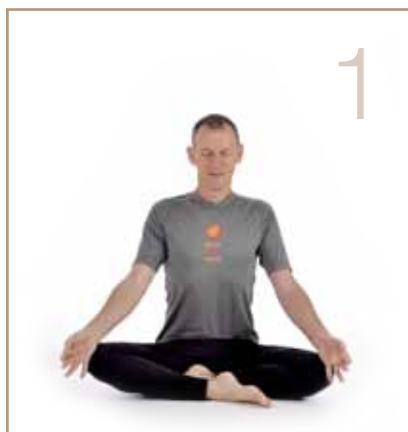


# Warrior Sequence

Build strength and cultivate courage

John Ogilvie is the founder of Byron Yoga Centre and has been teaching for over 30 years. He developed Purna Yoga (meaning complete) to define his style of classical alignment focused hatha yoga integrated with pranayama, meditation, and philosophy.

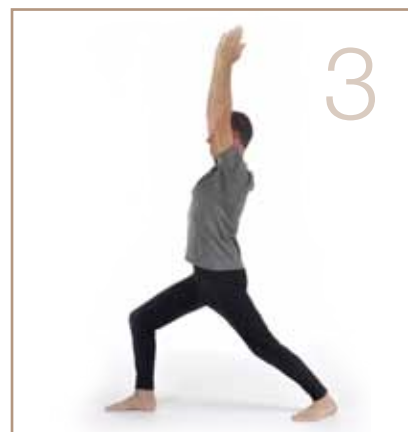
This powerful Purna Yoga standing sequence improves stamina and increases confidence. It is an excellent continuation from John Ogilvie's popular meditation preparation sequence.



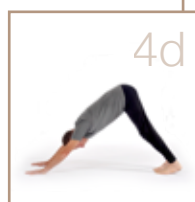
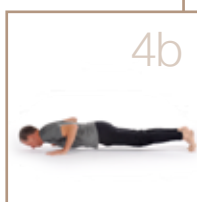
1  
Begin sitting in a comfortable cross legged position. Close your eyes, take your awareness inside, connect to your breath, and take a few moments of stillness.



2  
Open your eyes, place your palms on the floor, then roll forward over your feet and step back into Downward Facing Dog Pose. Check your hands are shoulder width apart or slightly wider and your feet are hip width. Take 5 - 8 breaths.

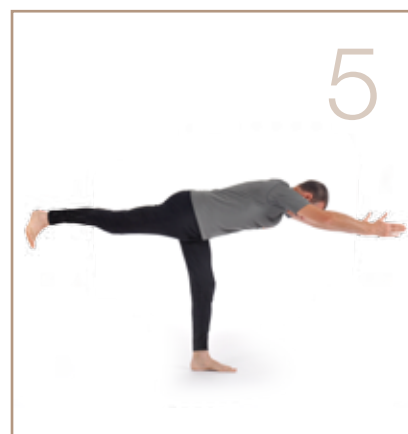


3  
Step the right foot forward and turn the left heel in. Inhale and sweep the arms forward for Warrior I Pose. Ensure the front knee is directly above the ankle. Look up if it's comfortable on your neck, hold for 5 - 8 breaths.



4a  
Lower your hands to the floor and step the right foot back into Plank Pose, forming a straight line from the heels to the shoulders. Exhale into Four Limbed Staff Pose or come all the way to the floor.

4c  
If you are lying flat on the floor inhale into a gentle Corbra, or from Chaturanga roll forward over the toes and straighten the arms, roll the shoulders back lift the chest in Upward Facing Dog. Then push back into Downward Facing Dog.



5  
Step left foot forward for Warrior I on the left side for 5- 8 breaths, then repeat the connecting sequence (4a to 4d). Next step right foot forward into Warrior I. Inhale moving into Warrior III (fingertips can stay on the floor) for 5 - 8 breaths.



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Place left fingers to floor under the shoulders (beginners can use a block), inhale and raise right arm into Revolved Half Moon Pose. If you have your balance, turn the head and gaze up at the top thumb for 5 – 8 breaths.



Exhale and lower the right hand finger tips on the floor (or block), inhale and raise the left arm opening into Half Moon Pose for 5 – 8 breaths.



Step back into Downward Facing Dog and into the connecting sequence 4a to 4d. Then repeat 5 to 7 on the left side. After another connecting sequence, step right foot forward, cartwheel left arm up and over (facing behind) into Warrior II left side for 5 – 8 breaths.



Changing sides to face front, exhale bending the right knee and raising the right arm up and over the head into Reverse Warrior Pose, sliding the left hand down the left leg. Hold 5 – 8 breaths.



Inhale and raise the torso, taking the right fingers to the floor by the heel of the right foot, extend the left arm over the head and take 5 – 8 breaths in Intense Side Stretch Pose.



Wrap the left arm behind you and take the right under the leg, if possible bind by taking the left wrist with the right hand. Straighten left arm and right leg.



Reverse the bind, step back foot forward and come up into Bird of Paradise Pose for 5 - 8 breaths. Then step back into connecting sequence. Step left foot forward, cartwheel right arm up and over into Warrior II right side. Repeating 9 -12 on left side.



From Downward Facing Dog step right foot forward, walk the hands around to the left for Intense Wide Legged Forward Bend. Have both feet parallel to the outside edges of the mat. Inhale and lengthen out of the waist, exhale and fold forward and hold for 8 - 12 breaths.



From Intense Wide Legged Forward Bend, walk hands to right foot, step back to Downward Facing Dog. Bend the knees to the floor, cross the ankles and sit back into comfortable cross legged position. Closing your eyes, connect to your breath and take a few moments of stillness.