

## **Vinyasa Sequence To Release Emotions**

This sequence leverages hip-openers, axial extension and axial flexion to work in the liver and gallbladder line to release emotions being held in the somatic tissue. This sequence is for all levels of practitioner. We highly recommend offering modifications to meet your students where they are at in their practice.

### **Setting Up The Breath**

Meet on the back in constructive rest with feet as wide as the mat and the knees knocked in to the midline. Students can place one hand on the heart and one hand on the abdomen. Rest here for several minutes and bring students' awareness to the breath. (This is an opportunity to get the class synchronized energetically and to have everyone cue in on the breath as a felt sensation).

### **Starting Movement**

(B1) Apanasana → Supine Twist Right → Supine Twist Left → Happy Baby → Roll Through Tabletop

(B2) Tabletop → Cat/Cow → Thread The Needle → Puppy Pose → Sphinx Pose → Child's Pose

(B3) Child's Pose → Downward Dog → Low Lunge → ½ Splits → Forward Fold

(B4) Forward Fold → Chair Pose → Mountain Pose → Crescent Bend To Left → Forward Fold

(B5) Forward Fold → Low Lunge Twist (right leg back) → Wide Legged Forward Fold (opening to right) → Back To Top With Right Hand Grounding For Side Plank To The Left Side Of The Mat → Plank → Chaturanga → Upward Dog → Downward Dog

(B6) Downward Dog → Low Lunge → ½ Splits → Forward Fold

(B7) Downward Dog → Forward Fold → Chair Pose → Mountain Pose → Crescent Bend To Left → Forward Fold

(B8) Forward Fold → Low Lunge Twist (left leg back) → Wide Legged Forward Fold (opening to left) → Back To Top With Right Hand Grounding For Side Plank To The Red Side Of The Mat → Plank → Chaturanga → Upward Dog → Downward Dog

(B9) Downward Dog → Forward Fold → ½ Lift → Forward Fold → Upward Salute → Mountain Pose Hands At Heart Center

(B10) Upward Salute → Forward Fold → ½ Lift → Chaturanga → Upward Dog → Downward Dog

### **Four Sun Salutation A Blocks**

#### **Flow To Peak**

(B11) Three Legged Dog (right leg raises) → Crescent Lunge → Warrior Three → Standing Splits → Forward Fold

(B12) Forward Fold → Chair Pose → Shifting Weight To Left/Seated Figure Four (right ankle over left thigh) → One Legged Mountain → Lunge (right foot back) → Rise To Warrior Two →

Extended Side Angle → Reverse Warrior → Side Plank (right hand down) --Vinyasa To Downward Dog

(B13) Three Legged Dog (left leg raises) → Crescent Lunge → Warrior Three → Standing Splits → Forward Fold

(B14) Forward Fold → Chair Pose → Shifting Weight To Right/Seated Figure Four (left ankle over right thigh) → One Legged Mountain → Lunge (left foot back) → Rise To Warrior Two → Extended Side Angle → Reverse Warrior → Side Plank (left hand down) --Vinyasa To Downward Dog

(B15) Three Legged Dog (right leg raises) → Crescent Lunge → Crescent Lunge Twist → Warrior Two → Extended Side Angle → Triangle → Half Moon → Reversed Warrior → (windmill hands to top of mat) → Skandasana To The Right → (walking to left/top of mat) → Standing Splits → Forward Fold

(B16) Chair Pose → Chair Pose Twist → Chair Pose → Forward Fold → Low Lunge (right foot back) → ½ Splits → Supported Side Plank (right hand supports)

(B17) Three Legged Dog (left leg raises) → Crescent Lunge → Crescent Lunge Twist → Warrior Two → Extended Side Angle → Triangle → Half Moon → Reversed Warrior → (windmill hands to top of mat) → Skandasana To The Left → (walking to right/top of mat) → Standing Splits → Forward Fold

(B18) Chair Pose → Chair Pose Twist → Chair Pose → Forward Fold → Low Lunge (left foot back) → ½ Splits → Supported Side Plank (right hand supports)

## **Backbends And Inversions**

Dolphin Pose X 3

Bridge X 1

Wheel or Bridge X 2

(supported backbends always an option)

## **Closing**

(B19) Downward Dog → ½ Pigeon → Head To Knee Pose (left leg straight) → Seated Twist → Stargazer → Three Legged Dog

(B20) Downward Dog → ½ Pigeon → Head To Knee Pose (right leg straight) → Seated Twist → Stargazer → Three Legged Dog

(B21) Seated Forward Fold → Supine Twist (right) → Supine Twist (left) → Happy Baby → Savasana