

🔥 BEAT THE HEAT YOGA SEQUENCE 🔥



Adho Mukha Virasana

Raise the hands on blocks with support for the head.

Adho Mukha Svanasana

Lift the legs with blocks under feet, heels on wall.
Take support to rest the head.



Bhishmasana

Blocks under sacrum, dorsal spine, head, hands, and feet (bolster used under feet in picture).

Urdhva Prasarita Padasana

Raise the feet so legs are perpendicular to floor.
If balance is there, raise hands to hold strap with straight arms.



Urdhva Dandasana

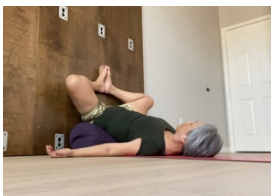
Use a wall to remove most of the effort of balancing.
Hanging Sirsasana can also be done if rope wall is available.

If headstand is not in your practice today, Prasarita Padottanasana with head support is an alternative.



Setubandha Sarvangasana

Bolster or rolled blankets under sacrum, feet at wall.
Feet can be raised (on blocks) to hip level if there are low back issues.



Supta Baddha Konasana

Hips on bolster or rolled blankets, feet up on wall.

Savasana / Pranayama / Savasana

Use blanket support under torso and head.
Take a few minutes to settle into the pose.

Then, a several cycles of pranayama – controlled (but not deep) breathing.
Return to normal, undirected breathing and remain for a least five minutes.

