

Fascia Flow – for Home Practice

Offered to my students with gratitude to all my teachers who contributed to this flow.

Before: Drink 2 glasses of room temperature water (easier to swallow) when you wake up. Hydration is critical!

Prepare: Decide which components you intend to do. Have 2 blocks at the head of the mat and folded blanket or towel nearby to pad your knees. Have accessories for Savasana. Use Dirgha Breath or Ujjayi throughout resorting to Shitali if you become over heated. Move into the breath, sensing and feeling all the way. Suspend judgement. BE there sensing, feeling and adjusting to feel your expression of the asana in this moment.

Step to right side of mat and face in that direction. **Center in Tadasana** with hands at heart center. Set your intention. Take a deep breath in and softly exhale ohm.

3 Sun Breaths with fingers open wide

On the 3rd breath, watch hands come together and exhale to slide down to **Third Eye, Lips, Heart**

Inhale praying hands forward and hips back for **Utkatasana**. Exhale to open the palms, open your heart and **offer your practice**. Inhale lift the arms to your ears and open your heart. Drop the tailbone back and down a little deeper. Exhale to sweep the arms back alongside the body and step back with left foot.

I. Standing Series:

Inhale arms up into **Virabhadrasana I** (Warrior I) with Shiva Mudra. Exhale hinging the hip to lean forward in line with the back leg for **Spear Pose**. Inhale into **Archer**, spine erect. Exhale and open the palms up in **Virabhadrasana II** (Warrior 2). Inhale up into **Exalted Warrior** (Viparita Virabhadrasana) with the left hand in Gyan Mudra. Exhale to **Extended Side Warrior** (Utthita Parsvakonasana). Inhale rolling your heart center to shine out on the left side. Exhale dropping the right hand to a block or to the floor beside you and take a half step up with the back foot. Inhale to lift the left leg into **Ardha Chandransana**. Bring all the weight into the right hip and out of the hand. Exhale the left foot down and back for a wide stance. Inhale sliding the right arm down drawing the right leg straight and square the shoulders to the left side for **Trikonasana (Triangle)**. Inhale and **lift from the fingertips coming up to Five Pointed Star** and center in front. Exhale hands to heart.

II. 3 Sun Breaths. On 3rd inhale come into Shiva Mudra and **pivot to the left**. Exhale to bend the left knee over the ankle and inhale up into Virabhadrasana I (**Warrior I**). **Repeat Standing Series on left side.** End in **Trikonasana** and lift up from the finger tips and come into 5 Pointed Star. **3 Sun Breaths**

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III. Prasarita (Wide legged) Series: On 3rd inhale bring hands together. Exhale Hara to **Goddess**, Utkatakonasana. Inhale arms straight out from shoulders. Exhale **Gather Sun Flowers** and exhale to offer them up. Repeat 3 times. Inhale with arms wide to **extend the spine forward**, parallel to the floor. Exhale drop into Prasarita Parsvottanasana, **Wide Legged Forward Fold**. Inhale lengthen the spine and straighten (or not) the legs and step hands forward wider than shoulder width apart and exhale back into **Wide Legged Down Dog**. Inhale walking the hands back to center, stacking right hand over left. Exhale dropping to wide legged forward fold. Inhale lengthen the spine. Exhale as you **twist to the right** taking the right arm overhead. Inhale back to center. Inhale lengthen the spine. Exhale as you **twist to the left** taking the left arm overhead. Inhale back to center in extension. Exhale walk your **hands over to the left foot**. Inhale into **Side Lunge**, Skandasana. Exhale to walk hands to middle and bring feet in just wider than your hips. Inhale for **Goddess Squat**, Malasana. Exhale to walk hands to right foot. Inhale for **Side Lunge**, Skandasana, looking at upturned left toes. **Exhale to pivot and inhale into lunge**, right knee over the ankle.

IV. Challenging Option: Down Dog Series: Exhale to sweep right foot back and up for **3-Legged Down Dog on right**. Drop weight into left foot and stretch back and up with right. Lift toes as high as you can opening the right hip. Exhale to bend the right knee. Look under the right arm. Camatkanasana (**Wild Thing**) is an option here. Inhale **back to 3-Legged Down Dog**. Exhale, drop foot and **rest on 3 deep slow breaths in Downward Facing Dog or on knees**. Exhale to lift the left leg up for **3 Legged Down Dog on left**. Bend the left knee and drop the foot. Option: Drop left foot to floor for **Wild Thing**. Inhale the left hand back to the mat and **3 Legged Down Dog**. Exhale to drop the foot and rest for **3 breaths in Down Dog** or on knees. Exhale to sweep the **right foot forward for lunge** and **drop the left knee for (Anjaneyasana) Baby Dragon**.

The next 2 Series can be done together or separated if time is in question. Be sure to leave time for the Mat Series.

V. Dragon Series: Bring **hands to front knee**. Inhale praying hands to heart center to bring shoulders over the hips and establish balance. Exhale to lean forward forward using Shiva Mudra for Short **Spear**. Inhale to bring bent arms back shoulder height for **Winged Dragon** with lifted heart. Exhale as you sweep your arms behind you and draw the hands together to squeeze the shoulder blades toward the spine, and then inhale as **you lift your heart, arms and gaze**. Bring 2 blocks inside the front foot. Lower your forearms to the blocks for Utthan Pristhasana, **Lizard pose**. Hold for several breaths to lengthen your back and feel the hip opening and hamstring stretch. Inhale to come back to your palms. Exhale to press into the left palm on a block right under your shoulder and take the right hand to the right knee. Inhale to lengthen the spine and hold the right knee upright. Press into the left palm as you exhale and **twist** through the waist to rotate towards the front knee. Inhale lifting the right arm overhead. Exhale the hand down to the front knee to roll the knee out to the side, rolling onto the outside edge of the foot. Inhale drop the left hip, lengthen the spine and

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twist more towards the right side – **Twisted Dragon. Optional Bind:** Sweep right hand back to grab the opposite foot as you bend the back knee. Exhale to pull the right knee in to center. Inhale to lift back knee off the mat. **(Either set up to repeat Dragon Series on other side or add in first side of VI.)** Exhale to pivot for **skandasana** and inhale walk hands and blocks over to left knee and exhale for **skandasana** on left. Inhale to **lunge** over left knee and drop right knee. **Repeat Dragon Series on the left.**

VI. Hamstring and Quadriceps Rocking: Bring 2 blocks on either side of you. Walk the blocks back to under your shoulders and bring the shoulders back over the hips. Inhale to tuck the back toes under and lift that knee pushing out through the back heel. Inhale to bend the front knee and push out through the back heel. Exhale to bend the back knee and **straighten the front leg by pushing out thru the front heel. Pivot to the left though Skandasana and do Hamstring and Quad Rocking on the left.**

VII. Down on the Mat Series: At end of Rocking, drop knees and press back into

1. **Balāsana** - Child's Pose.
2. Come forward into **Sphynx Pose**
3. Lower into into Locust (**Shalabhasana**).
4. Roll onto back. Bring knees over hips for **Pilates Tens**
5. **Hug knees and circle** them right and left.
6. Drop feet close to sit bones and step them out to feel the edges of the mat for **Kelp Bed Flow**.
7. Modified **Viparita Karani** with block or bolster under sacrum and legs in the air. Shake feet.
8. Straighten legs for Knee Down Twist - **Supta Matsyendrasana** with option of lifting back foot and stretching front leg.
9. Prepare for **Savasana**