

## Seated Sequence

1



Dandasana  
Staff Pose

---

Take 3-5 breaths here. Legs and tummy engaged.

2



Paschimottasana  
Seated Forward Bend

---

Gently fold forward. With your inhale back off and exhale fold. Can breath here from 5-15 breaths.

3



Baddha Konasana  
Bound Angle Pose

---

Inhale to slowly come up to sit. Then draw the feet together. Sit tall and breath into the hips for 5-10 breaths.

4



Paripurna Navasana  
Full Boat Pose

---

Work with any variation whilst building up abdominal strength. Try to hold for 5 breath and repeat 3 times.

CHRIS ANDRE

5



Paschimottasana  
Seated Forward Bend

---

Fold forward again for 3-5 breaths to rest the abdominals.

6



MARTY SCODUTO



Adho Mukha Svanasana  
Downward-Facing Dog

---

To Transition step into Downward Facing Dog for 3 breaths.

7



Balasana  
Child's Pose

---

Lower the knees to the mat and take 5 breaths in Child's pose with your awareness on the lower back.

8



MARTIN SCODUTO



Sphinx Pose

---

With the elbows under the shoulders and the shoulder away from the ears. Hold Sphinx pose for 3-5 breaths.

9



Bhujangasana  
Cobra Pose

---

Rest between poses and then come up into Cobra - hands under shoulders. 3-5 breaths.

10



MARTY SCOUNDT



Salambhasana  
Locust Pose

---

Rest between poses. Inhale to lift into Locust and keep the back long. Either hold for 3 breaths or else hold to 1 breath and repeat 3 times.

11



Balāsana  
Child's Pose

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Rest back on Childs Pose for 10 breaths.