



**Yoga Sequences
Guidebook vol. 2**

Read This First

Dear PlayPauseBe'er,

I want to personally thank you for joining us in this amazing journey. You've made an excellent choice in picking up this guidebook and, you're going to fall in love with your yoga deck all over again!

We set out to make a simple guide to educate and inspire PlayPauseBe owners in using their decks for fulfilling self-practice. What we ended up with was so much more... this resource became an inspiration to us as well. Illona led the development of these yoga sequences, and she found her own creativity blossoming more than expected.

The team and I have been using these sequences to get better at designing our own self-practices. With each sequence that you go through, you'll find your knowledge growing. Suddenly, you'll find yourself feeling the right way to use the sequence numbers. You'll feel which flows are connected with certain benefits.

You'll become an expert in creating your own, personal sequences.

On the next page you'll find directions on how to use this guidebook. I know you're going to have a great time with this!

Get started and I'll speak with you soon.

Yours in mindful self-practice,

Tine

How to use the guidebook

➔ Here will be the overall purpose of the flow. (Morning flow, build strength, etc.)

🕒 Here you'll find an estimate for how long the sequence takes. This will vary with skill level and intention.

📄 Here the sequence of PPB cards is listed. Lay them down exactly as shown here.

First Row: 8-3-6-12-41-53

Second Row: 17-20-21-23-18-22

Third Row: 43-56-55-68-67-69

Fourth Row: 66-70-72-71

Poses in bold: These are peak poses, which we build up to in the flows. We recommend in each peak pose to take the time to ground yourself, breathe, and feel what's happening in your body.

A loop: Loops allow a sequence to repeat similar poses a number of times, for a gentle way to build more heat and intensity into your practice. There are multiple ways to use loops in sequences. One example is shown in sequence 3 of the heart-opening sequences.

other side: Most poses are not symmetrical. If you see the "other side" indicator it means it's a repeat, but you should do the pose with the opposite side than before.

both sides: This indication means you'll repeat the same positions on both sides of your body (using left/right hands, arms, legs, etc.)

card n.A ↔ card n.B This means from pose n.A you go to pose n.B, then flow back on the exhale to pose n.A.

Loop Sequence This is a loop sequence. It means you start with pose n.A. Then repeat pose n.A again, followed by pose n.B. Then repeat the flow again with pose n.A, then n.B, and add pose n.C.

✅ Here you'll find the target benefits of the sequence.

Description

Here will be a more thorough explanation of the sequence, and some suggestions for how best to complete it. You can take a moment to notice how the PPB card indicators are being used – the bottom right sequence numbers, or the benefits on the backs.

For example: You'll see the sequence indicators used to help warm the body up for more advanced asanas, as well as cool it down. But they are not all included every single time. To keep a safe, quality practice they are important but they are still a guideline.

You'll get a feel for how and when to use the indicators as you go through these sequences. Then you'll be able to safely create your own proper ones from scratch!

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Hips Mobility Routine

(3 levels of sequences)

➔ Focusing on hip mobility and flexibility.

✓ These sequences improve hip awareness, mobility, flexibility, and also help release stress and stuck energy in this area.

Description

If you are looking to deepen your hip mobility and become more aware in this area of your body, these 3 sequences are exactly what you need.

We recommend that you start with sequence 1 and aim to keep your hips squared as you go through your practice. It's common for students to reach back or forward, no longer keeping their hips in line (for example, in the Warrior poses). Be mindful of that.

Find your perfect tilt of the pelvis: glutes are reaching down, the pelvic floor is in the direction of the earth and your hips are squared. This allows for natural engagement of the abdomen.

The hips are the emotional center of your body - therefore we highly recommend you take this practice slow and maintain awareness. Pay attention to anything that comes up: tears, joy, laughter, and so on.

Enjoy yourself and watch your progress as you build your practice throughout the 3 sequences - stay with sequence 1 as long as you need and slowly progress up.

Sequence 1

🕒 25 - 45 minutes



Cards List:

2 - 4 - 6 - 10 - 50 - 11 - 62 - 61 - 11 - 17 - 20 - 21 - 23 repeat the sequence 11 - 17 - 20 - 21 - 23 (use the other side of your body) 22 - (step forward) - **30** - Option to extend and add **31** (both sides) - 65 - 60 - 38 - 75 - 76

Tips for the sequence: you can finish in reclined bound angle or go to your savasana. You can also support your knees in reclined bound angle if needed with blocs or similar props. In pose 23 you can *challenge* yourself and extend both arms overhead!

Sequence 2

 30 minutes



Cards List:

8 - 2 - 5 - 3 - 1 - 11

16 - 62 - 17 - 32 - 13 repeat twice on both sides **29** (both sides) - 34 - 37 - 48 - 14 (stay for 1-2 mins in forward fold) - 77 - 55 (both sides) - 78 - 45 - 80

Tips for the sequence: in position 37 you don't have to bind focus on the position of the hips, keep your hips squared as much as possible and keep the lumbar spine long by pressing the pelvis into the mat while lifting navel to spine.

Sequence 3

 35 - 50 minutes



Cards List:

8 - 5 - 12 - 17 - 20 - 17 - 69 - 14 - 12 (other side) - 17 - 20 - 69 - 14 repeat the sequence 12 - 17 - 20 - 17 - 69 - 14 - 12 (other side) - 17 - 20 - 69 - 14

2 or 3 times on each side

17 - 20 - 18 - 68 - 23 - 69 - **70** (repeat this sequence on the other side of your body) 67 - 38 - 77 - 76

Tips for the sequence: You can also add pose 39 (Wheel) after 38 (Bridge Pose) to make it more challenging. Take your time for this last sequence as it's an advanced sequence and requires a lot of opening in the hips, as well as a lot of stability for balancing. Feel free to modify as needed before being able to do the full flow.

Neck and Shoulders Pain Relief Routine

(3 levels of sequences)

➔ People that suffer from shoulders and neck pain or stiffness

☑ These sequences release tension in the neck and shoulders.

Description

The first sequence is focused on creating space in the neck and shoulders. It's a slow flow aiming to relieve pain caused by bad posture. It's perfect for people who spend a long time sitting and working on the computer. It can also be caused by too much strain in the shoulders or neck (e.g handstand/headstand practices).

The sequence 1 can be used to prepare for sequences 2 and 3, or to counterbalance sequences 2 and 3.

Sequences 2 and 3 let you strengthen the neck and shoulders. The neck is sensitive so take it slow - never force yourself to perform certain asanas because they're in a sequence (for example, Dolphin, Headstand and Plow in sequence 3).

Sequence 1

🕒 25 - 35 minutes



Cards List:

8 - 5 - 4 - 7 - 4 - 50 - 14 - 4 (other side) - 9 - 1 - 9 (other side)

37 - 59 - 75 - 78 - 45 - 75 (other side) - 78 - 80

Tips for the sequence: In pose 50, start with Knee Bend and walk yourself to the full extension slowly. Then bend the elbows and bring glutes to heels, lift your hips and fall forward.

In the transition between cards 9 and 37 come back to all fours, extend your legs back or your upper body forward, and come flat on your belly.

Press back with your hands in pose 37.

Sequence 2

 35 - 45 minutes



Cards List:

11 (repeat for 3 times)
62
23 - 18 (repeat this row for 3 times)
23 - 51 - 52 - 35 - 48 - 62 (other side)
23 - 18 (repeat this row for 3 times)
23 - 51 - 52 - 35 - 48
17 - 32 - **33** - 14 - 51 - 52 - 35 - 48
17 - 32 - **33** - 14 (using the other side of your body)
38 - 44 - 41 - 80

Tips for the sequence: To enter safely into pose 38, bend your knees and find a low squat, then help yourself with the hands to find the bridge.

Sequence 3

 35 - 50 minutes



Cards List:

8 - 5 - 7 - 50
14 - 51 - 52 - 35 - 48 - 49 - 48 - 53 - 48 - 53 - 48 repeat this row for 2 or 3 times
46 - 59 - 78 - 75 - 78 - 75 (other side) - 70

Tips for the sequence: In pose 50, start with knee bend and walk yourself to the full extend slowly, then bend your elbows and bring glutes to heels, lift your hips up and fall forward.

You can also add pose 54 (Crow Pose) between 48 and 14 to make the flow more advanced.

Chest & Back Mobility Routine

(4 levels of sequences)

- ➔ People who tend to close the upper body and feel contracted in this area, and people who want to open up more emotionally and improve their relationships.
- ☑ Creates space around the heart center, free some space in the shoulders and traps, and strengthens the shoulders.

Description

The first sequence is an everyday sequence that you can use as a general warm-up, but also if you wish to deepen the space around the heart (the front and back of the body).

If you have an event to go to but don't feel like going, this little sequence can help you to open up to the experience.

Sequence 2 is a longer and deeper version of sequence 1.

Sequences 3 and 4 feature loops, which are described in detail below. Take it slow at first until you get the hang of it. Learn the sequence first, then you can be more fluid through the transitions.

Feel free to place your cards differently for the poses in the loop (see photo below for an example). You can repeat the loops as many times as you want.

Sequence 1

🕒 20 minutes



Cards List:

4 - 2 - 4 (other side) - 1 - 9 - 34 - 36 - 9 (other side) - 59 - 48 - 14 - 13 - 15 - 16 - 15 - 16 - 13 - 14 - 34 - 36 - 59

Tips for the sequence: Do this sequence slowly. Let yourself breathe in this pose and finish in Child Pose. This easy warm-up is good for everyday practice.

When in Cobra and Locust, press pelvis into the earth in order to use the upper back for the backbend (instead of the lower back).

Take up to 15 breaths in poses 9 and 14.

Take at least 3 breaths in each pose. Feel free to challenge yourself in Locust Pose to lift 1 arm, 2 arms, 1 leg, 2 legs, and both arms and legs at the same time.

Sequence 2

 35 minutes



Cards List:

4 - 2 - 4 (otherside) - 1 - 9 - 34 - 36 - 9 (other side)
59 - 48 - 14 - 13 - 15 - 16 - 15 - 16 - 13 - 14
51 - 52 - 35 - 48 (repeat this row 3 times)
51 - 52 - 34 - 36 - **37** - 59

Tips for the sequence: Tips: Practice this flow once you feel comfortable with sequence 1. After pose 37, lay on your belly for a little bit.

Sequence 3 - loop sequence

[Click here and listen the audio guided session online →](#)

 45 - 55 minutes



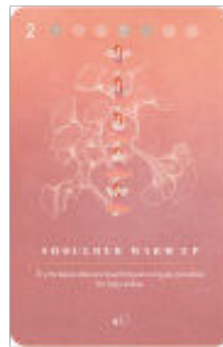
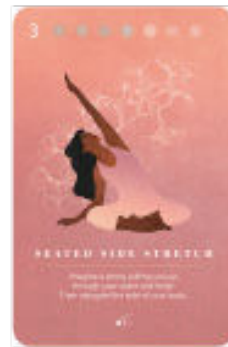
Cards List:

2 - 3 - 8 - 50 - 14 - 13 Loop Sequence → 11 - 62 - 17 - 32 - 31 *see below (repeat the loop both sides) **29** (both sides) - 59 - 76 - 79 - 80

How does the loop work:

- When you reach Downward Dog within Sun Salutation A, move to pose 62. Then, finish your vinyasa by coming back to Downward Dog. From there, do pose 62 on the other side and finish in Mountain pose.
- Repeat Sun Salutation A with this variation, and after pose 62 add pose 17. Then finish your vinyasa by coming back to Downward Dog and repeat the sequence on the other side.
- Repeat Sun Salutation A with this last variation, and after pose 17 add pose 32.
- Then finish your vinyasa by coming back to Downward Dog and repeat the sequence on the other side.
- Repeat sun salutation A with this last variation, and after card 32 add card 31.
- Then, finish your vinyasa by coming back to Downward Dog and repeat the sequence on the other side.
- Repeat Sun Salutation A with this last variation, and after pose 31 add pose 29.
- Then finish your vinyasa by coming back to Downward Dog and repeat the sequence on the other side and complete the flow with the last row (29 - 59 - 76 - 79 - 80)

Go Next Page to see the image of the sequence →



Sequence 4 - loop sequence

 60+ minutes



Cards List:

2 - 8 - 5

Loop Sequence → 12 - 17 - 20 - 21 ↔ **23** x 5 times - 23 - 62 (**repeat the loop both sides**)
44 - 41 - 75 - 80

↔ means that you go to pose 21 flow back on the exhale to 23 - inhale 21 - exhale 23 for 5 breaths

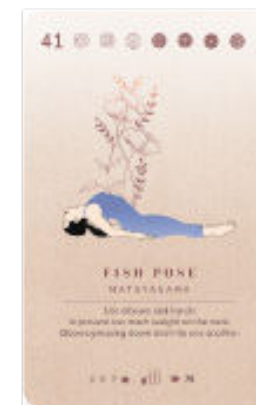
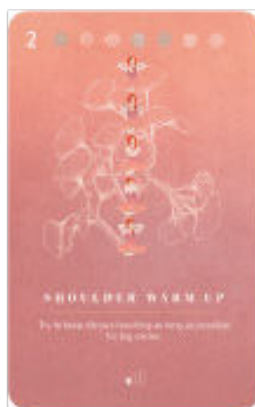
How does the loop work:

- In Sun Salutation B, instead of Warrior 1 do pose 17. Then, finish your vinyasa by coming back to Downward Dog. From there, do the other side of 17 and finish again in the Mountain pose.
- Repeat Sun Salutation B with this variation, and after pose 17 add pose 20.
- Then, finish your vinyasa by coming back to Mountain pose and repeat the sequence on the other side.
- Repeat Sun Salutation B with this last variation, and after pose 20 add pose 21. After 21 go back to 20 then 17, then finish your Sun Salutation B. Repeat the sequence on the other side.
- Repeat Sun Salutation B with this last variation, and after pose 21 add pose 23. repeat the flow between these 2 poses 5 times. ↔ means that you go to pose 21 flow back on the exhale to 23 - inhale 21 - exhale 23 for 5 breaths. Then, finish your vinyasa by coming back to Mountain pose and repeat the sequence on the other side.
- Repeat Sun Salutation B with this last variation, and after the flow between 21 and 23, stay in pose 23. Then go to pose 62 until 48: from there step forward with your other leg to finish your loop sequence on the other side. Meaning you'll be back at repeating - 17 - 20 - 21 ↔ 23, and you go for pose 62 on the other side and finish until 48.

Tips for the sequence: To transition properly from pose 23 to pose 62, Square the hips, allow both hands to lower on your mat, lower your back knee down, and then enter pose 62.

After pose 48, you can add pose 57 and repeat it on both sides.

Go Next Page to see the image of the sequence →



Legs & Lower Back Reinforcement Routine

(4 levels of sequences)

- ➔ Runners and athletes that work mainly with this area of the body and people that suffer from water retention in their legs.
- ☑ Strengthens the legs and lower back. Releases retained water and tense muscles to increase flexibility.

Description

The first two sequences are focused on strengthening your legs and lower back. Sequences 3 and 4 are for releasing tension in these areas, and creating a bit more flexibility.

Please note that certain asanas are not recommended for people who have disc issues in the lumbar spine (hernia, etc.). Please consult your chiropractor prior to practice.

Sequence 1

🕒 45 minutes



Cards List:

59 – 8 – 59 – 1 – 14 – 13

15 – 13

12 (replace Warrior 1 with Low Lunge and add card 61 -Half Split- after Low Lunge. Repeat 2 times on both sides)

13 – 15 – 16 – 17 – 69 – 17 – 32 – 31 (repeat this row 2-3 times on both sides)

13 – 51 – 48 – 59 – 63 – 67 – 60 – 67 (other side) – 79 – 80

Tips for the sequence: to flow in chair pose: Keep your knees bent lower the upper body keeping your back straight allow the arms to flow back as you exhale, inhale come back to chair pose. You can use this transition to exhale through the mouth and release more air, encouraging your body to detoxify and release.

Before pose 17 (High Lunge) you can also add a twisted High Lunge.

Try to flow from 32 to 31 without putting your feet down.

From pose 59, come into a kneeling position without your hands – press the feet into the mat, knees forward and lift one knee at a time. Keep the hips square so you can feel it in your quadriceps.

Sequence 2

 35 - 50 minutes



Cards List:

12 repeat sun salutation B 3 times

13 - 15 - 14 - 51 - 52 - 34 - 36 - 35 - 48 - 49 - 48 - knee to nose - knee to elbows - knee to opposite elbow - 48 - 51 - 53 - 51 - 53 (other side) - 48 - 14 - 65 - 80 - 75 - 77 - 75 (other side) - 44 - 45 - 80

Tips for the sequence: In pose 36, you can also add the option to lift both arms, then down, lift both legs, down, lift both legs and arms stay for 5 breaths.

In pose 65, hold for 6 breaths and extend your legs forward as you lean back with your upper body. Keep your lower back pressed into the mat.

Sequence 3

 15 - 25 minutes



Cards List:

14 - 48 - 62 - 61 - 48 (otherside) - 62 - 61 - 63 - 48 - 63 (otherside) - 66 (both sides) - 60 - 64 - 76 - 80

Spend at least 5 breaths in each pose. You can also use a timer set to 40 seconds for each pose. It is important when you hold a static pose to find the correct alignment.

If you need assistance with finding the correct alignment in your body please check our youtube page (PlayPauseBe) where we have tips and guidance. For deeper learning check out our online program PlayPauseYoga at playpauseyoga.com.

Tips for the sequence: In pose 63 you can support your glute with a prop if needed. Lean on one glute to bring the back leg forward.

Sequence 4

 15 - 25 minutes



Cards List:

11 - 17 - 22 - 17 - 59 - 11 - 17 - 22 - 13 - 6 - 67 (both sides) - 77 - 78 - 75 - 79 - 75 (otherside) - 80 - 81 - 82

Tips for the sequence: In pose 17, open your hips and shoulder, align your feet so they become parallel. In pose 59, take your time in this pose - at least 10 breaths. During the transition between poses 13 and 6 you can add a squat.

Upper Body Reinforcement Routine

(2 levels of sequences)

➔ Advanced practitioners that want to work on their upper body

☑ These 2 levels of sequences strengthen the upper body and improve arm-balance poses

Description

Both of these sequences are advanced: modify or break them up if needed so you can progress into them slowly.

Sequence 1 is more accessible than sequence 2, but if you are happy doing inversions then sequence 2 is for you!

Sequence 1

🕒 60+ minutes



Cards List:

8 - 2 - 3 - 4 - 7 - 9 - 51 - 48 - 14 - 13 - 15 - 16 - 14 - 52 - 35 - 36 - 37 - 48 - 14 - 13 - 15 - 16 (otherside) - 14 - 52 - 35 - 36 - 37 - 49 - 48 - 17 - 22 (optionC) - 17 (otherside) - 48 - 59 - 41 - 75 - 78 - 75 (other side) - 80 - 82

Tips for the sequence: After pose 49 you can add pose 70, and then 59. After pose 59 stay a few breaths laying on your belly, then roll over to your back. Take your time to pause and breathe when you feel the engagement of your upper body!

Sequence 2

🕒 45 minutes



Cards List:

8 - 2 - 7 - 3 (both sides) - 4 - (both sides) - 1
51 - 52 - 51 - 53 - 51 - 52 - 53 - 48 - 14 - 52 - 35 - 37 - 48 (repeat the row 2 times)
54 - 57 (both sides) - 51 - 48 - 72 - 14 - 65 - 55 (both sides) - mini 80 - 41 - 45 - 78 - 80

After pose 54 you can add pose 57 on both sides.

Yoga Routine for Meditation

(2 types of sequences)

- ➔ Releasing any form of tension in the body and preparing the mind for a deep meditation session. The first sequence is for busy people that want the same grounding effect in less time.
- ✔ These 2 sequences help calm any overthinking and they have a direct impact on the parasympathetic nervous system.

Description

These sequences aim not only to stretch the body and release any tension (specifically in the hips) but also to prepare you mentally for a higher quality meditation session. That's why these practices are focused on forward folds and twists, with particular attention to the exhalation: this lets us develop the "Langhana" effect (which means to reduce or slow down), by targeting the parasympathetic nervous system.

Where "focusing on exhalation" is indicated, keep the exhalation twice as long as the inhalation (ex. inhale 4 sec, exhale 8 sec). The first sequence is a easier and faster than the second one. Listen to your body and your breath, don't rush, and stay present in each movement (especially the transitions).

Sequence 1

🕒 10 - 15 minutes



Cards List:

80 - 78 - 14 - 13

15 - 14 - 13 repeat 5 times

30 - 22 - 62 (both sides) - 66 (both sides) - 38 (10 breaths) - 67 (both sides) - 6 - 82

Tips for the sequence: during the part 15-14-13, and in pose 38, keep the exhalation twice as long as the inhalation.

Sequence 2

🕒 20 - 30 minutes



Cards List:

59 - 1 - 9 - 4 (both sides) - 6 - 66 (both sides) - 64

(+10 breaths, focusing on exhalation) - 50 - 67 - 60 (+10 breaths, focusing on exhalation)

7-3 (both sides) - 8 - 82

Tips for the sequence: In poses 64 and 60 keep the exhalation twice as long as the inhalation.

Muscles Recovery Boost Routine

(2 sequences)

- ➔ Athletes that need a boosted recovery after an intense workout.
- ☑ These 2 sequences relieve soreness and tension in your hardworking muscles and restore range of motion.

Description

Sequence 1 is a full-body stretch. Sequence 2 is more targeted to the lower body. Both are easy and fast to do, so it's good to do them right after a workout session as a 15-20 minute cool-down.

Sequence 1

🕒 15 - 20 minutes



Cards List:

59 - 1 - 48 - 14 - 13
62 (first version) - 61 (half split) - 62 (third version) repeat both sides
34 - 36 - 37 - 59 - 14 - 13 - 15
50 - 77 - 38 - 75 (both sides) - 80

Tips for the sequence: Go at your own pace. Listen to your body. If you feel that you want to stay more in a certain pose, do it. A little bit of pain is normal, but be careful to distinguish it from grief! In 60, again maintain the exhalation double-length than the inhalation.

Sequence 2

🕒 15 - 20 minutes



Cards List:

6 - 3 (both sides) - 4 - 9 (both sides) - 1 - 14 - 13
13 - 20 - 21 - 23 - 48 - 14 (repeat all the sequence again, on the other side)
52 - 34 (stay from 5 to 10 breaths) - 59 - 66 (both sides) - 67 (both sides) - 77 - 76

Tips for the sequence: Again, Go at your own pace. Listen to your body. If you feel that you want to stay more in a certain pose, do it. A little bit of pain is normal, but be careful to distinguish it from grief!

Grounding Flows for stress release

(2 sequences)

- ➔ Stressed and busy people or those going through challenging times.
- ✓ These 2 sequences calm overthinking and have a direct impact on the parasympathetic nervous system.

Description

It's very important to work with your breath to create the "Langhana" effect (which means to reduce and calm down). The Warrior poses, which are present in both sequences, have a grounding effect together with forward folds.

There are some back-bends used as counterposes for forward folds, but always with a calming and grounding energy thanks to the breath. (For example in Bridge pose, where the exhalation is double than inhalation).

Sequence 2 is a bit longer than the previous one and a bit more advanced if you choose the option of pose 60 (Half Moon) after 18 (Triangle).

Sequence 1

🕒 15 - 20 minutes



Cards List:

1- 9
all four - 48 (repeat 4 times)
14 - 13- 15 - 14 - 13 (repeat 13 - 15 - 14 for 4 times)
19 - 20 - 22 (repeat row both sides)
38 repeat 4 times
78-75(both sides)-60 80-81-82

Tips for the sequence: From "all four" to 48, increase your exhale gradually while transitioning in Downward Dog (i.e. inhale 4, exhale 5, then inhale 4 exhale 6, then inhale 4 exhale 7...). During the part 13-15-14, maintain an exhalation double-length the inhalation.

In pose 38 and 60 you'll also keep a double-length exhalation: Inhale come up to the pose, exhale down.

Sequence 2

 15 - 20 minutes



Cards List:

13 - 15 - 14 repeat the cycle from mountain to chair pose to forward fold, focusing on exhale (ex. inhale 4 exhale 8)

22 - 19 - 20 - 18 repeat both sides

59 - 34 - 36 - 37 - 59

6 - 64 (stay 10 breaths) - 4 (both sides) - 60 (stay 10 breaths) - 77 - 76 - 81 - 82

Tips for the sequence: After pose 18 you can add pose 68 to challenge yourself. In poses 64 and 60, maintain a double-length exhalation.

Confidence and Self Esteem Boost Flow

➔ People that want to work on their confidence and self-esteem.

☑ This sequence improves your confidence, raises your mood, and builds trust within yourself.

Description

This sequence is focused on opening the heart center (Anahata chakra) while strengthening the navel center (Manipura chakra). You'll feel invigorated and open to the challenges that life offers.

To train courage, there are also some challenging inversions so you can face any fear of being upside down.

🕒 30 - 40 minutes



Cards List:

78 - 10 - 1 - 62 (both sides)

13 - 15 - 16 (repeat sequence both sides)

from mountain pose shift to 19 - 32 - 29 - 14 (repeat sequence both sides)

48 - 51 - 53 (both sides) - 49 (from 5 to 10 breaths) - 59 - 46 - 59

77 - 44 - 45 - 41 - 75 (both sides) - 80

Tips for the sequence: Use the “alchemical breath” - inhale chest, exhale at the navel center (if possible, adding Mula bandha during exhale).

If you want to challenge yourself, choose pose 71 (Forearm Stand) instead of pose 46.

Full moon flow

➔ A full moon ritual!

✓ This sequence lets you deal with emotions and tune into the energy of the full moon.

Description

This full moon ritual aims to prepare you for manifestation to come. The poses mainly focus on the Sacral chakra - Svadhistana - which helps you to “go with the flow.” You’ll release and let go of stuck energy, and open the Heart chakra - Anahata - which makes you more receptive to new opportunities.

Feel free to meditate after the practice.

🕒 20 - 30 minutes



Cards List:

59 - 34 - 48 repeat this sequence at least 4-5 times creating a sort of “wave” with the movement of your body

17 - 30 (5 to 10 breaths) - 20 - 21 - 18 - VINYASA card (repeat the sequence on both sides)

62 (both sides) - 36 - 37 (10 breaths) - 59 - 40 (5 to 10 breaths) - 59 - 60 (10 breaths) -

50 - 78 - 75 (both sides) - 76

Tips for the sequence: After pose 18 you can add pose 68 (Half Moon) to challenge yourself.

New moon flow

➔ A new moon ritual!

☑ Tune into your deepest intentions and align with the energy of the new moon.

Description

This new moon ritual aims to prepare you to focus inward and clarify the intentions you should set for yourself. There are poses that give an introspective and calm feeling, such as the Pigeon, the Shoulder Stand, and the Plow pose.

Feel free to meditate after the practice.

🕒 20 - 30 minutes



Cards List:

76 - 77 - 75 - 6 - 1

48 - 62 (first version) - 61 (choose half split) - 62 (choose second or third version) repeat sequence both sides 59 - 7

48 - 51 - 63 (repeat sequence both sides)

67 (both sides) - 44 - 45 - 41 - 78 - 80 - 81 - 82

Tips for the sequence: Follow the sequence at your own pace, and try to maintain the exhalation longer than inhalation in poses like 76 (reclining bound angle pose) and 63 (pigeon pose). In pose 63 (pigeon pose) you can sit on a bolster and, folding forward, you can place a block under your forehead for extra support.

How has your self-practice developed?

This guidebook was forged with love and care to give immediate direction on using your yoga deck... as well as to teach you the skill of building your own sequences.

Knowing that it's fulfilling that duty means the world to us.

Send me your thoughts and your unique experience by emailing me at: tine@playpausebe.com

The PlayPauseBe community is vibrant and growing — and full of your people, ready to read about your journey! You can join in and share by visiting the following URL:

<https://www.facebook.com/groups/playpausebe>

Namaste