

YOGA FOR FLAT FEET- HATHA STYLE

Sunday, March 17, 2019 6:27 PM

Hold each pose for a couple breaths, move slowly and gently throughout sequence, focus on proper alignment, use props (blocks, blanket, strap, wall, chair), have a Yoga Teacher guiding you, work your way through the sequence built for Pada Bandha. NAMASTE!

Created by Breezy Bree
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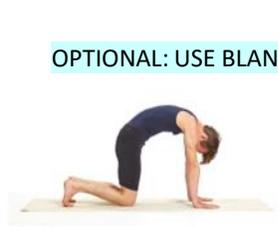
81 poses

Yoga for Flat Feet - Hatha Style

#1 5s #2 5s #3 5s #4 5s



Easy Pose



Cat Pose



Cow Pose



Dedicated to Sage Bharadvaja Pose

OPTIONAL: USE BLANKET UNDER KNEES

#5 5s



Dedicated to Sage Bharadvaja Pose

#6 5s



Butterfly Pose Preparation

#7 5s



Butterfly Pose

#8 5s



Table Top Pose

#9 5s



Shoulder Stretch Table Top Pose

#10 5s



Tiger Pose Variation 1

#11 5s



Tiger Pose Variation

#12 5s



Tiger Pose

REPEAT #9-12 OPPOSITE SIDE

#13 5s



Dolphin Pose

#14 5s



Down Dog Pose Modified

#15 5s



Upward Facing Dog Pose

#16 5s



High Plank Pose

#17

5s



Downward Facing Dog Pose

#18

5s



Downward Facing Dog Split Pose

#19

5s



Monkey Pose Prep

#20

5s



Downward Facing Dog Pose

REPEAT #18-19 OPPOSITE SIDE

#21

5s



Standing Split Pose Balance Variation

#22

5s



Downward Facing Dog Split Pose with Knee Toward Ceiling

#23

5s



High Plank Pose

#24

5s



Side Plank Pose

#25

5s



Supported Side Plank Pose

#26

5s



High Plank Pose

#27

5s



Eight Point Pose

#28

5s



Upward Facing Dog Pose

REPEAT #21-25 OPPOSITE SIDE

#29

5s



Downward Facing Dog Pose

#30

5s



Hold onto Opposite Elbows Pose

#31

5s



Navel Lock

#32

5s



Mountain Pose

OPTIONAL: PLACE A BLOCK BETWEEN LEGS ON DOWN DOG AND MOUNTAIN POSE

REPEAT #33 AND #36 ON OPPOSITE SIDES

#33 5s



Standing Side Bend Pose

#34 5s



Mountain Pose

#35 5s



Awkward Chair Pose

#36 5s



Revolved Awkward Chair Pose

#37 5s



High Plank Pose

#38 5s



Eight Point Pose

#39 5s



Upward Facing Dog Pose

#40 5s



Downward Facing Dog Pose

#41 5s



Jump Preparation

#42 5s



Standing Forward Bend Pose

#43 5s



Goddess Pose

#44 5s



Garland Pose with Hands in Namaste

#45 5s



Toe Stand Garland Pose with Namaste Hands

#46 5s



Awkward Pose

#47 5s



Garland Pose

#48 5s



Half Lotus Toe Stand Pose

REPEAT #48 OPPOSITE SIDE

#49

5s



Garland Pose with Hands in Namaste

#50

5s



Standing Forward Bend Pose

#51

5s



Mountain Pose

#52

5s



Warrior 2 Pose

#53

5s



Warrior 3 Pose

#54

5s



Extended Triangle Prep Pose

#55

5s



Extended Triangle Pose

#56

5s



Revolved Extended Triangle Pose

#57

5s

REPEAT #52-57 OPPOSITE SIDE



Prayer Extended Side Stretch Pose

#58

5s



Mountain Pose

#59

5s



Tree Pose

#60

5s



Standing Back Bend Pose

#61

5s



Mountain Pose

#62

5s



Half Forward Bend Pose

#63

5s



High Plank Pose

#64

5s



Table Top Pose

#65

5s

#66

5s

#67

5s

#68

5s

CROW***ADD BLOCKS BEHIND FEET AND INFRONT OF FOREHEAD. GREAT POSE TO WORK ON!



Crow Pose



Table Top Pose



High Plank Pose



Feet-Hands Placement Pose

#69

5s

#70

5s

#71

5s

#72

5s



One-Legged Frog Pose



Frog Pose 2



Table Top Pose



Staff Pose

#73

5s

#74

5s

#75

5s

#76

5s

OPTIONAL: USE STRAP FOR #73 AND 74



Heron Pose



Side Reclining Leg Lift Pose



Knees to Chest Pose



Supine Intense Forward Fold Pose

BEND KNEES

#77

5s

#78

5s

#79

5s

#80

5s



Supine Bound Angle Pose



Shoulder Bridge Pose

OPTIONAL: USE BLOCK



Happy Baby Pose



Side Lying Pose

#81

5s



Corpse Pose