

PRESENTED BY MJY

AWAKEN THE FLAME

A 6-Week Yoga Journey to Inner Power

IGNITE STRENGTH, BALANCE, AND PEACE WITHIN.

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AWAKEN THE FLAME

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Welcome to Your Yoga Journey

The flame within you is waiting to shine.

"Awaken the Flame: A 6-Week Yoga Journey to Inner Power". This program is a transformative experience, blending strength, flexibility, and serenity for beginners and seasoned practitioners alike. Step onto your mat and spark a journey of energy and peace. Let's begin.

About This Program

"Awaken the Flame" is a 6-week yoga journey that lights up your potential with three 20- minute sessions per week. Beginning with a warm-up to awaken your body, this program takes you from foundational poses to advanced flows, igniting strength and calm step-by-step. By Week 6, your inner flame will blaze with power and tranquility, ready to shine in every part of your life.

Adapting Yoga to Your Level

Beginners: Use props (blocks, straps), shorten holds (20-30 sec), focus on comfort.

Advanced: Extend holds (60-90 sec), flow between poses, explore variations.

Safety Note: Consult a doctor if you have health concerns.

Pre-Yoga Warm-Up Guide

Prepare your body and mind before each session.

Pose	How To	Beginner Tip	Advanced Tip
Side Stretch (Parsva Stretch)	Arm to side, palm down; reach opposite arm up	Place hand on hip	Reach arm further overhead
Cat/Cow (Marjaryasana/Bitilasana)	Inhale: arch back; Exhale: round spine	Keep movements small	Lift tailbone higher
Downward Dog (Adho Mukha Svanasana)	Hands/knees to hips up, heels down	Keep knees slightly bent	Press heels toward floor
Peddle Legs (Adho Mukha Svanasana Variation)	In Downward Dog, alternate heel lifts	Lift one heel at a time	Alternate quickly
Forward Fold (Uttanasana)	Walk hands to feet, hang down	Bend knees generously	Straighten legs, palms down
Side Swings (Parsva Swing)	Arms out, twist side to side	Keep twists gentle	Twist deeper with control
Lunge (Anjaneyasana)	Step foot forward, bend knee, hands on thighs	Rest back knee on floor	Raise arms overhead

Session 1 Pose

The 6-Week Yoga Program

WEEK 1: IGNITING THE SPARK

WEEK 2: FANNING THE FLAME

WEEK 3: DEEPENING THE GLOW

WEEK 4: BALANCING THE FIRE

WEEK 5: REFINING THE BLAZE

WEEK 6: MASTERING THE LIGHT



WEEK 1: IGNITING THE SPARK

Focus: Kindle your foundation. Session 1 Pose

Pose	Duration	How To	Beginner Tip	Advanced Tip
Warrior 1 (Virabhadrasana I)	1 min/side	Step foot forward, arms up, bend knee	Keep front knee soft	Square hips fully
Standing Backward Bend (Anuvittasana)	20 sec	Feet together, arms up, lean back	Keep bend gentle	Arch back deeper
Forward Fold (Uttanasana)	1 min	Feet together, fold down, hold legs	Bend knees generously	Straighten legs, palms down
Chair Pose (Utkatasana)	1 min	Feet together, bend knees, arms up	Sit higher	Lower hips closer to heels
Revolved Chair (Parivrtta Utkatasana)	30 sec/side	From Chair, twist elbow to opposite knee	Keep knees bent	Twist deeper, gaze up
Wide Leg Forward Fold (Prasarita Padottanasana)	1 min	Feet wide, fold down, hands on legs	Bend knees slightly	Hands to floor, head down
Child's Pose (Balasana)	1 min	Knees apart, forehead down, arms forward	Widen knees	Extend arms further
Downward Dog (Adho Mukha Svanasana)	1 Min	Hips up, heels down	Keep knees bent	Press heels to floor
Cobra (Bhujangasana)	15 sec, 2x	Lie prone, hands under shoulders, lift chest	Lift chest slightly	Straighten arms fully
Superman (Salabhasana Variation)	15 sec, 2x	Lie prone, lift arms/legs	Lift one side at a time	Hold longer, lift higher
Thread the Needle (Parsva Balasana)	1 min/side	Thread arm under, rest shoulder down	Keep knees soft	Bind top arm behind back
Savasana (Savasana)	2 min	Lie flat, relax arms/legs	Use a pillow under head	Deepen breath, close eyes

WEEK 1: IGNITING THE SPARK

Focus: Kindle your foundation.

Session 2 Pose

Pose	Duration	How To	Beginner Tip	Advanced Tip
Warrior 1 (Virabhadrasana I)	1 min/side	Step foot forward, arms up, bend knee	Keep front knee soft	Square hips fully
Warrior 2 (Virabhadrasana II)	1 min/side	Step wide, arms out, bend front knee	Keep knee over ankle	Sink deeper into lunge
Forward Fold (Uttanasana)	1 min	Feet together, fold down, hold legs	Bend knees generously	Straighten legs, palms down
Awkward Pose (Utkatasana Variation)	20 sec, 2x	Feet apart, on toes, bend knees	Lower slightly	Stay high on toes
Child's Pose (Balasana)	1 min	Knees apart, forehead down, arms forward	Widen knees	Extend arms further
Downward Dog (Adho Mukha Svanasana)	1 min	Hips up, heels down	Keep knees bent	Press heels to floor
Sphinx (Salamba Bhujangasana)	15 sec, 2x	Lie prone, forearms down, lift chest	Keep lift low	Bring elbow closer to body
Superman (Salabhasana Variation)	15 sec, 2x	Lie prone, lift arms/legs	Lift one side at a time	Hold longer, lift higher
Boat (Navasana)	30 sec, 2x	Sit, lift legs, arms forward	Keep knees bent	Straighten legs fully
Plank (Phalakasana)	30 sec, 2x	Hands under shoulders, body straight	Drop to knees	Hold longer, lift hips
Side Plank (Vasisthasana)	30 sec/side	Roll to side, hand under shoulder, lift hips	Rest knee down	Lift top leg
Wind Relieving Pose (Pawanmuktasana)	1 min	Lie back, hug knees to chest	Rock gently	Pull knees closer
Savasana (Savasana)	2 min	Lie flat, relax arms/legs	Use a pillow under head	Deepen breath, close eyes

WEEK 1: IGNITING THE SPARK

Focus: Kindle your foundation.

Session 3 Pose

Pose	Duration	How To	Beginner Tip	Advanced Tip
Warrior 2 (Virabhadrasana II)	1 min/side	Step wide, arms out, bend front knee	Keep knee over ankle	Sink deeper into lunge
Chair Pose (Utkatasana)	1 min	Feet together, bend knees, arms up	Sit higher	Lower hips closer to heels
Awkward Pose (Utkatasana Variation)	20 sec, 2x	Feet apart, on toes, bend knees	Lower slightly	Stay high on toes
Forward Fold (Uttanasana)	1 min	Feet together, fold down, hold legs	Bend knees generously	Straighten legs, palms down
Goddess (Utkata Konasana)	30 sec, 2x	Feet wide, toes out, squat down	Sit higher	Lower hips, open knees
Wide Leg Forward Fold (Prasarita Padottanasana)	1 min	Feet wide, fold down, hands on legs	Bend knees slightly	Hands to floor, head down
Child's Pose (Balasana)	1 min	Knees apart, forehead down, arms forward	Widen knees	Extend arms further
Downward Dog (Adho Mukha Svanasana)	1 min	Hips up, heels down	Keep knees bent	Press heels to floor
Boat (Navasana)	30 sec, 2x	Sit, lift legs, arms forward	Keep knees bent	Straighten legs fully
Thread the Needle (Parsva Balasana)	1 min/side	Thread arm under, rest shoulder down	Keep knees soft	Bind top arm behind back
Wind Relieving Pose (Pawanmuktasana)	1 min	Lie back, hug knees to chest	Rock gently	Pull knees closer
Savasana (Savasana)	2 min	Lie flat, relax arms/legs	Use a pillow under head	Deepen breath, close eyes

WEEK 2: FANNING THE FLAME

Focus: Build strength and stretch.

Session 1

Pose	Duration	How To	Beginner Tip	Advanced Tip
Warrior 2 (Virabhadrasana II)	1 min/side	Step wide, arms out, bend front knee	Keep knee over ankle	Sink deeper into lunge
Chair Pose (Utkatasana)	1 min	Feet together, bend knees, arms up	Sit higher	Lower hips closer to heels
Awkward Pose (Utkatasana Variation)	20 sec, 2x	Feet apart, on toes, bend knees	Lower slightly	Stay high on toes
Forward Fold (Uttanasana)	1 min	Feet together, fold down, hold legs	Bend knees generously	Straighten legs, palms down
Goddess (Utkata Konasana)	30 sec, 2x	Feet wide, toes out, squat down	Sit higher	Lower hips, open knees
Wide Leg Forward Fold (Prasarita Padottanasana)	1 min	Feet wide, fold down, hands on legs	Bend knees slightly	Hands to floor, head down
Child's Pose (Balasana)	1 min	Knees apart, forehead down, arms forward	Widen knees	Extend arms further
Downward Dog (Adho Mukha Svanasana)	1 min	Hips up, heels down	Keep knees bent	Press heels to floor
Boat (Navasana)	30 sec, 2x	Sit, lift legs, arms forward	Keep knees bent	Straighten legs fully
Thread the Needle (Parsva Balasana)	1 min/side	Thread arm under, rest shoulder down	Keep knees soft	Bind top arm behind back
Wind Relieving Pose (Pawanmuktasana)	1 min	Lie back, hug knees to chest	Rock gently	Pull knees closer
Savasana (Savasana)	2 min	Lie flat, relax arms/legs	Use a pillow under head	Deepen breath, close eyes

WEEK 2: FANNING THE FLAME

Focus: Build strength and stretch.

Session 2

Pose	Duration	How To	Beginner Tip	Advanced Tip
Warrior 2 (Virabhadrasana II)	1 min/side	Step wide, arms out, bend front knee	Keep knee over ankle	Sink deeper into lunge
Reverse Warrior (Viparita Virabhadrasana)	1 min/side	From Warrior 2, reach up and back	Rest hand on leg	Lift chest higher
Chair Pose (Utkatasana)	1 min	Feet together, bend knees, arms up	Sit higher	Lower hips closer to heels
Revolved Chair (Parivrtta Utkatasana)	30 sec/side	From Chair, twist elbow to opposite knee	Keep knees bent	Twist deeper, gaze up
Wide Leg Forward Fold (Prasarita Padottanasana)	1 min	Feet wide, fold down, hands on legs	Bend knees slightly	Hands to floor, head down
Extended Side Angle (Utthita Parsvakonasana)	1 min/side	From Warrior 2, forearm to thigh, arm up	Rest hand on thigh	Reach arm overhead fully
Child's Pose (Balasana)	1 min	Knees apart, forehead down	Widen knees	Extend arms further
Downward Dog (Adho Mukha Svanasana)	1 min	Hips up, heels down	Keep knees bent	Press heels to floor
Garland (Malasana)	1 min	Squat low, hands in prayer	Widen stance	Lower hips to floor
Pigeon Pose (Eka Pada Rajakapotasana)	1 min/side	Knee to wrist, slide back leg, forearms down	Use a block under hip	Lower chest to floor
Savasana (Savasana)	2 min	Lie flat, relax arms/legs	Use a pillow under head	Deepen breath, close eyes

WEEK 2: FANNING THE FLAME

Focus: Build strength and stretch.

Session 3

Pose	Duration	How To	Beginner Tip	Advanced Tip
Warrior 1 (Virabhadrasana I)	1 min/side	Step foot forward, arms up, bend knee	Keep front knee soft	Square hips fully
Standing Backward Bend (Anuvittasana)	20 sec	Feet together, arms up, lean back	Keep bend gentle	Arch back deeper
Forward Fold (Uttanasana)	1 min	Fold down, hold legs	Bend knees generously	Palms to floor
Awkward Pose (Utkatasana Variation)	20 sec, 2x	Feet apart, on toes, bend knees	Lower slightly	Stay high on toes
Extended Side Angle (Utthita Parsvakonasana)	1 min/side	From Warrior 2, forearm to thigh, arm up	Rest hand on thigh	Reach arm overhead fully
Goddess (Utkata Konasana)	30 sec, 2x	Feet wide, toes out, squat down	Sit higher	Lower hips, open knees
Child's Pose (Balasana)	1 min	Knees apart, forehead down	Widen knees	Extend arms further
Downward Dog (Adho Mukha Svanasana)	1 min	Hips up, heels down	Keep knees bent	Press heels to floor
Dolphin Pose (Ardha Pincha Mayurasana)	1 min	Forearms down, hips up	Keep knees bent	Straighten legs fully
Cow Face Pose (Gomukhasana)	1 min/side	Cross legs, stack knees if possible	Sit on a block	Clasp hands behind back
Happy Baby (Ananda Balasana)	1 min	Lie back, knees to chest, hold feet	Hold knees	Pull legs closer to armpits
Savasana (Savasana)	2 min	Lie flat, relax arms/legs	Use a pillow under head	Deepen breath, close eyes

WEEK 3: DEEPENING THE GLOW

Focus: Intensify with twists and core.

Session 1

Pose	Duration	How To	Beginner Tip	Advanced Tip
Lunge (Anjaneyasana)	1 min/side	Step forward, bend knee, arms up	Back knee down	Lift chest higher
Warrior 1 (Virabhadrasana I)	1 min/side	Step forward, arms up, bend knee	Keep knee soft	Square hips fully
Chair Pose (Utkatasana)	1 min	Feet together, bend knees, arms up	Sit higher	Lower hips closer to heels
Forward Fold (Uttanasana)	1 min	Fold down, hold legs	Bend knees	Palms to floor
Child's Pose (Balasana)	1 min	Knees apart, forehead down	Widen knees	Extend arms further
Extended Puppy (Uttana Shishosana)	1 min	Arms forward, chest down, hips up	Keep knees bent	Lower chest to floor
Boat (Navasana)	30 sec, 2x	Sit, lift legs, arms forward	Keep knees bent	Straighten legs fully
Bharadvaja's Twist (Bharadvajasana)	1 min/side	Legs to one side, twist, hand on knee	Use a block under hip	Twist deeper, gaze back
Deer Pose (Mrigasana)	1 min/side	One leg forward, one back, sit	Adjust legs for comfort	Deepen hip stretch
Savasana (Savasana)	2 min	Lie flat, relax arms/legs	Use a pillow under head	Deepen breath, close eyes

WEEK 3: DEEPENING THE GLOW

Focus: Intensify with twists and core.

Session 2

Pose	Duration	How To	Beginner Tip	Advanced Tip
Lunge (Anjaneyasana)	1 min/side	Step forward, bend knee, arms up	Back knee down	Lift chest higher
Twisted Lunge (Parivrtta Anjaneyasana)	1 min/side	From Lunge, twist elbow to opposite knee	Place hands on floor	Twist deeper with prayer hands
Wide Leg Forward Fold (Prasarita Padottanasana)	1 min	Feet wide, fold down, hands on legs	Bend knees slightly	Hands to floor, head down
Goddess (Utkata Konasana)	30 sec, 2x	Feet wide, toes out, squat down	Sit higher	Lower hips, open knees
Extended Side Angle (Utthita Parsvakonasana)	1 min/side	From Warrior 2, forearm to thigh, arm up	Rest hand on thigh	Reach arm overhead fully
Child's Pose (Balasana)	1 min	Knees apart, forehead down	Widen knees	Extend arms further
Downward Dog (Adho Mukha Svanasana)	1 min	Hips up, heels down	Keep knees bent	Press heels to floor
Cobra (Bhujangasana)	15 sec, 2x	Lie prone, hands under shoulders, lift chest	Lift chest slightly	Straighten arms fully
Seated Forward Fold (Paschimottanasana)	1 min	Legs straight, fold forward	Bend knees	Reach hands to feet
Bharadvaja's Twist (Bharadvajasana)	1 min/side	Legs to one side, twist, hand on knee	Use a block under hip	Twist deeper, gaze back
Savasana (Savasana)	2 min	Lie flat, relax arms/legs	Use a pillow under head	Deepen breath, close eyes

WEEK 3: DEEPENING THE GLOW

Focus: Intensify with twists and core.

Session 3

Pose	Duration	How To	Beginner Tip	Advanced Tip
Lunge (Anjaneyasana)	1 min/side	Step forward, bend knee, arms up	Back knee down	Lift chest higher
Twisted Lunge (Parivrtta Anjaneyasana)	1 min/side	From Lunge, twist elbow to opposite knee	Place hands on floor	Twist deeper with prayer hands
Lunge with Backbend (Anjaneyasana Variation)	1 min/side	From Lunge, reach back, arm up	Soft backbend	Reach arm higher
Awkward Pose (Utkatasana Variation)	20 sec, 2x	Feet apart, on toes, bend knees	Lower slightly	Stay high on toes
Child's Pose (Balasana)	1 min	Knees apart, forehead down	Widen knees	Extend arms further
Extended Puppy (Uttana Shishosana)	1 min	Arms forward, chest down, hips up	Keep knees bent	Lower chest to floor
Downward Dog (Adho Mukha Svanasana)	1 min	Hips up, heels down	Keep knees bent	Press heels to floor
Dolphin Pose (Ardha Pincha Mayurasana)	1 min	Forearms down, hips up	Keep knees bent	Straighten legs fully
Sphinx (Salamba Bhujangasana)	15 sec, 2x	Lie prone, forearms down, lift chest	Keep lift low	Bring elbow closer to body
Seated Forward Fold (Paschimottanasana)	1 min	Legs straight, fold forward	Bend knees	Reach hands to feet
Bharadvaja's Twist (Bharadvajasana)	1 min/side	Legs to one side, twist, hand on knee	Use a block under hip	Twist deeper, gaze back
Savasana (Savasana)	2 min	Lie flat, relax arms/legs	Use a pillow under head	Deepen breath, close eyes

WEEK 4: BALANCING THE FIRE

Focus: Blend strength and calm

Session 2

Pose	Duration	How To	Beginner Tip	Advanced Tip
Warrior 2 (Virabhadrasana II)	1 min/side	Step wide, arms out, bend front knee	Keep knee over ankle	Sink deeper into lunge
Warrior 1 (Virabhadrasana I)	1 min/side	Step forward, arms up, bend knee	Keep knee soft	Square hips fully
Lunge (Anjaneyasana)	1 min/side	Step forward, bend knee, arms up	Back knee down	Lift chest higher
Triangle Pose (Trikonasana)	1 min/side	Feet wide, reach down, arm up	Rest hand on shin	Reach top arm higher
Child's Pose (Balasana)	1 min	Knees apart, forehead down	Widen knees	Extend arms further
Downward Dog (Adho Mukha Svanasana)	1 min	Hips up, heels down	Keep knees bent	Press heels to floor
Cobbler's Pose (Baddha Konasana)	1 min	Soles together, knees out, lean forward	Sit on a block	Fold deeper
Thread the Needle (Parsva Balasana)	1 min/side	Thread arm under, rest shoulder down	Keep knees soft	Bind top arm behind back
Happy Baby (Ananda Balasana)	1 min	Lie back, knees to chest, hold feet	Hold knees	Pull legs closer to armpits
Savasana (Savasana)	2 min	Lie flat, relax arms/legs	Use a pillow under head	Deepen breath, close eyes

WEEK 4: BALANCING THE FIRE

Focus: Blend strength and calm

Session 3

Pose	Duration	How To	Beginner Tip	Advanced Tip
Lunge (Anjaneyasana)	1 min/side	Step forward, bend knee, arms up	Back knee down	Lift chest higher
Twisted Lunge (Parivrtta Anjaneyasana)	1 min/sid	From Lunge, twist elbow to opposite knee	Place hands on floor	Twist deeper with prayer hands
Lunge with Backbend (Anjaneyasana Variation)	1 min/side	From Lunge, reach back, arm up	Soft backbend	Reach arm higher
Triangle Pose (Trikonasana)	1 min/side	Feet wide, reach down, arm up	Rest hand on shin	Reach top arm higher
Goddess (Utkata Konasana)	30 sec, 2x	Feet wide, toes out, squat down	Sit higher	Lower hips, open knees
Extended Side Angle (Utthita Parsvakonasana)	1 min/side	From Warrior 2, forearm to thigh, arm up	Rest hand on thigh	Reach arm overhead fully
Child's Pose (Balasana)	1 min	Knees apart, forehead down	Widen knees	Extend arms further
Downward Dog (Adho Mukha Svanasana)	1 min	Hips up, heels down	Keep knees bent	Press heels to floor
Happy Baby (Ananda Balasana)	1 min	Lie back, knees to chest, hold feet	Hold knees	Pull legs closer to armpits
Wind Relieving Pose (Pawanmuktasana)	1 min	Lie back, hug knees to chest	Rock gently	Pull knees closer
Savasana (Savasana)	2 min	Lie flat, relax arms/legs	Use a pillow under head	Deepen breath, close eyes

WEEK 5: REFINING THE BLAZE

Focus: Sharpen skills and stamina.

Session 1

Pose	Duration	How To	Beginner Tip	Advanced Tip
Warrior 1 (Virabhadrasana I)	1 min/side	Step forward, arms up, bend knee	Keep knee soft	Square hips fully
Revolved Triangle (Parivrtta Trikonasana)	1 min/side	Step forward, twist, arm to opposite leg	Rest hand on block	Twist deeper, gaze up
Triangle Pose (Trikonasana)	1 min/side	Feet wide, reach down, arm up	Rest hand on shin	Reach top arm higher
Wide Leg Forward Fold (Prasarita Padottanasana)	1 min	Feet wide, fold down, hands on legs	Bend knees slightly	Hands to floor, head down
Child's Pose (Balasana)	1 min	Knees apart, forehead down	Widen knees	Extend arms further
Downward Dog (Adho Mukha Svanasana)	1 min	Hips up, heels down	Keep knees bent	Press heels to floor
Boat (Navasana)	30 sec, 2x	Sit, lift legs, arms forward	Keep knees bent	Straighten legs fully
Cobra (Bhujangasana)	15 sec, 2x	Lie prone, hands under shoulders, lift chest	Lift chest slightly	Straighten arms fully
Seated Forward Fold (Paschimottanasana)	1 min	Legs straight, fold forward	Bend knees	Reach hands to feet
Happy Baby (Ananda Balasana)	1 min	Lie back, knees to chest, hold feet	Hold knees	Pull legs closer to armpits
Savasana (Savasana)	2 min	Lie flat, relax arms/legs	Use a pillow under head	Deepen breath, close eyes

WEEK 5: REFINING THE BLAZE

Focus: Sharpen skills and stamina.

Session 2

Pose	Duration	How To	Beginner Tip	Advanced Tip
Warrior 2 (Virabhadrasana II)	1 min/side	Step wide, arms out, bend front knee	Keep knee over ankle	Sink deeper into lunge
Revolved Triangle (Parivrtta Trikonasana)	1 min/side	Step forward, twist, arm to opposite leg	Rest hand on block	Twist deeper, gaze up
Chair Pose (Utkatasana)	1 min	Feet together, bend knees, arms up	Sit higher	Lower hips closer to heels
Revolved Chair (Parivrtta Utkatasana)	30 sec/side	From Chair, twist elbow to opposite knee	Keep knees bent	Twist deeper, gaze up
Child's Pose (Balasana)	1 min	Knees apart, forehead down	Widen knees	Extend arms further
Downward Dog (Adho Mukha Svanasana)	1 min	Hips up, heels down	Keep knees bent	Press heels to floor
Extended Puppy (Uttana Shishosana)	1 min	Arms forward, chest down, hips up	Keep knees bent	Lower chest to floor
Garland (Malasana)	1 min	Squat low, hands in prayer	Widen stance	Lower hips to floor
Cobbler's Pose (Baddha Konasana)	1 min	Soles together, knees out, lean forward	Sit on a block	Fold deeper
Bharadvaja's Twist (Bharadvajasana)	1 min/side	Legs to one side, twist, hand on knee	Use a block under hip	Twist deeper, gaze back
Wind Relieving Pose (Pawanmuktasana)	1 min	Lie back, hug knees to chest	Rock gently	Pull knees closer
Savasana (Savasana)	2 min	Lie flat, relax arms/legs	Use a pillow under head	Deepen breath, close eyes

WEEK 5: REFINING THE BLAZE

Focus: Sharpen skills and stamina.

Session 3

Pose	Duration	How To	Beginner Tip	Advanced Tip
Standing Backward Bend (Anuvittasana)	20 sec	Feet together, arms up, lean back	Keep bend gentle	Arch back deeper
Forward Fold (Uttanasana)	1 min	Fold down, hold legs	Bend knees	Palms to floor
Revolved Triangle (Parivrtta Trikonasana)	1 min/side	Step forward, twist, arm to opposite leg	Rest hand on block	Twist deeper, gaze up
Goddess (Utkata Konasana)	30 sec, 2x	Feet wide, toes out, squat down	Sit higher	Lower hips, open knees
Child's Pose (Balasana)	1 min	Knees apart, forehead down	Widen knees	Extend arms further
Downward Dog (Adho Mukha Svanasana)	1 min	Hips up, heels down	Keep knees bent	Press heels to floor
Boat (Navasana)	30 sec, 2x	Sit, lift legs, arms forward	Keep knees bent	Straighten legs fully
Superman (Salabhasana Variation)	15 sec, 2x	Lie prone, lift arms/legs	Lift one side at a time	Hold longer, lift higher
Wide Leg Side Stretch (Parsva Prasarita)	1 min/side	Legs wide, reach arm over, side bend	Rest hand on leg	Deepen side stretch
Revolved Abdomen Pose (Jathara Parivartanasana)	1 min/side	Lie back, knees to chest, drop to side	Keep knees high	Drop knees lower, gaze away
Savasana (Savasana)	2 min	Lie flat, relax arms/legs	Use a pillow under head	Deepen breath, close eyes

WEEK 6: MASTERING THE LIGHT

Focus: Master your flow.

Session 1

Pose	Duration	How To	Beginner Tip	Advanced Tip
Chair Pose (Utkatasana)	1 min	Feet together, bend knees, arms up	Sit higher	Lower hips closer to heels
Revolved Chair (Parivrtta Utkatasana)	30 sec/side	From Chair, twist elbow to opposite knee	Keep knees bent	Twist deeper, gaze up
Pyramid Pose (Parsvottanasana)	1 min/side	Step forward, fold over front leg	Bend front knee	Straighten leg fully
Triangle Pose (Trikonasana)	1 min/side	Feet wide, reach down, arm up	Rest hand on shin	Reach top arm higher
Wide Leg Forward Fold (Prasarita Padottanasana)	1 min	Feet wide, fold down, hands on legs	Bend knees slightly	Hands to floor, head down
Child's Pose (Balasana)	1 min	Knees apart, forehead down	Widen knees	Extend arms further
Extended Puppy (Uttana Shishosana)	1 min	Arms forward, chest down, hips up	Keep knees bent	Lower chest to floor
Downward Dog (Adho Mukha Svanasana)	1 min	Hips up, heels down	Keep knees bent	Press heels to floor
Dolphin Pose (Ardha Pincha Mayurasana)	1 min	Forearms down, hips up	Keep knees bent	Straighten legs fully
Revolved Abdomen Pose (Jathara Parivartanasana)	1 min/side	Lie back, knees to chest, drop to side	Keep knees high	Drop knees lower, gaze away
Wind Relieving Pose (Pawanmuktasana)	1 min	Lie back, hug knees to chest	Rock gently	Pull knees closer
Savasana (Savasana)	2 min	Lie flat, relax arms/legs	Use a pillow under head	Deepen breath, close eyes

WEEK 6: MASTERING THE LIGHT

Focus: Master your flow.

Session 2

Pose	Duration	How To	Beginner Tip	Advanced Tip
Lunge (Anjaneyasana)	1 min/side	Step forward, bend knee, arms up	Back knee down	Lift chest higher
Warrior 1 (Virabhadrasana I)	1 min/side	Step forward, arms up, bend knee	Keep knee soft	Square hips fully
Pyramid Pose (Parsvottanasana)	1 min/side	Step forward, fold over front leg	Bend front knee	Straighten leg fully
Forward Fold (Uttanasana)	1 min	Fold down, hold legs	Bend knees	Palms to floor
Child's Pose (Balasana)	1 min	Knees apart, forehead down	Widen knees	Extend arms further
Downward Dog (Adho Mukha Svanasana)	1 min	Hips up, heels down	Keep knees bent	Press heels to floor
Dolphin Pose (Ardha Pincha Mayurasana)	1 min	Forearms down, hips up	Keep knees bent	Straighten legs fully
Cow Face Pose (Gomukhasana)	1 min/side	Cross legs, stack knees if possible	Sit on a block	Clasp hands behind back
Revolved Abdomen Pose (Jathara Parivartanasana)	1 min/side	Lie back, knees to chest, drop to side	Keep knees high	Drop knees lower, gaze away
Savasana (Savasana)	2 min	Lie flat, relax arms/legs	Use a pillow under head	Deepen breath, close eyes

WEEK 6: MASTERING THE LIGHT

Focus: Master your flow.

Session 3

Pose	Duration	How To	Beginner Tip	Advanced Tip
Warrior 2 (Virabhadrasana II)	1 min/side	Step wide, arms out, bend front knee	Keep knee over ankle	Sink deeper into lunge
Reverse Warrior (Viparita Virabhadrasana)	1 min/side	From Warrior 2, reach up and back	Rest hand on leg	Lift chest higher
Pyramid Pose (Parsvottanasana)	1 min/side	Step forward, fold over front leg	Bend front knee	Straighten leg fully
Chair Pose (Utkatasana)	1 min	Feet together, bend knees, arms up	Sit higher	Lower hips closer to heels
Awkward Pose (Utkatasana Variation)	20 sec, 2x	Feet apart, on toes, bend knees	Lower slightly	Stay high on toes
Child's Pose (Balasana)	1 min	Knees apart, forehead down	Widen knees	Extend arms further
Downward Dog (Adho Mukha Svanasana)	1 min	Hips up, heels down	Keep knees bent	Press heels to floor
Thread the Needle (Parsva Balasana)	1 min/side	Thread arm under, rest shoulder down	Keep knees soft	Bind top arm behind back
Revolved Abdomen Pose (Jathara Parivartanasana)	1 min/side	Lie back, knees to chest, drop to side	Keep knees high	Drop knees lower, gaze away
Savasana (Savasana)	2 min	Lie flat, relax arms/legs	Use a pillow under head	Deepen breath, close eyes

Key Yoga Poses: At a Glance

Master these essentials to fuel your flame:

- **Warrior 1 (Virabhadrasana I):** Root your legs, lift your arms skyward.
Why: Builds leg strength, opens the chest.
- **Downward Dog (Adho Mukha Svanasana):** Hips high, hands anchored.
Why: Stretches the back, fortifies arms.
- **Child's Pose (Balasana):** Knees wide, forehead grounded.
Why: Soothes the spine, quiets the mind.
- **Boat Pose (Navasana):** Core engaged, legs aloft.
Why: Strengthens abs, sharpens balance.
- **Triangle Pose (Trikonasana):** Wide stance, reach outward.
Why: Lengthens sides, steadies your stance.

Tips for a Success

- Commit to 3 sessions a week—consistency fans your flame.
- Let deep breaths lead your flow—inhale power, exhale peace.
- Carve out a calm, cozy space—your mat is your sanctuary.
- Sip water before and after—keep your fire hydrated.
- Linger in Savasana—it's where your light takes root.

Reflections

You've ignited something extraordinary with "Awaken the Flame: A 6-Week Yoga Journey to Inner Power" Your flame now blazes with strength, balance, and serenity—a radiant force to carry forward. Yoga is a lifelong dance—keep tending your fire, letting it guide and glow. Namaste.