



Member Sequence ~ Vinyasa April '21 ~ Bird of paradise

Lisette Snep

• 60 mins

Stretch - Strengthen - Balance

This sequence offers a total body stretch, strengthening the muscles creating a balanced body and mind.

Focus muscles:

+50% hamstrings, hip openers, lower back

+25% knees, quadriceps, shoulders and psoas muscles



1. Chair Pose •
Utkatasana



2. Warrior Pose I •
Virabhadrasana I



3. High Lunge Pose •
Ashta Chandrasana



4. High Lunge Arms
Extended Forward •
Ashta Chandrasana Arms
Extended Forward



5. Side Plank Pose •
Vasisthasana



6. Downward Facing
Dog Pose • Adho Mukha
Svanasana

R.O.S.



7. R Repeat Other Side

8. Chair Pose •
Utkatasana



9. Warrior Pose I •
Virabhadrasana I



10. Crescent High
Lunge Pose Variation
Cactus Arms



11. Warrior Pose I
Bound Hands •
Virabhadrasana I Baddha
Hasta



12. Humble Warrior
Pose • Baddha
Virabhadrasana



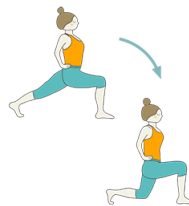
13. Intense Side
Stretch Pose •
Parsvottanasana

R.O.S.

14. R Repeat Other
Side



15. Standing Forward
Fold Pose • Uttanasana



16. Crescent High
Lunge Pose Arms On
Hips Flow • Ashta
Chandrasana Arms On
Hips Vinyasa



17. Warrior Pose III •
Virabhadrasana III



18. Half Moon Pose •
Ardha Chandrasana



19. Chair Pose •
Utkatasana



20. Revolved Chair
Pose • Parivrtta
Utkatasana

R.O.S.

21. R Repeat Other
Side

Vinyasa



23. Intense Leg Stretch
Pose • Prasarita
Padottanasana



24. Revolved Wide
Legged Forward Bend
Pose • Ardha Parivrtta
Prasarita Padottanasana



25. **Wide legged squat over one leg** ●
Skandasana



26. **Garland Pose**
Variation ● Malasana
Variation



27. **Revolved Squat Pose** ● Parivrtta Malasana



28. **Palm Tree Pose On Tiptoes** ● Urdhva Hastasana On Tiptoes



29. **Standing Forward Fold Pose** ● Uttanasana



30. **Seated Forward Bend Pose** ● Paschimottasana



31. **Boat Pose** ● Navasana



32. **Reverse Table Top Pose** ● Ardha Purvottasana



33. **Full Spinal Twist Pose** ● Poorna Matsyendrasana



34. **Cow Face Pose with Eagle Arms** ● Gomukhasana Variation 1



35. **Staff Pose** ● Dandasana



36. **Bound Angle Pose** ● Baddha Konasana



37. **Bound Angle Forward Bend** ● Baddha Konasana Uttanasana



38. **Revolved Bound Angle Pose** ● Parivrtta Baddha Konasana



39. **Downward Facing Hero Pose** ● Adhomukha Virasana



40. **Cobra Pose Elbows Bent** ● Bhujangasana Elbows Bent



41. **Bow Pose Variation 2**



42. **Reverse Corpse Pose** ● Advasana



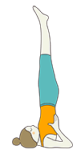
43. **Wide Child Pose** ● Prasarita Balasana



44. **Child Pose**
Variation Both Arms To Side ● Balasana Variation Both Arms To Side



45. **Child Pose**
Variation Reverse Prayer ● Balasana Variation Reverse Prayer



46. **Shoulderstand Pose** ● Sarvangasana



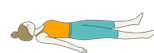
47. **Plough Pose** ● Halasana



48. **Fish Pose** ● Matsyasana



49. **Supine Spinal Twist Pose II** ● Supta Matsyendrasana II



50. **Corpse Pose** ● Savasana