

Weeks 9 & 10: Autumn Yoga Flow



Crescent Moon (*Urdhva Hastasana*)

During the fall, the days get shorter, and the nights get longer. Sometimes you can see a crescent moon in the sky. Let's side bend in the shape of a crescent moon.



Tree (*Vrksasana*)

As the seasons change, so do the colors of the leaves on the trees. Let's balance tall like a tree.



Warrior III (*Virabhadrasana III*)

As the seasons change, birds fly south for warmer weather. Let's fly like a bird, and flap your wings if you like.



Chair (*Utkatasana*)

As the seasons change, farmers harvest their crops before winter. Let's sit in our tractors and pretend we are driving through the fields.



Downward-Facing Dog (*Adho Mukha Svansana*)

As it gets cooler, bears prepare to sleep in their dens. Let's press our bear paws firmly into the ground, pretending we are sleepy bears.



Hero (*Virasana*)

The fur on a fox starts to grow thicker for the winter. Kneel and pretend you are a fox stretching its neck to look up at the autumn moon.



Cobbler Pose (*Badakonasana*)

During the fall, monarch butterflies fly south to their winter home. Sitting with the bottoms of your feet together, flap your legs as if they are butterfly wings.

Cultural Révérence

If you remember the movements from our cultural révérence, practice them here to end today's yoga flow.

"We wish for: peace, love, and respect for everyone."