**ROCK CLIMBING YOGI**

**Fledgling Flow: Ease & Energy**

**Warm Up**

- supta baddha konasana (reclined butterfly)
- ananda balasana (happy baby)
- supta matsyendrasana (reclined twist)
- supta padangustasana A, B, C (reclined hand-to-foot)
- bitilasana / marjariasana (cow / cat)
- dandayamna bharmanasana A & B (balancing table / knee-to-nose)
- balasana (child’s pose)
- adho mukha svanasana (downward facing dog)
- hanging forward fold

**Warm up - Sun Salutation (surya namaskara A)**

**Flow 1**

- tadasana (mountain)
- malasana (yogi squat)
- tadasana (mountain)
- utkatasana (fierce)
- prasarita padottanasana A, B, D (wide leg forward fold)

**Flow 2**

- virabhadrasana 2 (warrior 2)
- utthita parsvakonasana (side angle)
- reverse virabhadrasana 2 (reverse warrior)
- prasarita utthita parsvakonasana (revolved side angle)
- virabhadrasana 2 (warrior 2)

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**Ann Seibert** is a rock climbing yogi, teaching yoga to fellow athletes. Her goal is to help them avoid injury caused by strong tight muscles. For more sequence ideas, visit: [www.rockclimbingyogi.com/blog](http://www.rockclimbingyogi.com/blog)

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Flow 3

Trikonasana (triangle)
Reverse Trikonasana (reverse triangle)
Parivrtta Trikonasana (revolved triangle)
Parivrtta Trikonasana (revolved triangle)
Salamba Sarvangasana (supported shoulder stand)
Supta Paschimottanasana (reclined fold)
Knees to chest

Stretching

Dandasana (staff)
Paschimottanasana (forward fold)
Janu Sirsasana A (head-to-knee)
Baddha Konasana A & B (butterfly)

Core & Back Bending

Phalakasana (plank)
Navasana (boat)
Lolasana (pendant)
Setu Bandha Sarvangasana (bridge)
Supta Paschimottanasana (reclined fold)
Knees to chest

Finishing

Halasana (plow)
Karnapidasana (ear-pressure)
Salamba Sarvangasana (supported shoulder stand)
Savasana (corpse)