

An Energizing Yoga Flow

Stoke your inner fire with this seven-pose practice.

“As you move through a flow, you have the opportunity to play around with your balance, strength, and breath, which ultimately leads to feeling **more energized and connected to your body.**”

— Madden Zappa, CPT, RYT-200,
Life Time studio lead and
yoga instructor



Experience Life

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Photos: Kelly Loverud; Styling: Pam Brand; Model: Liz Sousek

As you flow through this sequence, use your breath to transition from one pose to the next. Perform the first pose on an inhale, the second on an exhale, and so on.

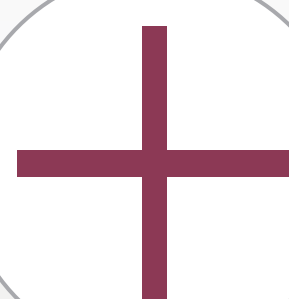
The resulting flow will feel like a dance. So rather than holding and perfecting each pose, move with a sense of playfulness, spontaneity, and exploration.

3–5 rounds per side

2–3 times per week
(or anytime you want a boost of energy)

This routine alternates between “poses that contract and [poses that] expand the body, **creating waves of energy that build and release.**”

– Madden Zappa



To see the moves
in action, check out
the online version
of this article.

1

Warrior I, or Virabhadrasana I (Inhale)



Start by standing at the front of your mat with your hands on your hips. On an inhale, step your right foot back to assume a wide, comfortable stance. Orient your feet so your front toes face straight ahead and your back toes point to the right at a 45-degree angle.

Keeping both heels on the mat, bend your left knee into a lunge position. Make sure your knee is aligned over your left heel or slightly behind it.

Raise your arms straight overhead with your palms facing one another.

2

Curtsy Lunge (Exhale)



From Warrior I, exhale as you step your right foot up to land slightly behind and to the left of your front leg.

Bend both knees and lower your body straight down, keeping your hips and shoulders squared and stacked.

3

Star Pose, or Utthita Tadasana (Inhale)



From the curtsy lunge, straighten your knees and, on an inhale, step your right foot back and open your body to the right side of the mat.

Assume a wide, straight-legged stance, with feet parallel, toes facing forward. Simultaneously extend your arms out to the sides; try to take up as much space as possible.

If it feels good, take a slight back bend by squeezing your shoulder blades together and lifting your chest and chin toward the ceiling.

4

Wide-Legged Forward Fold, or Prasarita Padottanasana (Exhale)



From the star pose, hinge at your hips to fold forward as you exhale deeply.

Walk your hands down and allow your torso to hang between them. Bend your knees as needed.

If you'd like to add movement, gently sway from side to side or bend and straighten one knee at a time.

5

**Dragonfly Twist, or Parivrtta Utthita
Ashwa Sanchalanasana
(Inhale)**



In the wide-legged forward fold, walk your hands toward your right foot. On an inhale, turn both feet to the right and assume a low lunge position.

Align your right knee over or slightly behind the same-side heel and extend your left leg long behind you.

Rotate your torso to the right so your chest is twisting toward your bent knee.

Keep your left hand on the floor (or on a block) and reach your right hand toward the ceiling.

6

Pyramid, or Parsvottanasana (Exhale)



From the dragonfly twist, exhale and step your left foot forward until it's about three to four feet from your right heel.

Keeping both feet rooted in the mat, straighten your legs.

Fold over your right leg and place your hands on the floor (or on blocks) on either side of your front foot.

7

Balancing Half-Moon, or Ardha Chandrasana (Inhale)



From pyramid pose, inhale to shift your weight onto your right foot and lift your left leg.

Rotate your torso to open your hips and chest to your left.

Extend your top arm skyward or place that hand on your hip. Allow your right hand to hover or rest it on a yoga block.



Return to the start of the flow.

On an exhale, move into a high-plank position with arms extended under your chest.

Inhale.

On an exhale, move into downward-facing dog (adho mukha svanasana). Rest here for a few breaths, if needed.

When you're ready, lift your right leg off the floor and swing it between your arms. Plant your right foot on the ground to set up for warrior I, or virabhadrasana I.

Repeat the flow on the opposite side. Complete three to five rounds per side.

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