



# TWISTED VINYASA FLOW

## YOGA SEQUENCES



BY  
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# INSTRUCTIONS

## TWISTED VINYASA FLOW

Twists in yoga are practiced to rotate, stretch and create space in the spine. By lengthening and rotating the spine, we are improving its blood circulation and range of motion and thus energizing our whole body. Twist are also well known for boosting the digestion system and are perceived as physically and emotionally detoxifying. When twisting, make sure to rotate starting from the lower spine and let the neck be the last to turn.

This fun twisted flow consists of 5 yoga sequences that make up an entire Vinyasa yoga class of about 60 minutes. The time can vary, depending if you take more or less breaths in the yoga poses or repeat some of the sequences several times. This flow is best suitable for intermediate to advanced level yoga practitioners.

## DOWNLOAD AND PRINT

1. In the Google Drive folder you will find the following files:

- PDF-files (US Letter or A4) - ready to print PDF-files (small cards, 3.5x2") -
- ready to print and cut PNG-files (Instagram story size, 1080 x 1920 px) -
- ready to use on mobile phone

2. Download your selected files.

3. Print your selected files at home or at a print shop. If you print at home, ensure you select "fit to page" or "fill page" in the preview mode for proper fit of the print on paper. For best result, print on a thicker paper (min. 130 gsm). The print may vary slightly in colour depending on what type of paper and printer is used.

## USING CUES

Cues are included to guide alignment of the poses and transitions between the poses. They are kept brief with the intention of being used to guide yourself and others while moving. You can use 1-2 cues for each pose, or use them as inspiration for your own cues. Some cues are meant to guide a transition, rather than a yoga pose.

## SYMBOLS EXPLAINED

↑ = inhale ↓ = exhale\*

B = stay in the pose and breathe (3-5 breaths)

(B) = stay in the pose and breathe optionally (3-5 breaths)

R = right (leg/arm/side) L = left (leg/arm/side)

## UJJAYI BREATHING

Ujjayi is a recommended breathing technique during yoga practice. Inhales and exhales are done in a controlled manner through the nose. During inhales and exhales, let the air pass in and out through the nostrils and the throat as if you were whispering something, but with your lips closed. Ujjayi breathing helps to keep your mind focused and your lower core activated, which maintains calmness and integrity in your body.

\*You either inhale or exhale when entering into a yoga pose, as the arrows will indicate. For some poses where the arrows are missing, you can do either.

# TWISTED VINYASA FLOW

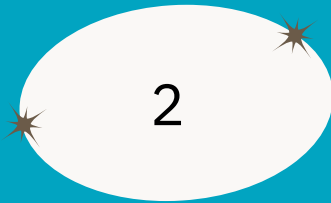


~60 MIN



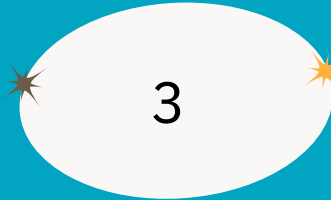
## WARM UP

1 ROUND ~ 5 MIN



## SUN SALUTATION 1

3 ROUNDS ~ 5 MIN



## SUN SALUTATION 2

3 ROUNDS ~ 10 MIN



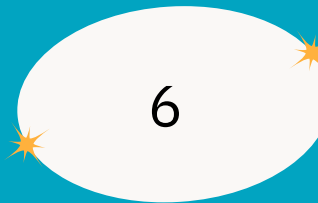
## MAIN SEQUENCE (RIGHT SIDE)

1 ROUND ~ 10 MIN



## MAIN SEQUENCE (LEFT SIDE)

1 ROUND ~ 10 MIN



## COOL DOWN

1 ROUND ~ 20 MIN



# TWISTED VINYASA FLOW

## Warm Up

This is a gentle warm up with light twists. You will start to stretch your entire body and rotate the spine in different directions, preparing it for coming sequences. Starting from a sitting position, you will gradually make your way up to a standing position, Mountain Pose, and get ready for the next sequence.

## Sun Salutation 1 (Twisting Sun Salutation)

This Sun Salutation incorporates some gentle twists. Here you will start to build up heat and do some lighter twist as you move and breathe. You decide how intense your twists should be. In the first round, you can start slowly and gently, taking a couple of breaths in each twisting pose. In the following rounds, you can increase the pace and deepen your twists. For this class it is recommended to do 3 rounds of this Sun Salutation.

## Sun Salutation 2 (Heating Sun Salutation)

In this Sun Salutation you will build up some more heat. This is a combination of a traditional Sun Salutation B and Sun Salutation C, and is great to activate your entire body. You will stretch your hips, make lighter backbends, engage your leg muscles and the core. This is a great full body Sun Salutation that will get you well warmed up and ready for deeper twists and more challenging poses. For this class it is recommended to do 3 rounds of this Sun Salutation.

## Main Sequence

In this sequence you will fully dive into the heat and utilize it for the twists. You will make deeper and deeper rotations and will have the possibility to challenge your arm balance as well. Each twist will have a counter twist. You will also be able to neutralize your spine in neutral poses between some of the twisting poses. This sequence is done focusing on rotations to the right side and then focusing on the left side.

## Cool Down

This sequence allows you to cool down and calm down your breathing. You will do some lighter chest opening poses, final twisting poses and poses to neutralize your spine further. You can stay longer in each of the supine poses (30 seconds or more). Finish this sequence with at least 2 minutes in Savasana.

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# COMMON VARIATIONS

Below are shown common variations for yoga poses in these yoga sequences - the more advanced are to the left of the arrows and their easier alternatives are to the right. Remember to listen to your body, find the right balance between physical tension and stable breathing, and do not push yourself if you feel pain!



Forward Bend  
Uttanasana



Forward Bend  
with knees bent



Downward Facing Dog  
Adho Mukha  
Svanasana



Downward Facing Dog  
with knees bent



Four-Limbed Staff  
Chaturanga  
Dandasana



Eight-Limbed Pose  
Ashtangasana



Upward Facing Dog  
Urdhva Mukha  
Svanasana



Cobra  
Bhujangasana



Baby Cobra  
Ardha  
Bhujangasana



Extended Side Angle  
Utthita  
Parsvakonasana



Extended Side Angle  
with elbow on thigh



Revolved Low Lunge  
with hands in Prayer  
Parivrtta Anjaneyasana



Revolved Low Lunge  
with knee on mat  
Parivrtta Anjaneyasana



Revolved Half Moon  
Parivrtta Ardha  
Chandrasana



Revolved Half Moon  
with a block



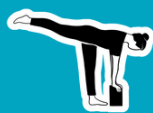
Half Moon  
Ardha  
Chandrasana



Half Moon  
with a block



Airplane  
Dekasana



Warrior 3 with a  
block  
Virabhadrasana 3



Half Lord of the Fishes  
Ardha Matsyendrasana



Half Lord of the Fishes  
with one leg extended



Shoulder Stand  
Sarvangasana



Half Shoulder Stand  
Ardha Sarvangasana



Plough Pose  
Halasana



Half Plough Pose/  
Rejuvenation Pose  
Ardha Halasana