

Energize, Vitality Flow (Brahmana) - FREE YOGA SEQUENCE

Thursday, January 31, 2019 4:37 PM

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

Energize
Brahmana -

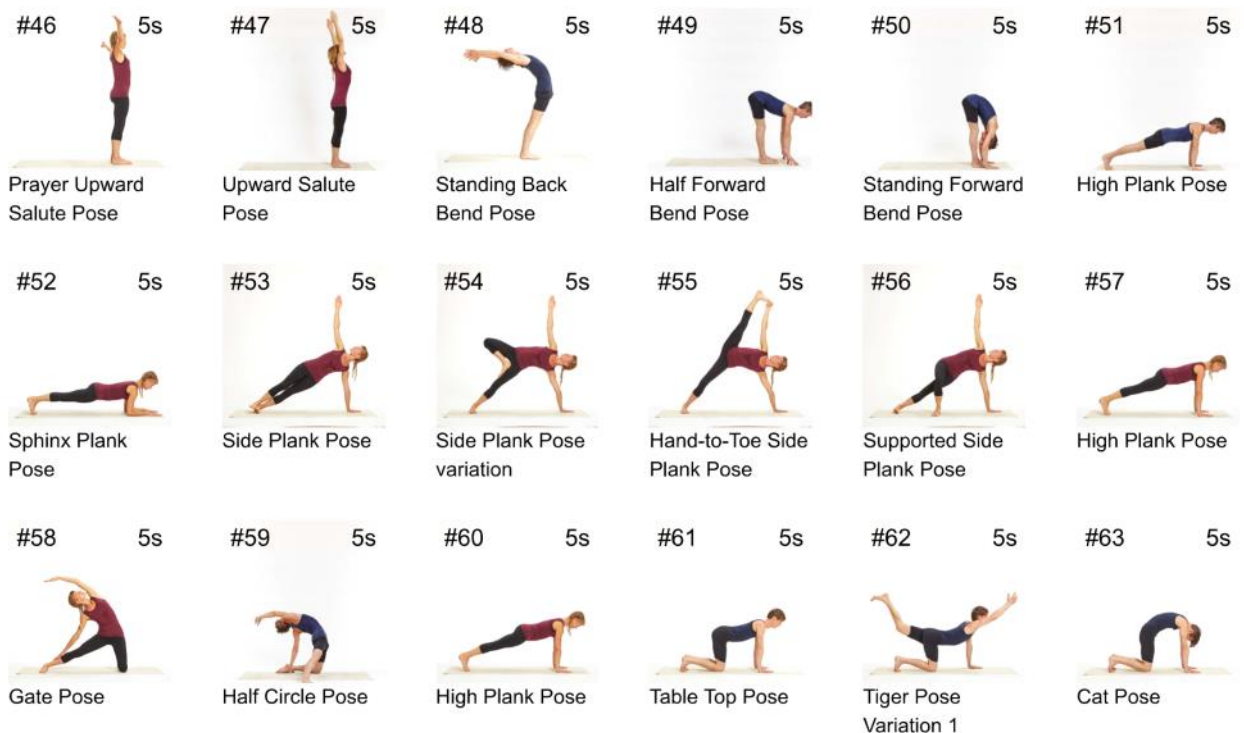
Vitality Flow - Beginning with Easy Sun Salutation, Variation (Repeat 3-5 times) *Remember to Set an Intention & Take Child's Pose Anytime, Anywhere!

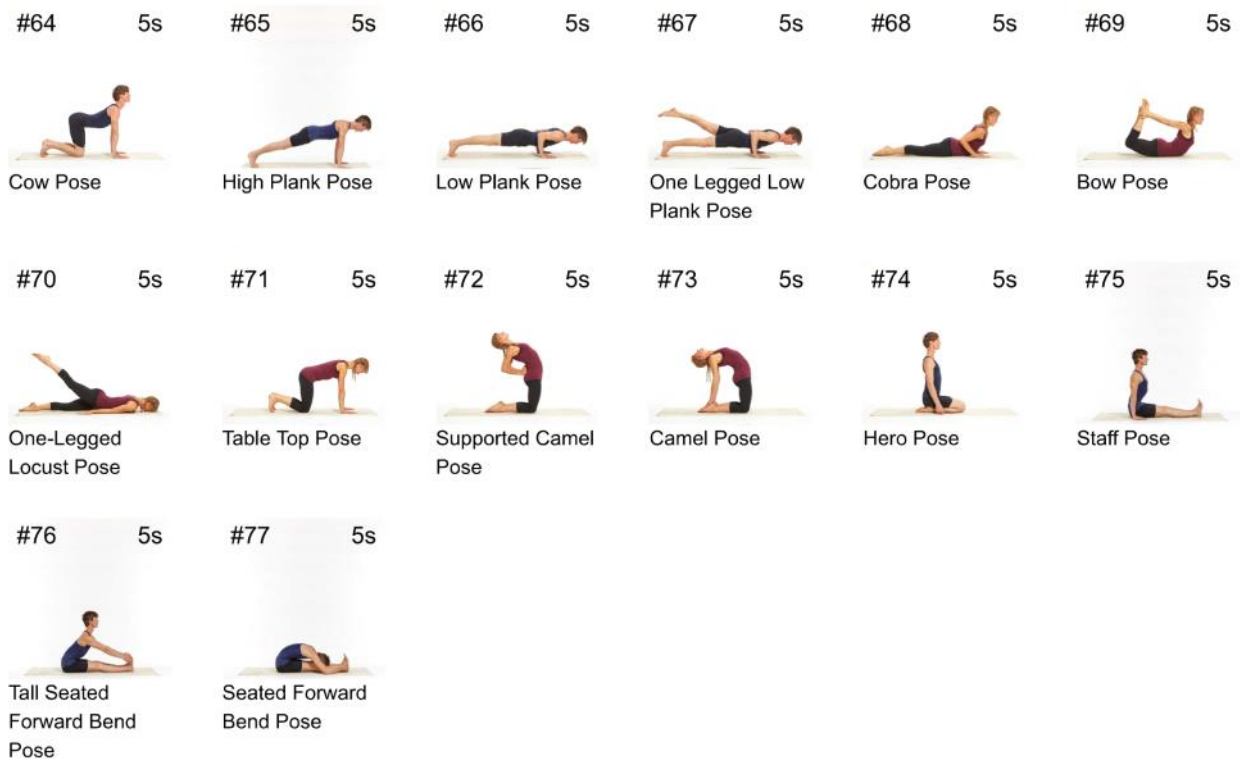
| | | | | | | | | | | | |
|---|----|---|----|---|-----|--|----|---|----|---|----|
| #1 | 5s | #2 | 5s | #3 | 10s | #4 | 5s | #5 | 5s | #6 | 5s |
|  | |  | |  | |  | |  | |  | |
| Butterfly Pose Preparation | | Butterfly Pose Preparation | | Mountain Pose | | Upward Salute Pose | | Soft Knees Forward Bend Pose | | Half Forward Bend Pose | |
| #7 | 5s | #8 | 5s | #9 | 3s | #10 | 5s | #11 | 4s | #12 | 5s |
|  | |  | |  | |  | |  | |  | |
| Standing Forward Bend Pose | | Upward Salute Pose | | Mountain Pose | | Upward Salute Pose | | Soft Knees Forward Bend Pose | | Half Forward Bend Pose | |
| #13 | 5s | #14 | 5s | #15 | 5s | #16 | 5s | #17 | 5s | #18 | 5s |
|  | |  | |  | |  | |  | |  | |
| Standing Forward Bend Pose | | Upward Salute Pose | | Mountain Pose | | Awkward Chair Pose | | Awkward Chair Pose | | Revolved Awkward Chair Pose | |
| #19 | 5s | #20 | 5s | #21 | 5s | #22 | 5s | #23 | 5s | #24 | 5s |
|  | |  | |  | |  | |  | |  | |
| Revolved Awkward Chair Pose | | High Plank Pose | | Upward Facing Dog Pose | | Downward Facing Dog Pose | | Jump Preparation | | Namaste Pose | |
| #25 | 5s | #26 | 5s | #27 | 5s | #28 | 5s | | | | |
|  | |  | |  | |  | | | | | |
| Standing Back Bend Pose | | Standing Side Bend Pose | | Standing Side Bend Pose | | Namaste Pose | | | | | |

Warrior Goddess Flow - REPEAT ON BOTH SIDES

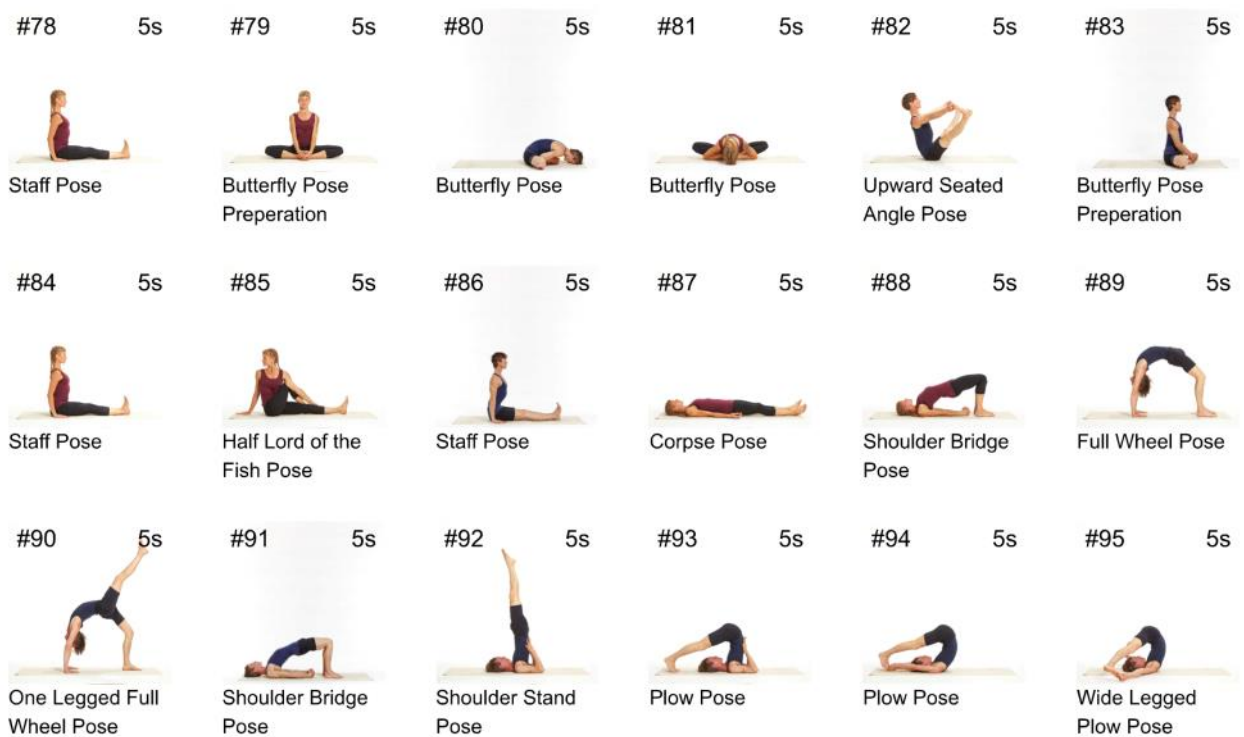


Stability Flow - REPEAT ON BOTH SIDES





Awake Grounding Flow - REPEAT ON BOTH SIDES *Remember you can modify or take a variation, some poses are progressing into more advanced postures.



#96

5s



Corpse Pose

TIPS: This sequence is best when practiced several hours before sleep. Back bends and inversions can awake the spirit and cause us to become energized, which is the point of this Brahmana sequence. For a more relaxing sequence see the Langhana version.

Remember that your final resting pose can be whatever your body needs, just begin to find your normal natural breath and relax. 10 minutes for every hour practiced. NAMASTE!

Bree Hutson,
RYT Love,
Breezy Bree
Yoga
bree@lovebreezybreeyoga.com
www.lovebreezybreeyoga.com
Listen to the
Love, Breezy
Bree Yoga
Podcast on
Stitcher,
Spotify and
iTunes
@YogaPodcast