



SEQUENCE PLAN

Vinyasa Flow & Breathwork

GUIDE: ALEX | DURATION: 60 MINUTES

INTENTION

Cultivating groundness through deep hip openers and balancing the nervous system via Nadi Shodhana pranayama.

THE FLOW

<i>0 - 10 Mins</i>	Centering & Pranayama (Alternate Nostril Breathing).
<i>10 - 20 Mins</i>	Warm-up: Sun Salutations A & B.
<i>20 - 45 Mins</i>	Standing Sequence: Warrior series, Tree pose, Hip openers.
<i>45 - 60 Mins</i>	Cool down, seated stretches, and final Savasana.