



Gentle Hatha Flow Yoga Sequence For Better Nervous System

Lisette Snep



1. **Thunderbolt Pose Prayer Arms**
● Vajrasana Namaste Arms



2. **Standing Forward Fold Pose**
Variation 1 ● Uttanasana
Variation 1



3. **Eagle Pose** ● Garudasana



4. **Mountain Pose** ● Tadasana



5. **Warrior Pose II** ●
Virabhadrasana II



6. **Goddess Pose Variation**
Fingers ● Utkata Konasana
Variation Fingers



7. **Camel Pose Variation Hands**
On Floor ● Ustrasana Variation
Hands On Floor



8. **Puppy Dog Pose** ● Uttana
Shishosana



9. **Upward Facing Dog Pose**
Variation ● Urdhva Mukha
Svanasana Variation



10. **Cow Pose** ● Bitilasana



11. **Half Pigeon Pose** ● Ardha
Kapatasana



12. **Sleeping Swan Pose** ●
Kapatasana II



13. **Half Pigeon Pose** ● Ardha
Kapatasana



14. **Sleeping Swan Pose** ●
Kapatasana II



15. **Wide Child Pose** ● Prasarita
Balasana



16. **Easy Boat Pose** ● Sahaja
Navasana



17. **Staff Pose** ● Dandasana



18. **Torso Stretch Pose** ●
Bharadvajasana



19. Half Lord Of The Fishes Pose

Variation Hand Up Leg ● Ardha

Matsyendrasana Variation Hand

Up Leg



20. Revolved Head-to-knee Pose

● Parivrtta Janu Sirsasana



21. Seated Forward Bend Pose ●

Paschimottasana



22. Corpse Pose (IRT) ●

Savasana (IRT)



23. Happy Baby Pose ● Ananda

Balasana



24. Revolved Abdomen Twist

Pose ● Jathara Parivartanasana



25. Bridge Pose ● Setubandha

Sarvangasana



26. Reclined Butterfly With

Bolster ● Supta Baddha

Konasana Bolster