

## Nafsi Yoga – Standard Flow I



This series of postures can be accomplished with ease of movement and breath; you do not have to force your way into each pose though you can reach a little further with time. This series can also be accomplished within a flow session following a few Sun Salutations (A). Consider metering your breath with the expansion and contraction of your chest, in other words, exhaling with forward folds and inhaling deeply when expanding the chest and lifting your arms.

### Warrior I

Step back into Warrior 1, lift the chest and lengthen from the ground up. Remember to keep your shoulders away from your ears as you reach up. If you do not have any neck issues, you can take your gaze (drishti) upwards.



### Parsvatanasana

From Warrior 1, lengthen the front leg and bring the torso forward reaching for the mat, the top of your foot or your shins. The typical photo of a person in this pose shows the head on the knee, or more often than not, the shin of the front leg. However this isn't going to happen for the average person. So while you can reach for the mat, the shin is a good option along with the top of your foot. Also consider using blocks (one for each hand) to span the distance to the floor. Once down, bend the front knee slightly to try and connect the knee to the forehead (or your nose 😊) – Remember, if your head is no where near the knee, don't fight it – the pose takes a little time to move into.



### **Half up (flat back)**

Pull the core in and lift your torso up, only halfway, enough to achieve a flat back with your shoulder blades moving towards each other and down your back. Breathe in while lifting the body



### **Parsvatanasana**

After lifting your torso up halfway (while breathing in), release your breath and fold your torso down over your extended leg.



### **Tadasana**

From Parsvatanasana, bring your rear leg to the front and lift your torso to stand in Tadasana or Mountain pose. Remember to pull the shoulders back and down, lengthen the torso and center your attention before repeating on the other side.



**\*Repeat on other side\***

*Do not concern yourself with the pose you cannot do --- it is about the intention you bring to the practice*



## Nafsi Yoga – “Warrior Plane Flow”



This flow incorporates a subtle twist for the spinal column, shoulder work and strengthening of the legs – you also have a chance to work on your balance as *airplane* pose is incorporated into this series. Complete each pose and remain for at least one breath before slowly moving into the next posture.

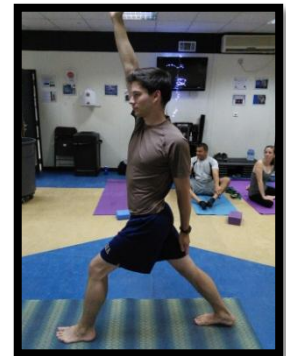


### Warrior I

Step back into Warrior 1, lift the chest and lengthen from the ground up. Remember to keep your shoulders away from your ears as you reach up. If you do not have any neck issues, you can take your gaze (drishti) upwards.

### Warrior I Twist

From Warrior I, drop the arm opposite of your back leg and reach behind for the hamstring of the back leg. If you cannot reach it, just go where you can. If the feel of the lower back twist is sufficient remain as you are, if not, turn the torso slightly (keeping an erect posture) towards the dropped arm to increase the twist and the stretch. Remain for a breath (or three...) and then proceed to move into Warrior II.



### Warrior II



From Warrior I, pivot your back foot and turn the torso in the direction of the back leg. Your chest and pelvis should favor the side of the mat; with level arms and palms down, squeeze your shoulder blades together and down your back. Keep your torso tall, no leaning forward or back and press the outer edge of your back foot into the floor.

Remain in this posture for a breath or longer and then proceed to the next posture.



## **Warrior Reverse**

From Warrior II, turn the palm of your front hand upwards and drop your back arm behind your back and reach your back hand towards your front thigh. Try not to lose the bend in the front leg as you lift your front arm up towards the sky. If you do not have any neck issues, take your gaze up as well.

Remain for a breath and then transition to the next pose.



## **Tri-angle**



From the previous pose, bring your arms level, straighten your front leg, inhale and exhale while you lean your torso forward and rotate your arms bringing the front arm towards your front shin. Try to bend from just below the waist (hips), keep your front and back long. Only reach as far as you can without twisting your body towards the floor. Extend into the posture without straining.

## **Airplane**

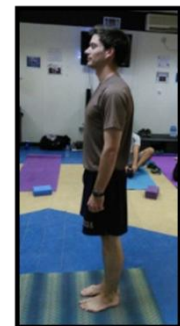
From Triangle pose, bring your top arm down to the floor while you turn your torso parallel to the floor; shift your balance to your front leg trying to keep the weight distributed evenly on the front foot while you bring your torso forward and lift the back leg. Your hands will be palms down and to your sides (out slightly from the torso). Straighten your standing leg (micro bends are fine!) and extend your lifted leg to the back. Extend your torso by keeping your gaze downwards and remember to breathe! In fact, stay for two or three breaths and enjoy the flight.



## **Tadasana**

From Airplane pose, pull your core in and lift your torso bringing your back leg down and placing your feet together; lift into Tadasana (Mountain pose). Pull the shoulders back and down, lengthen the torso and center your attention before repeating on the other side (stepping back into Warrior I).

**\*Other side\***



*Your Yoga practice will create symmetry within – a balance that will enable you to find a relative peace both inside and out.*

