

# Energize, Vitality Flow (Brahmana) - FREE YOGA SEQUENCE

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Created by Breezy Bree  
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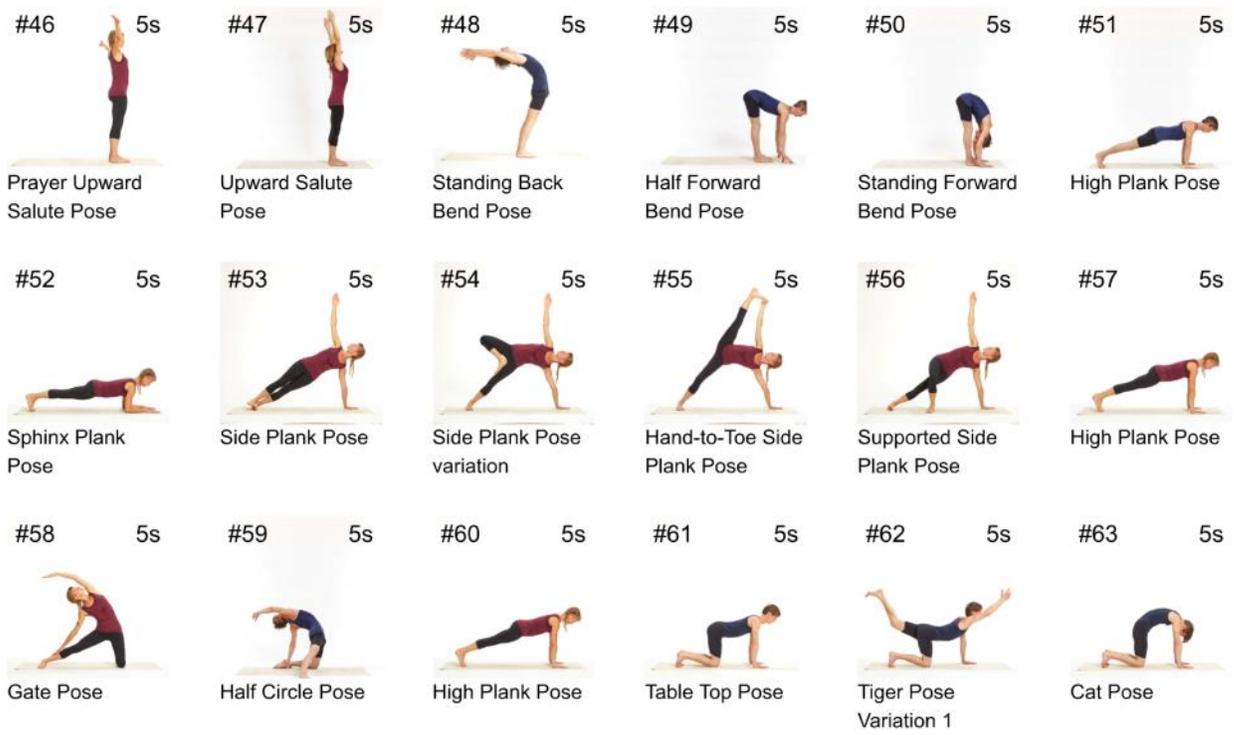
Energize  
 Brahmana - Vitality Flow - Beginning with Easy Sun Salutation, Variation (Repeat 3-5 times) \*Remember to Set an Intention & Take Child's Pose Anytime, Anywhere!

#1	5s	#2	5s	#3	10s	#4	5s	#5	5s	#6	5s
											
Butterfly Pose Preparation		Butterfly Pose Preparation		Mountain Pose		Upward Salute Pose		Soft Knees Forward Bend Pose		Half Forward Bend Pose	
#7	5s	#8	5s	#9	3s	#10	5s	#11	4s	#12	5s
											
Standing Forward Bend Pose		Upward Salute Pose		Mountain Pose		Upward Salute Pose		Soft Knees Forward Bend Pose		Half Forward Bend Pose	
#13	5s	#14	5s	#15	5s	#16	5s	#17	5s	#18	5s
											
Standing Forward Bend Pose		Upward Salute Pose		Mountain Pose		Awkward Chair Pose		Awkward Chair Pose		Revolved Awkward Chair Pose	
#19	5s	#20	5s	#21	5s	#22	5s	#23	5s	#24	5s
											
Revolved Awkward Chair Pose		High Plank Pose		Upward Facing Dog Pose		Downward Facing Dog Pose		Jump Preparation		Namaste Pose	
#25	5s	#26	5s	#27	5s	#28	5s				
											
Standing Back Bend Pose		Standing Side Bend Pose		Standing Side Bend Pose		Namaste Pose					

Warrior Goddess Flow - REPEAT ON BOTH SIDES

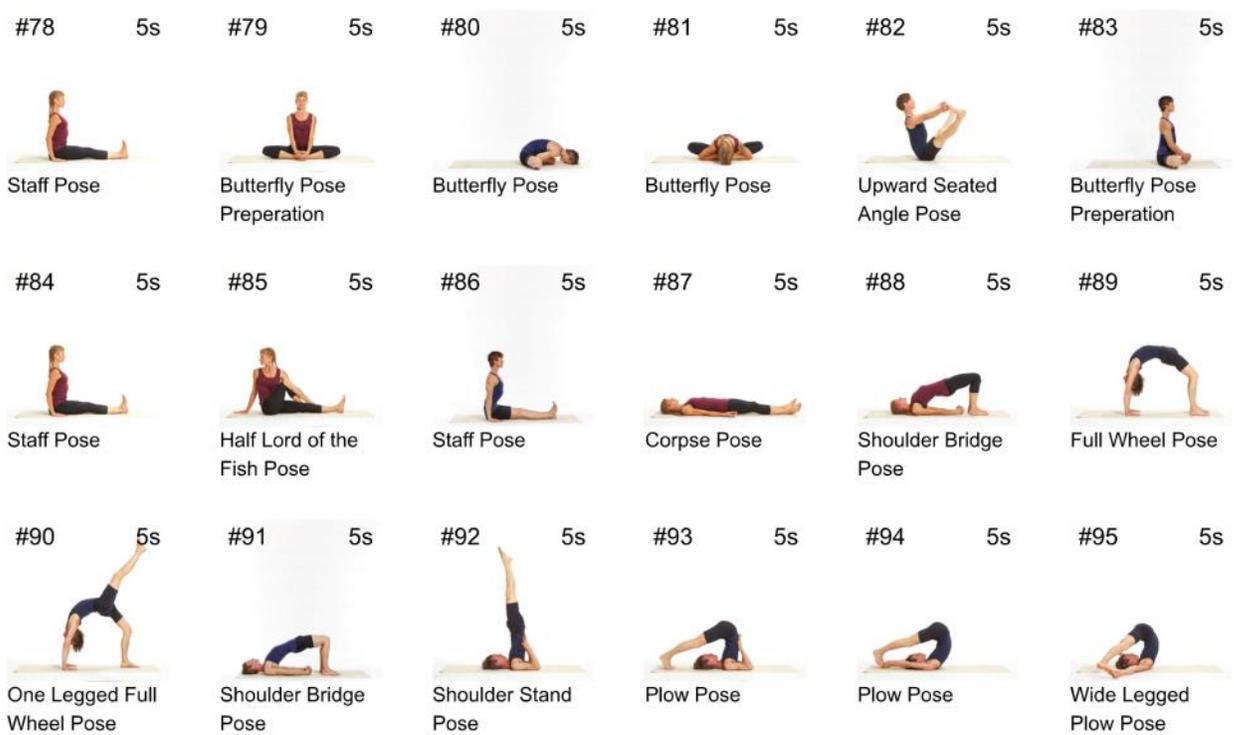


**Stability Flow - REPEAT ON BOTH SIDES**





Awake Grounding Flow - REPEAT ON BOTH SIDES \*Remember you can modify or take a variation, some poses are progressing into more advanced postures.



#96

5s



Corpse Pose

TIPS: This sequence is best when practiced several hours before sleep. Back bends and inversions can awake the spirit and cause us to become energized, which is the point of this Brahmana sequence. For a more relaxing sequence see the Langhana version.

Remember that your final resting pose can be whatever your body needs, just begin to find your normal natural breath and relax. 10 minutes for every hour practiced. NAMASTE!

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