



Destination Yoga

calming + grounding sequence for traveling



Touch the ground as soon as you arrive. Inhale, press into the mat and lift your heart.



Exhale round the back + broaden the shoulders. Move 3-6x between these two poses.



Curl toes under and lift hips into Downward Facing Dog. Be fluid + bend knees + sway hips.



Lift the right leg up then curl the knee into the belly. Place foot between the hands into a lunge.



Lower the knee and lift both arms up. Circle them around + to the ground.



With hands on ground or blocks, pull the hips back + straighten the front leg into a half split.



Rock into low lunge + draw knees in line with hips. Walk arms out long + press heart toward ground.



Lower to the ground. Interlace fingers + press hands towards feet opening the heart.



Release hands to mat, + lift hips to the sky into Downward Facing Dog.

Repeat this sequence 3-6x connecting with your new location.

Once the body is warm, proceed to the ending sequence.



With straight legs or bent knees, extend the spine and bow into a forward fold.



Curl the left foot into the body while sliding the right leg out. Lift out of the side body and reach to the right. Switch sides.



Lie down on belly. Bend knees and grasp ankles. Pressing feet into the hands, lift chest off mat.



Release and lie forehead to the back of your palms. Sway hips side to side. Roll to back.



Cross left ankle over right thigh. Interlace fingers around right hamstring. Gently pull + release hip with breath. Switch sides.



Let knees drop to the right while releasing arms into a soft "T" shape. Switch sides.



Grab big toes and open hips. Gently pull knees towards armpits into happy baby.



Extend legs + arms long on the mat. Allow the earth to soothe the nerves and refresh the mind.