

# GROUNDING YOGA

## RELEASE FEAR & ANXIETY

30 MIN

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1-2 Deep Breathing/ Eye Exercises

3 Easy Pose w/ Side-Body Stretch ●

4 Easy Twist ●

5 Seated Cat-Cow (x5)

6 Easy Pose w/ Forward Fold ●

7 Puppy

8 Downward Dog

9 Plank

10 Downward Dog (x5)

11 Standing Forward Bend w/ Shoulder Opener

12 Standing Forward Bend Twist ●

13 Upward Salute

14 Cactus Arms

15 Downward Dog

16 Standing Forward Bend

17 Halfway Lift

18 Plank

19 Cobra

20 Child's Pose (x3)

21 Upward Dog

22 Downward Dog

23 Warrior II (x5)

24 Warrior II w/ Straight Leg & Open Chest

25 Extended Side Angle

26 Low Lunge Twist

27 Downward Dog (SWITCH SIDES 20-23)

28 Warrior I

29 Humble Warrior

30 Pyramid

31 Tree

32 Downward Dog (SWITCH SIDES 25-28)

33 Lizard

34 Yogi Squat/ Garland

35 Lizard

36 Dynamic Yogi Squats (x5)

CLICK HERE for step-by-step instructions

● repeat on the other side

alternate between two poses X number of times; move with the breath

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