




# Reference Sequence: 18 min Yoga heart and lungs (Cardiovascular) can be extended in the meditation section, or increase 3 breaths to 5

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- 20 mins • All Levels
- Pumping the heart lungs and boosting energy
  - Upper body and Lower body
- Bolster, Resistance-Band, Block, Cushion, Strap,
  - [spotify:playlist:37i9dQZF1DWYm3dUe8iSaq](https://open.spotify.com/playlist/37i9dQZF1DWYm3dUe8iSaq)

Use ujayii breathing here , to raise the heart rate create heat and assist in circulation. Keep the sequence moving . 3 to 5 breaths per pose

This flow can be extended in the meditation section by increasing 3 breaths to 5 or staying up to 1 minute in each pose

<p>5B Inhale-Exhale</p>  <p>Balasana</p>	<p>3B Inhale-Exhale 30s</p>  <p>Adho Mukha Svanasana</p>	<p>3B Inhale-Exhale 30s</p>  <p>Malasana</p>
<p>3B Inhale-Exhale 30s</p>  <p>Parivrtta Anjaneyasana Variation</p>	<p>3B Inhale-Exhale 30s</p>  <p>Parivrtta Anjaneyasana Variation</p>	<p>3B Inhale-Exhale 30s</p>  <p>Malasana</p>

3B Inhale-Exhale 30s



3B Inhale-Exhale 30s



Parivrtta Anjaneyasan Variation

3B Inhale-Exhale 30s



Adho Mukha Svanasana

3B Inhale-Exhale 30s



Virabhadrasana I Gaze Forward

3B Inhale-Exhale 30s



Viparita Virabhadrasana Wrist Hold

3B Inhale-Exhale 30s



Viparita Virabhadrasana

3B Inhale-Exhale 30s



Utkata Konasana Variation Arms  
Straight Up

3B Inhale-Exhale 30s



Virabhadrasana I Gaze Forward

3B Inhale-Exhale 30s



Viparita Virabhadrasana Wrist Hold

3B Inhale-Exhale 30s



Viparita Virabhadrasana

3B Inhale-Exhale 30s



Utkata Konasana Variation Arms  
Straight Up

3B Inhale-Exhale 30s



Adho Mukha Svanasana

6B Inhale-Exhale 1m



Malasana

3B Inhale-Exhale 30s



Supta Utthita Tadasana

3B Inhale-Exhale 30s



Ardha Navasana Arms Forward

3B Inhale-Exhale 30s



Savasana Variation Bent Legs

3B Inhale-Exhale



Pawanmuktasana

5B Inhale-Exhale 30s



Setubandha Sarvangasana Variation  
Ankles

6B Inhale-Exhale 1m



Udarakarshasana

3B Inhale-Exhale 30s



Supta Paschimottasana Variation

3B Inhale-Exhale 30s



Ananda Balasana

3B

Inhale-Exhale

30s



Supta Baddha Konasana

5B

1m



Nadi Shodhana

5B

1m



Sukhasana Eka Hasta Heart Vitarka  
Mudra

5B

1m



Heart Gesture



Health Fitness Wellness Nutrition Physical Therapy and Yoga for over 30 years and still learning