

YOGI SURPRISE SEQUENCE



TIME TO BLOSSOM

1ST EDITION • LIMITED RUN

TIME TO BLOSSOM

This sequence will invite you to welcome spring with a grounded spirit and an open heart while reenergizing your entire body.



WIDE-LEGGED
FORWARD BEND

Prasarita Padottanasana



DOWNWARD-FACING DOG

Adho mukha svanasana



CROW POSE

Bakasana



FOUR-LIMBED STAFF POSE

Chaturanga Dandasana



TREE POSE

Vrikshasana



LORD OF THE DANCE

Natarajasana