

September Sequence for Shoulders & Hips



1. Cat
Bitilasana



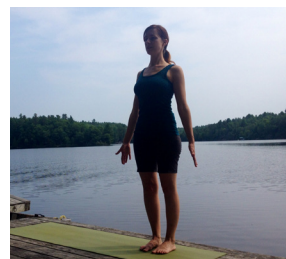
2. Cow
Marjarasana



3. Puppy



4. Revolved low lunge
(R&L)



5. Mountain
Tadasana



6. Standing crescent 1
(R&L) *Indulasana 1*



7. Standing crescent 2
(R&L) *Indulasana 2*



8. Standing crescent 3
(R&L) *Indulasana 3*



9. Standing forward bend
Uttanasana



10. Plank



11. Small Cobra
Ardha bhujangasana



12. Downward facing dog
Adho mukha svanasana



13. Down dog lunge
(R&L)



14. High lunge (R&L)
Virabhadrasana 1, heel up



15. Crescent lunge
(R&L)



16. Eagle lunge
(R&L)



17. Extended side angle
(R&L) *Parsvakonasana*



18. Triangle, arm behind
(R&L) *Trikonasana*



19. Reverse Warrior
(R&L)



20. Reverse Warrior
(R&L) *clasp elbow*



21. Garland
Malasana



22. Crow
Bakasana



23. Boat
Navasana



24. Sage's twist
Marichyasana



25. Bridge
Setu bandha sarvangasana



26. Hamstring stretch
(R&L) *Supta padangusthasana*



27. Needle's eye (R&L)
Sucirandhrasana



28. Corpse
Savasana

- Hold poses for 20-40 seconds or 5-10 breaths on each side. Relax in the final pose, savasana, for 4+ minutes. I like to use the phone app "Yoga Timer" which dings a bell in set increments of time.
- Depending on your timing, it will take between 20-40 min.
- Do both right & left sides of an asymmetrical pose (R&L).
- Poses 10-12 (Plank, Cobra and Down Dog) form a vinyasa. For a longer, more challenging practice add vinyasas between some or all standing postures.
- Feel free to modify the postures and sequence to make it work for your body. **Enjoy!** blog.queenstreetyoga.com