

30 Minute Energy Flow

Amber Battishill



1. **Bound Angle Pose** • Baddha Konasana

Inhale 4 breaths, exhale 4 breaths. Continue to breathe and lengthening inhales and exhales.



2. **Revolved Bound Angle Pose** • Parivrtta Baddha Konasana

Twist on exhale.



3. **Revolved Bound Angle Pose** • Parivrtta Baddha Konasana



4. **Bound Angle Forward Bend** • Baddha Konasana Uttanasana

Come back to center and gently fold, leading from the hips.

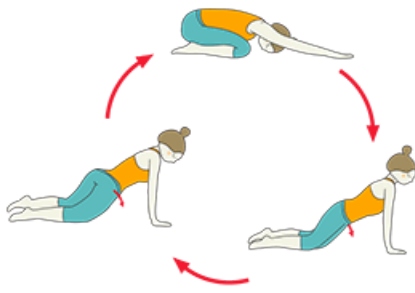


5. **Table Top Pose** • Bharmanasana



6. **Cat Cow Pose** • Bitilasana Marjaryasana

Belly drops on inhale, arch and protract through shoulders on exhale.



7. **Child Pose Hip Circles Flow**

• Balasana Hip Circles Vinyasa

Do several rounds of hip circles in each direction.



8. **Child Pose** • Balasana

Gently reach back for ankle or hip with right hand.



9. **Half Camel Pose** • Ardha

Ustrasana

On inhale, rise steadily and controlled. May place stabilizing hands on foot or lower back.



10. **Child Pose** • Balasana

Gently reach back for ankle or hip with left hand.



11. **Half Camel Pose** • Ardha

Ustrasana



12. **Child Pose** • Balasana



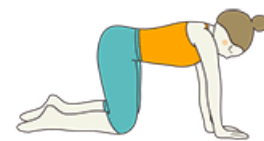
13. **Camel Pose** • Ustrasana

Option to take full camel, if comfortable.



14. **Hero Pose** • Virasana

May place block under butt to create more space. Do not put excess pressure on knees if uncomfortable.



15. **Table Top Pose** •

Bharmanasana



16. **Downward Facing Dog Pose** • Adho Mukha Svanasana



17. **Warrior Pose I** • Virabhadrasana I
Step forward with left foot.



18. **Warrior Pose II** • Virabhadrasana II



19. **Five Pointed Star Pose** • Utthita Tadasana



20. **Wide Legged Forward Fold Pose Arms** • Prasarita Padottanasana Adho Mukha Svanasana Hasta

Option for inversion:
headstand.



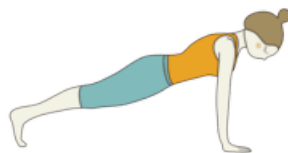
21. **Half Wide Legged Forward Bend** • Ardha Prasarita Padottanasana

From forward fold, slowly walk hands toward your left foot.



22. **Half Moon Pose** • Ardha Chandrasana

Place left hand on ground or block, and rotate to open heart.



23. **Plank Pose** • Phalakasana



24. **Four Limbed Staff Pose** • Chaturanga Dandasana
Drop knees, if needed.



25. **Cobra Pose** • Bhujangasana



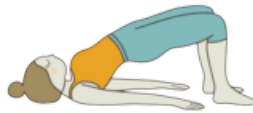
26. **Downward Facing Dog Pose** • Adho Mukha Svanasana

O.S.

27. **Repeat Other Side**
From downward dog, step forward with right foot and continue through flow.



28. **Bridge Pose On Blanket Block** • Setubandha Sarvangasana On Blanket Block



29. **Bridge Pose** • Setubandha Sarvangasana



30. **Wheel Pose** • Urdhva Dhanurasana
If open, proceed to wheel or repeat with previous pose.



31. **Wind Release Pose** •

Pawanmuktasana

Bring knees to heart and squeeze in.



32. **Supine Windshield Wiper Twist Pose**

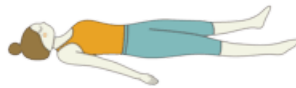
Windshield wiper knees back and forth in both directions.



33. **Supine Spinal Twist Pose II**

• Supta Matsyendrasana II

Gently let legs fall to the right and gaze to the left if neck allows. Repeat on left side.



34. **Corpse Pose** • Savasana