



# A Yoga Sequence

## Honoring the postures in the Level 1 Prana Pilates Program

Reclined Pyramid  
Wide Wipers  
Figure 4  
Supine Twist (Supta Matsyendrasana)  
Dynamic Bridge  
Supta Baddha Konasana (Reclined Bound Angle Pose)  
Wind Removing Pose (Pavanamuktasana)  
Rock and Roll  
All Fours - Cat Cow  
Intense Foot Stretch  
Child's Pose (Opening Pose)  
Child's Pose with Walkover  
Dynamic Child's Pose  
Gate Pose (Parighasana)  
Skandasana (Side Lunge)  
Puppy Pose (Anahatasana)  
Sphinx  
Advasana / Crocodile (Opening Pose)  
Half Frog (on Belly)  
Broken Wing  
Locust Variations / Quad Stretch  
Dhanurasana (Flow Bow)  
Upward Dog  
Downward Dog  
Downward Dog Flow / 3-Legged Dog Flow  
Downward Dog Twist  
Ragdoll (All Variations)  
Gorilla (Padahastanasana)  
Low Lunge (Anjaneyasana)  
Malasana (Yogi Squat)  
Sukasana  
Seated Cat Cow  
Arm Lifts with Breath  
Eagle Arms (Garudasana Arms)  
Arm Stretch

Seated Shoulder Rinse  
Seated Side Bend  
Seated Twist  
Navasana (Boat Pose)  
Seated Baddha Konasana (Bound Angle Pose)  
Half Pigeon (Eka Pada Rajakapotasana)  
Double Pigeon (Agnistambhasana / Fire Log Pose)  
Janusirasana (Seated Single-Leg Stretch)  
Paschimottanasana (Seated Forward Fold)  
Wide-Legged Forward Fold (Variations) To back body  
Happy Baby Pose (Half Happy Baby)  
Banana Pose  
Supported Bridge (Setu Bandhasana) / Wipers  
Supine Twist (Supta Matsyendrasana)  
Guided Savasana (Starting or Closing Pose) 10 minutes  
Closing: Honor the amazing human that you are, Honor your beautiful heart energy.  
Thank you.