

ROCK CLIMBING YOGI

Wednesday Workout—Fierce Dancer

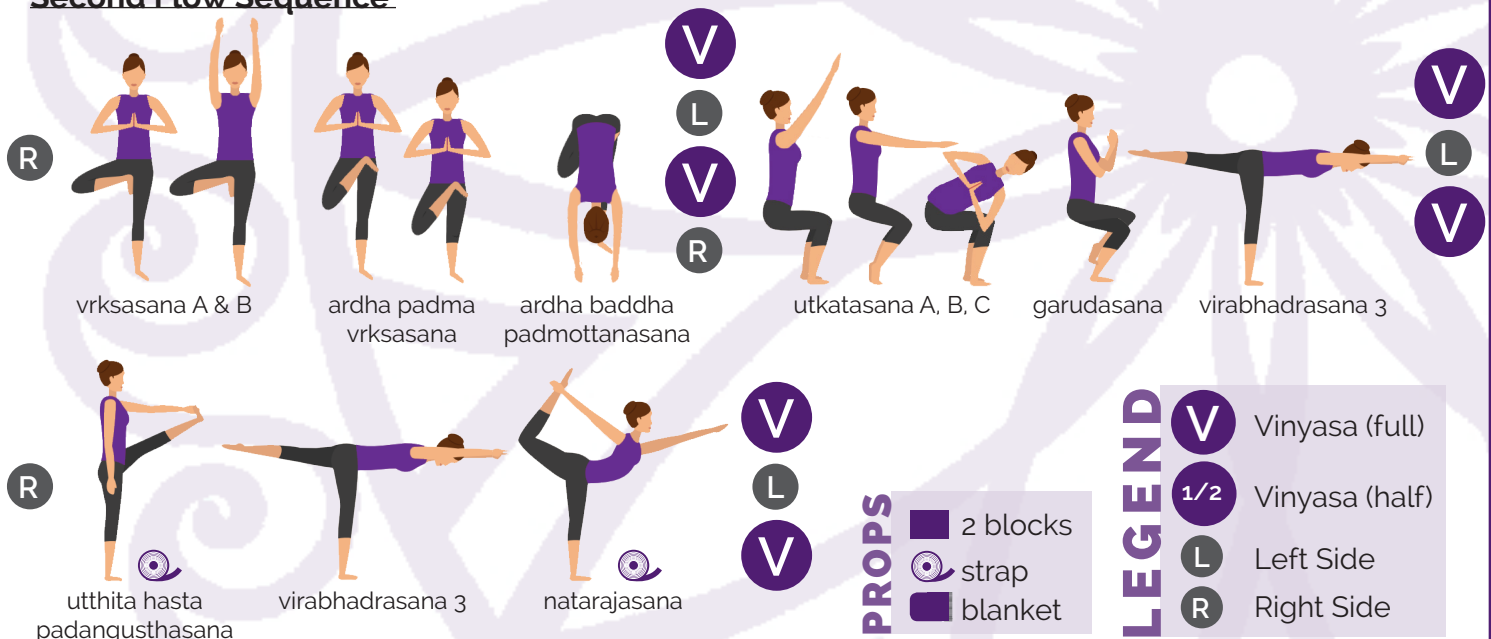
Warm up



First Flow Sequence



Second Flow Sequence



PROPS

- 2 blocks
- strap
- blanket

LEGEND

- V Vinyasa (full)
- 1/2 Vinyasa (half)
- L Left Side
- R Right Side

ROCK CLIMBING YOGI

Seated



dandasana



paschimottasana



trianga mukhaikapada paschimottasana



janu sirsasana A



Bharadvaj Bharadvajasana



marichyasana A



purvottasana



supta virasana



kapotasana A or B



rajakapotasana

Core



ardha navasana



phalakasana



vasisthasana A & B



navasana



lolasana

Back Bending



salabhasana



dhanurasana



ustrasana



setu bandha sarvangasana



urdva dhanurasana



sasakasana

Finishing



salamba sirsasana



knee to chest & twist



halasana



karnapidasana



salamba sarvangasana



savasana

Ann Seibert is a rock climbing yogi, teaching yoga to fellow athletes in order to help them avoid injury caused by strong tight muscles. To check out more sequence ideas, visit:

www.rockclimbingyogi.com/blog