

Goddess Flow

Utkaka Konasana

The image below is what I have recently (Fen 2021) been using as a base for our Goddess Flow in class.

You can add a twist in when forward folded like we have been doing.

Between poses 7 and 8 you could add in a Warrior 1.

At 9 and 10 you could add in a side stretch if you wished.

The watch out points are the knees and shoulders, so do adjust where you need to.

Do use a chair if you would prefer ... sit forward on it... make sure it won't tip over! So it is easily adaptable for all of us. If shoulders are an issue...adapt where you move the arms.

The bottom three images are very much to help you move with the breath and into the thoracic area.

