

Summertime Yoga Flow  
One Block and Strap  
Vicki Forman  
[www.yoga4man.com](http://www.yoga4man.com)

As the season shifts our bodies are influence by the seasons themselves. Your body does transition naturally and it never hurts to integrate some simple tweaks to the summer months. The summer months are light and warm and to balance heat and energy we need to create an opposite environment. Pitta is driven by solar fore so we need to invite coolness and thoughtfulness

1. Seated

a. Sheetal Pranayama

- i. Stick out the tongue by curling the sides of the tongue
- ii. Breathe in through the curled tongue
- iii. Hold the breathe
- iv. Exhale throught the nose

b. Lotus flower position first

- i. Reaching over the head and pressing the palms together.
- ii. Exhaling hands back to Lotus flower

c. Sun breaths

- i. Inhale reach the arms ups and touch the fingertips
- ii. Exhale press the palms down to the earth

d. Seated forward fold

e. Wide legged forward fold

f. Seated bound angle Pose

g. Seated Twist

2. Tabletop

a. Child's pose to Cobra

- i. Childs pose
- ii. Cobra
- iii. Table
- iv. Child's pose

b. Dancing Cat

c. Forearm Plank

3. Mountain Pose

- a. With Lotus Mudra
    - i. Invites coolness and open heart
- 4. Half Sun Salutation
- 5. Moon Salutations
  - a. Stand in the middle of your mat
  - b. Interlock fingers over the head
  - c. Side bend to the Right and then left
  - d. Left foot out into Goddess squat
  - e. Triangle pose
  - f. Right arm down into Pyramid pose
    - i. Forward fold
  - g. Low lunge with Arms up
  - h. Hands inside the foot and turn to Ninja squat
    - i. Go to the other side – Ninja squat
  - i. Low Lunge with arms up
    - i. Hands to the floor
    - ii. Foot forward to Pyramid
    - iii. Forward fold
  - j. Triangle pose
  - k. Goddess pose
  - l. Step feet back together
  - m. Start again with Side bend to the left
- 6. Warrior II Flow
  - a. Warrior Two with palms up – Promotes cooling
  - b. Triangle Pose
    - i. Reaching down with a block or to the shin
    - ii. Balancing Half Moon
- 7. Tree Flow
  - a. Tree
  - b. Extend leg out in front of your hips
  - c. Or bend the knee and wrapped finger around the shin
- 8. On Your Back
  - a. Bridging with a block
  - b. Spinal twist with legs crossed
  - c. Legs Up the Wall with a strap