsvakonasana**  
Extended Side Angle Pose

[Can bind here]



Can't take a bind in curvilinear space is available



49



**Virabhadrasana II**  
Warrior II Pose



50



**Utthita Trikonasana**  
Extended Triangle Pose



Utthita Trikonasana  
Extended Triangle Pose



51



**Ardha Chandrasana**  
Half Moon Pose



Ardha Chandrasana  
Half Moon Pose

52



**Plank Pose**

After half-moon pose step back into plank and through your vinyasa or step to down dog for less intensity



Plank Pose

53



**Adho Mukha Svanasana**  
Downward-Facing Dog



Adho Mukha Svanasana  
Downward-Facing Dog

54



**Virabhadrasana II**  
Warrior II Pose

Vir\_2\_left\_leg\_into\_reverse\_warrior



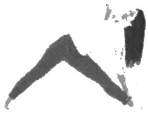
**Utthita Parsvakonasana**  
Extended Side Angle Pose  
Optional bind



**Virabhadrasana II**  
Warrior II Pose



**Utthita Trikonasana**  
Extended Triangle Pose



**Ardha Chandrasana**  
Half Moon Pose



Plank Pose  
Step back to plank and through vinyasa or step to down dog



**Adho Mukha Svanasana**  
Downward-Facing Dog



**Virabhadrasana II**  
Warrior II Pose

Step forward with the right leg, lift the right foot, and turn the right foot towards the left, about 45 degrees, and lift the right knee. From the left side of the mat, bring the right foot forward, parallel to the left foot, and lift the right knee. Turn the right foot towards the left, about 45 degrees, and lift the right knee. From the left side of the mat, bring the right foot forward, parallel to the left foot, and lift the right knee.

[into Goddess → lower to skandasana, few rounds]



Plank Pose



**Vasisthasana**

Side Plank Pose

Can modify side plank with one knee one foot on the mat Option to bound vasisthasana



Plank Pose

Back to plant through vinyasa or down dog.



**Adho Mukha Svanasana**

Downward-Facing Dog



**Virabhadrasana II**

Warrior II Pose

Left leg into Vira 2 Then transition into Goddess Pose facing right side of the mat Movement in Goddess Then transition into skandasana several rounds.



Plank Pose



0:00



**Vasisthasana**

Side Plank Pose

Option\_to\_modify\_side\_plank\_with\_a\_knee/foot\_on\_the\_mat\_Option\_to\_bend\_as\_well\_yogi\_toe-lock



0:00

Plank Pose

Back\_to\_plank\_and\_through\_vinyasa\_or\_down\_dog



**Adho Mukha Svanasana**

Downward-Facing Dog



0:00



High Lunge

[lizard] [can add quad stretch]

From\_down\_dog\_step\_R\_leg\_forward\_into\_lizard\_Hold\_for\_severalBreaths\_Can\_lift\_back\_knee\_for\_added\_intensity\_Then\_lower\_knee\_wrap\_arm\_around\_and\_grab\_foot\_for\_quad\_stretc



0:00

Plank Pose

Step\_back\_to\_plank\_Vinyasa\_or\_down\_dog



**Adho Mukha Svanasana**

Downward-Facing Dog



High Lunge

74

4

High Lunge

Lizard pose Left side Sexual rounds of breaths Option to lift back knee Place knee back on mat wrap arm and grab foot for quad stretch

[Lizard] [can add quad stretch]



Lizard Pose

75

4

Plank Pose

Step back to plank through vinyasa or down dog



Plank Pose

76

4

Adho Mukha Svanasana  
Downward-Facing Dog

From down dog hop or step forward to top of mat



Adho Mukha Svanasana

77

4

Uttanasana  
Standing Forward Bend



Uttanasana

78

4

Ardha Uttanasana  
Standing Half Forward Bend



Uttanasana

Standing Forward Bend

76



**Urdhva Hastasana**  
Upward Salute



**Uttitha Hasta Padangustasana**  
Extended Hand-To-Big-Toe Pose



**Virabhadrasana III**  
Warrior III Pose



High Lunge, Variation



**Parivrtta Parsvakonasana**  
Revolved Side Angle Pose



**Parsvottanasana**  
Intense Side Stretch Pose



Transition into parsvottanasana

Yoga Journal - Print Sequence



Plank Pose  
Start to hand \_\_ withdraw \_\_ or \_\_ down \_\_ end



Adho Mukha Svanasana  
Downward-Facing Dog  
step \_\_ or \_\_ hop \_\_ forward \_\_ to \_\_ forward \_\_ bend



Uttanasana  
Standing Forward Bend



Urdhva Hastasana  
Upward Salute



Utthita Hasta Padangustasana  
Extended Hand-To-Big-Toe Pose  
Repeat \_\_ on \_\_ L \_\_ leg \_\_ Extend \_\_ leg \_\_ out \_\_ to \_\_ the \_\_ front \_\_ then \_\_ out \_\_ to \_\_ the \_\_ left \_\_ side \_\_ then \_\_ back \_\_ to \_\_ the \_\_ front \_\_ Release \_\_ the \_\_ toe \_\_ lock \_\_ and \_\_ transition \_\_ left \_\_ leg \_\_ into \_\_ vira \_\_ 3



Virabhadrasana III  
Warrior III Pose  
vira \_\_ 3 \_\_ hands \_\_ where \_\_ comfortable \_\_ Step \_\_ left \_\_ leg \_\_ to \_\_ mat \_\_ into \_\_ high \_\_ lunge.

High Lunge Variation

Yoga Journal - Print Sequence



**Parivrtta Parsvakonasana**  
Revolved Side Angle Pose  
Option\_to\_bind\_if\_available



**Parsvottanasana**  
Intense Side Stretch Pose



**Plank Pose**  
Step\_to\_plank\_then\_vinyasa\_or\_down\_dog



**Adho Mukha Svanasana**  
Downward-Facing Dog



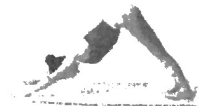
**Eka Pada Rajakapotasana**  
One-Legged King Pigeon Pose  
Right\_leg



**Plank Pose**  
After\_pigeon\_step\_to\_plank\_through\_vinyasa\_or\_down\_dog

**Adho Mukha Svanasana**  
Downward Facing Dog





★

**Eka Pada Rajakapotasana**

One-Legged King Pigeon Pose

Left leg



●

Plank Pose

Step\_to\_plank\_through\_vinyasa\_or\_down\_dog



●

**Adho Mukha Svanasana**

Downward-Facing Dog



●

**Malasana**

Garland Pose

Several breaths in this hip-opening grounding pose. Use this as a prep for arm balance practice Or stay here and open up.

[Option 1]



★

**Bakasana**

Crane Pose

option\_1

[Option 2]



★

**Bhujapidasana**

Shoulder-Pressing Pose

action\_2

[Option 3]





**Tribhujasana**  
Triangular Pose  
action\_3

[Option 4]



**Baddha Konasana**  
Bound Angle Pose  
find\_baddha\_konasas\_Breath\_or\_two\_here



**Gomukhasana**  
Cow Face Pose  
Right\_leg\_on\_bottom\_Hands\_in\_gomukhasana\_or\_find\_a\_comfortable\_variation



**Gomukhasana**  
Cow Face Pose  
Left\_leg\_on\_bottom



**Agnistambhasana**  
Fire Log Pose  
Right\_leg\_on\_bottom



**Agnistambhasana**  
Fire Log Pose  
Left\_leg\_on\_bottom



**Ustrasana**  
Camel Pose  
Kneel\_and\_find\_ustrasana\_your\_version\_Then\_pause\_with\_hands\_on\_thighs\_neutral\_spine

**Setu Bandha Sarvangasana**

Bridges Pose  
First round bridge pose. Can also use a block underneath sacrum. Bridge poses twice or transition into urdhva dhanurasana.



114



**Urdhva Dhanurasana**

Upward Bow or Wheel Pose

Stay here for a couple of breaths. Feeling the wonderful expansion in your heart. When finished, knees come together, feet mat-width apart to neutralize the spine.



115



**Ardha Matsyendrasana**

Half Lord of the Fishes Pose

Right leg on bottom, left on top. Can approach this with arm variations.



116



**Ardha Matsyendrasana**

Half Lord of the Fishes Pose

Left leg on bottom, right leg on top, arm variations.



117



**Upavistha Konasana**

Wide-Angle Seated Forward Bend

Several breaths in this deep groin/hip opening pose. Quieting the breath and settling into the pose as we move towards final relaxation. Can also move into parsva upavistha kona.



118



**Paschimottasana**

Seated Forward Bend

Several breaths, turning inward, preparing for savasana.



119



**Savasana**

Corpse Pose

Final relaxation. Approx. 7-10 minutes.

Yoga Journal - Print Sequence



Yoga Journal Sequence Builder, Patent pending