

# YOGA FLOW

7.11.2014

**WARM UP:** Start with your "warm-up" stretches or series to awaken the body.

---

**FULL MANDALA:** Complete the right side (as shown below), start to finish. You will end up at the back of your mat.

Complete the right side again (facing the opposite direction) to end at the front of your mat (as shown below).

Complete the left side, start to finish. You will end up at the back of your mat.

Complete the left side again (facing the opposite direction) to end at the front of your mat.

Repeat 1-3 times (repeat same sequence or advance postures each Mandala).

---

## RIGHT SIDE 1



## RIGHT SIDE 2 (FACING OPPOSITE DIRECTION)



## LEFT SIDE 1 & 2

**COOL DOWN:** End with a cool down sequence.