

February Sequencing... Opening to Love

Cupid's Curiosity
Open to love...



February is about love: backbends, heart openers, and the heart chakra, Anahata.

"Backbends are rejuvenating. They give energy and courage and combat depression. They open the chest and make the spine flexible. The arms and shoulders become strong. The mind and body become alert."

B.K.S. Iyengar,

open with guidance,
bolsters + bricks with
back for chest in
svanasana

sankhalpa: wishes!

awaken amazing

sea flow to juicy

warrior eh
warrior be
tree

dancer with straps

sea

its love
ultimate
half pigeon
*full with strap
dolphin
cobra

ddog connect
core connections
bicycles
diamonds
90 60 30
dolphin plank
from the hip

up dog

reverse tabletop
* purvotonasana
extended tabletop

staff seated

half frog
camel
* full camel

chair

seated sukhasana
(to centre + calm)

cat
cow
extended puppy

headstand

wheel
* wheel
progressions
* extended
purvotonasana

ddog

uttanasana
marichyasna 1

svanasana ♥
(total love connect!)