

Calming Energy Yoga Sequence (Langhana) - FREE YOGA SEQUENCE

Thursday, January 31, 2019 5:08 PM

Created by Breezy Bree
Love Breezy Bree Yoga
www.lovebreezybreeyoga.com

Calming Energy Yoga Sequence (Langhana) * For those who need to de-stress and relax. Perfect before bedtime.
 *Remember to Set an Intention & Take Child's Pose Anytime, Anywhere!

Inhale, then immediately release without holding the breath in and after every exhalation, pause. Repeat. REPEAT each pose on each side of the body!

#1

5s



Prayer Easy Pose

#2

5s



Bound Hands Easy Pose

#3

5s



Revolved Bound Easy Pose

#4

5s



Revolved Bound Easy Pose

#5

5s



Easy Pose Side Bend

#6

5s



Easy Pose Side Bend

#7

5s



Chest Open Easy Pose

#8

5s



Easy Pose Forward Fold

#9

5s



Butterfly Pose Preparation

#10

5s



Forward Bend Easy Pose

#11

5s



Easy Pose Spinal Twist

#12

5s



Easy Pose Spinal Twist

#13

5s



Easy Pose Forearm Stretch

#14

5s



Easy Pose Forearm Stretch

#15

5s



Easy Pose Inner Forearm Stretch

#16

5s



Side Bend Easy Pose

#17

5s



Side Bend Easy Pose

#18

5s



Butterfly Pose

#19

5s



Good Space Pose

#20

5s



Knees to Chest Pose

#21

5s



Hero Pose

*REPEAT on each side of the body!

#22

5s



Hero Pose

#23

5s



Table Top Pose

#24

5s



Cat Pose

#25

5s



Cow Pose

#26

5s



Table Top Pose

#27

5s



Shoulder Stretch Table Top Pose

#28

5s



Table Top Pose

#29

5s



Tiger Pose Variation 1

#30

5s



High Plank Pose

#31

5s



Sphinx Plank Pose

#32

5s



Extended Puppy Pose

#33

5s



Childs Pose

#34

5s



Table Top Pose

#35

5s



Tiger Pose

#36

5s



Tiger Pose Variation

#37

5s



Tiger Pose

#38

5s



Table Top Pose

#39

5s



Tiger Pose

#40

5s



Table Top Pose

#41

5s



Garland Pose

#42

5s



Garland Pose with Hands in Namaste

#43

5s



Staff Pose

#44

5s



Revolved Seated Forward Bend Pose

#45

5s



Cow Mule Pose Preparation

#46

5s



Cow Mule Pose

#47

5s



Cow Mule Pose

#48

5s



Staff Pose

#49

5s



Half Lord of the Fish Pose

#50

5s



Butterfly Pose Preparation

#51

5s



Butterfly Pose

#52

5s



Staff Pose

#53

5s



Knees to Chest Pose

#54

5s



Supine Twist Pose

#55

5s



Supine Revolved Eagle Pose

#56

5s



Happy Rest Pose

#57

5s



Eye of the Needle - Dead Pigeon

#58

5s



Happy Baby Pose

#59

5s



Supine Bound Angle Pose

#60

5s



Corpse Pose

If it is nearing bedtime for you, take your legs up the wall and relax into this posture as your final resting pose. NAMASTE!

