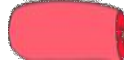


Reference Sequence: Gentle Hatha Flow Yoga Sequence For Better Nervous System

60 mins Beginners Level

Using the breathing process to stretch and open the muscles around
the spine for better flow of prana

Spine, Hips, Shoulders



Gentle Hatha Flow Yoga Sequence For Better Nervous System

Students who want to take it slow and steady, but want to work on the flexibility and breath work, can be introduced to **Gentle Yoga**. Gentle yoga includes poses that flow in a structured way without any excess strain to the stretched muscles or joints. While practicing gentle yoga, the movements of the body are in a flow along with the deep connection to the breath to help get comfortable with the body before remaining in the posture. One of the main advantages of gentle yoga is, to help open the muscles around the organs without overstretching or even over stressing them. The most unique thing about this style is, though the body flows from one pose to another, yet students can relax between poses or take time to adjust the body before getting comfortable in a particular posture.

Gentle yoga sequences can have a combination of [restorative poses](#) along with [yin yoga poses](#), or can be done with the support of [props](#) to treat certain [ailments](#). It can also be done at both the beginner and intermediate level to connect to the muscles in the body while coordinating the breath by holding each posture for a longer duration. In the given yoga sequence, the poses are done to stretch the muscles to focus on improving the blood circulation along with better functioning of the nervous system. Hence the use of twists, forward bends, back bends, and side bends are seen to encourage the different movements of the [spine](#). An important thing to note with the practice of gentle yoga is, not to have too many changes in the body positions, as this will defeat the purpose of learning to coordinate the breathing process smoothly.

All the poses in the given Gentle Hatha Flow Yoga Sequence can be done with **yoga straps, yoga blocks, or bolsters**, where needed. The most important part of this sequence is to stay comfortable in the posture.

8B Inhale-Exhale 3m



1. **Thunderbolt Pose Prayer Arms** Vajrasana Namaste Arms

6B Inhale-Exhale 1m



2. **Standing Forward Fold Pose Variation 1** Uttanasana Variation 1

12B Inhale-Exhale 3m



3. **Eagle Pose** Garudasana

6B Inhale-Exhale 1m



4. **Mountain Pose** Tadasana

12B Inhale-Exhale 3m



5. **Warrior Pose II** Virabhadrasana II

6B Inhale-Exhale 1m



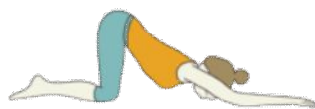
6. **Goddess Pose Variation Fingers** Utkata Konasana Variation Fingers

6B Inhale-Exhale 1m



7. **Camel Pose Variation Hands On Floor** Ustrasana Variation Hands On Floor

12B Inhale-Exhale 2m



8. **Puppy Dog Pose** Uttana Shishosana

6B Inhale-Exhale 1m



9. **Upward Facing Dog Pose Variation** Urdhva Mukha Svanasana Variation

6B Inhale-Exhale 1m



10. Cow Pose Bitilasana

6B Inhale-Exhale 1m



11. Half Pigeon Pose Ardha Kapotasana

6B Inhale-Exhale 1m



12. Sleeping Swan Pose

6B Inhale-Exhale 1m



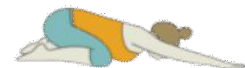
13. Half Pigeon Pose Ardha Kapotasana

6B Inhale-Exhale 1m



14. Sleeping Swan Pose

12B Inhale-Exhale 2m



15. Wide Child Pose Prasarita Balasana

6B Inhale-Exhale 1m



16. Easy Boat Pose Sahaja Navasana

6B Inhale-Exhale 1m








17. Staff Pose Dandasana

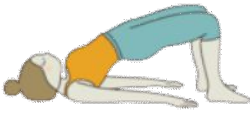

12B Inhale-Exhale 3m



18. Torso Stretch Pose Bharadvajasana

12B	Inhale-Exhale	3m	12B	Inhale-Exhale	3m	6B	Inhale-Exhale	1m
								
<p>19. Half Lord Of The Fishes Pose Variation Hand Up Leg Ardha Matsyendrasana Variation Hand Up Leg</p>			<p>20. Revolved Head-to-knee Pose Parivrtta Janu Sirsasana</p>			<p>21. Seated Forward Bend Pose Paschimottanasana</p>		

12B	Inhale-Exhale	3m	12B	Inhale-Exhale	2m	12B	Inhale-Exhale	3m
								
<p>22. Corpse Pose (IRT) Savasana (IRT)</p>			<p>23. Happy Baby Pose Ananda Balasana</p>			<p>24. Revolved Abdomen Twist Pose Jathara Parivartanasana</p>		

6B	Inhale-Exhale	1m	24B	Inhale-Exhale	5m
					
<p>25. Bridge Pose Setubandhasana</p>			<p>26. Reclined Butterfly With Bolster Supta Baddha Konasana Bolster</p>		