



30 YOGA SEQUENCES

TO SUPPORT YOUR

HOME PRACTICE

JASON CRANDELL

YOGA METHOD

Power + Precision + Mindfulness

TABLE OF CONTENTS

- 3 SEQUENCES FOR MORNING AND EVENING
 - 5 SURYA NAMASKAR A
 - 6 SURYA NAMASKAR B
 - 7 MORNING JUMPSTART SEQUENCE
 - 8 30-MINUTE MORNING SEQUENCE
 - 9 EVENING WIND-DOWN SEQUENCE

- 10 STANDING POSE SEQUENCES
 - 11 REVOLVED TRIANGLE
 - 12 VIRABHADRASANA III

- 13 SEATED POSE SEQUENCES
 - 14 PADMASANA (LOTUS POSE)
 - 15 COMPASS POSE
 - 16 HANUMANASANA
 - 17 PARIVRTTA JANU SIRSASANA
 - 18 QUICK HIP OPENING
 - 19 RELEASE LOWER BACK
 - 20 10-MINUTE SEQUENCE FOR JETLAG + FATIGUE
 - 21 RELEASE TENSION IN YOUR NECK, SHOULDERS, & UPPER BACK

TABLE OF CONTENTS

- 22 ARM BALANCE SEQUENCES
 - 23 BAKASANA
 - 24 TITTIBHASANA
 - 25 PARVA BAKASANA
 - 26 EKA PADA KOUNDINYASANA
 - 27 VASISTHASANA
 - 28 30-MINUTE FOREARM BALANCE

- 29 BACKBEND SEQUENCES
 - 30 USTRASANA (CAMEL POSE)
 - 31 URDHVA DHANURASANA (UPWARD FACING BOW POSE)

- 32 INVERSION SEQUENCES
 - 33 SIRSASANA (HEADSTAND)
 - 34 SARVANGASANA {SHOULDERSTAND}
 - 35 ADHA MUKHA SVANASANA (HANDSTAND)
 - 36 30-MINUTE FOREARM
 - 37 IMMUNE SYSTEM BOOSTER

MORNING & EVENING

- 5 SURYA NAMASKAR A
- 6 SURYA NAMASKAR B
- 7 MORNING JUMPSTART SEQUENCE
- 8 30-MINUTE MORNING SEQUENCE
- 9 EVENING WIND-DOWN SEQUENCE

SURYA NAMASKAR A



1 TADASANA



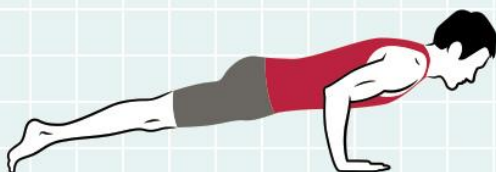
2 URDHVA HASTASANA



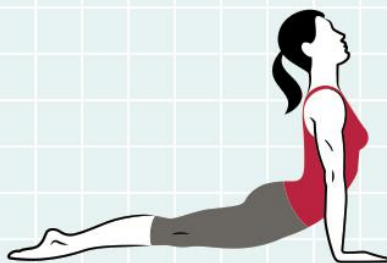
3 UTTANASANA



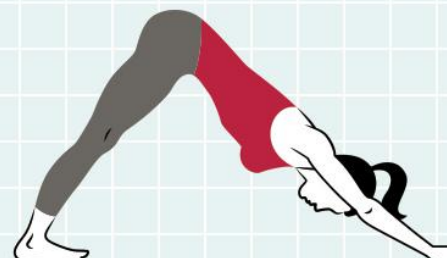
4 ARDHA UTTANASANA



5 CHATURANGA DANDASANA



6 URDHVA MUKHA SVANASANA



7 ADHO MUKHA SVANASANA



8 ARDHA UTTANASANA



9 UTTANASANA



10 URDHVA HASTASANA



11 TADASANA

SURYA NAMASKAR B



1 TADASANA



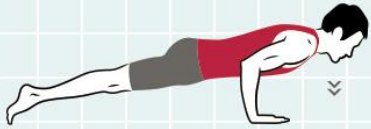
2 UTKATASANA



3 UTTANASANA



4 ARDHA UTTANASANA



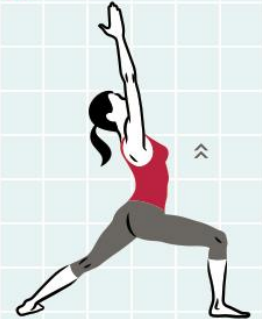
5 CHATURANGA DANDASANA



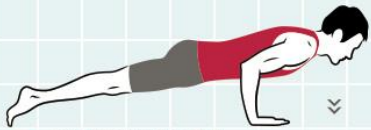
6 URDHVA MUKHA SVANASANA



7 ADHO MUKHA SVANASANA



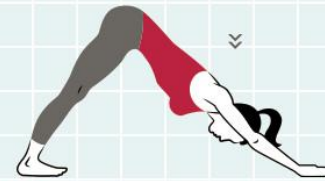
8 VIRABHADRASANA I (RIGHT LEG FORWARD)



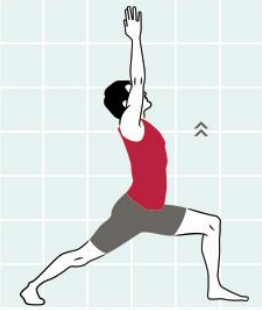
9 CHATURANGA DANDASANA



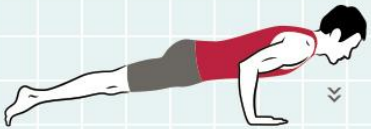
10 URDHVA MUKHA SVANASANA



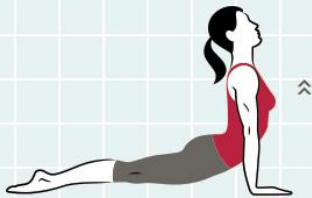
11 ADHO MUKHA SVANASANA



12 VIRABHADRASANA I (LEFT LEG FORWARD)



13 CHATURANGA DANDASANA



14 URDHVA MUKHA SVANASANA



15 ADHO MUKHA SVANASANA



16 ARDHA UTTANASANA



17 UTTANASANA



18 UTKATASANA

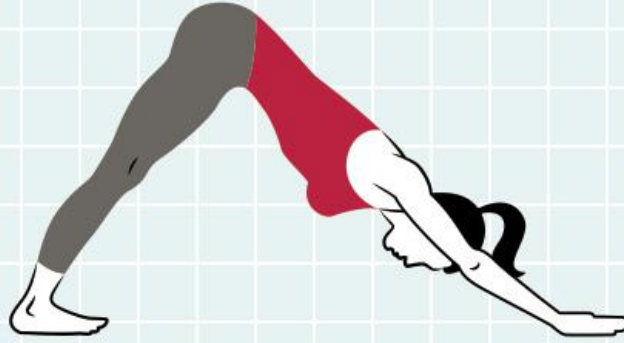


19 TADASANA

MORNING JUMPSTART SEQUENCE



1 HAPPY BABY POSE



2 DOWNWARD-FACING DOG POSE



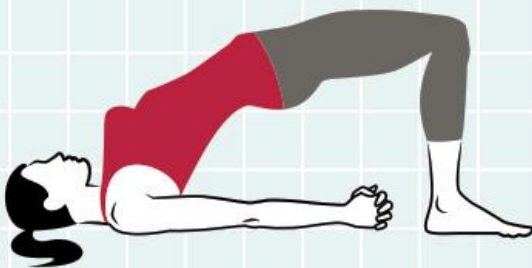
3 STANDING FORWARD BEND



4 HANDSTAND



5 SURYA NAMASKAR A



6 BRIDGE POSE



7 SEATED MEDITATION

30-MINUTE MORNING YOGA SEQUENCE



1 CHILD'S POSE



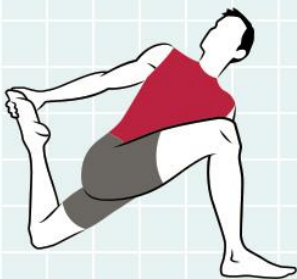
2 EASY POSE TWIST



3 EASY POSE



4 DOWNWARD-FACING DOG



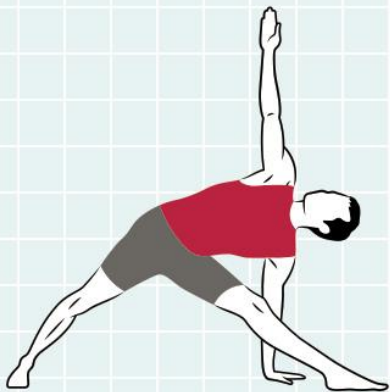
5 LOW LUNGE
QUAD STRETCH



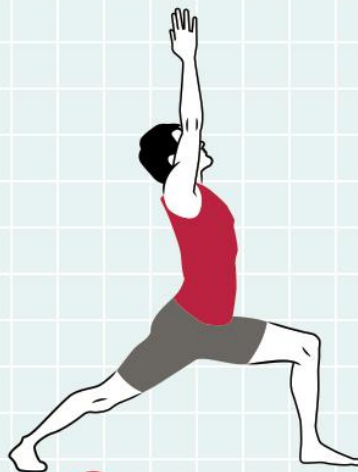
6 SUN SALUTATIONS A



7 WARRIOR II



8 TRIANGLE POSE



9 WARRIOR I



10 INTENSE SIDE STRETCH



11 BRIDGE POSE



12 RECLINED HAND-TO-
BIG-TOE POSE

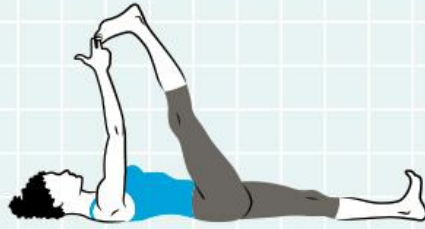


13 SEATED MEDITATION

EVENING WIND DOWN SEQUENCE



1 RECLINED TWIST



2 SUPTA PADANGUSTHASANA A



3 SUPTA PADANGUSTHASANA B



4 SUPTA PADANGUSTHASANA C



5 CHILD'S POSE



6 HERO POSE WITH EAGLE ARMS



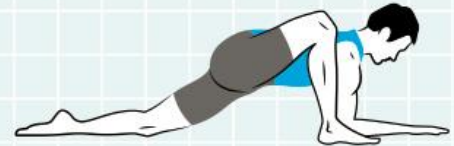
7 HERO POSE WITH REVERSE PRAYER



8 HERO POSE WITH COW FACE ARMS



9 DOWNWARD-FACING DOG POSE



10 LIZARD POSE



11 PIGEON POSE FORWARD BEND



12 JANU SIRSASANA



13 ARDHA MATSEYANDRASANA



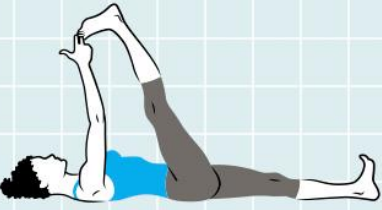
14 LEGS UP THE WALL POSE

STANDING POSES

11 REVOLVED TRIANGLE

12 VIRABHADRASANA III

Peak Pose: Revolved Triangle



1 RECLINED HAND TO BIG TOE POSE



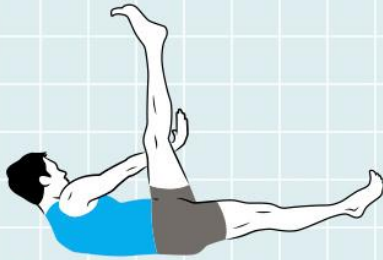
2 RECLINED HAND TO BIG TOE POSE III



3 THREAD THE NEEDLE



4 RECLINED SIDE CROW



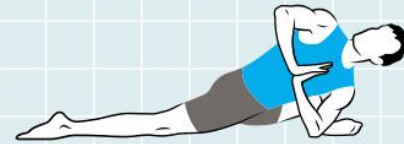
5 RECLINED EKAPADAKOUNDINYASANA



6 EASY POSE WITH A TWIST



7 REVOLVED HERON POSE



8 TWISTED PIGEON



9 DOWNWARD DOG



10 HALF STANDING FORWARD BEND



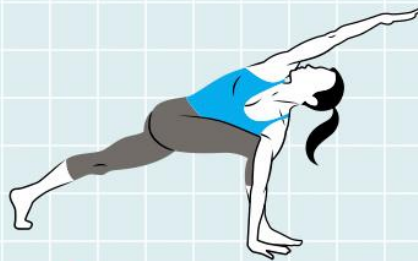
11 STANDING FORWARD BEND



12 STANDING ANKLE TO KNEE POSE



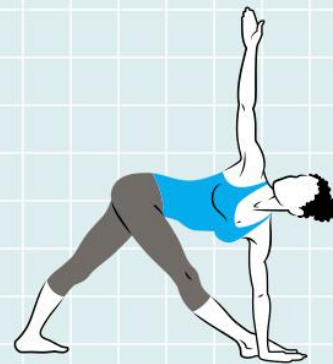
13 REVOLVED CHAIR POSE



14 HIGH-LUNGE TWIST



15 PARSVOTTANASANA



16 REVOLVED TRIANGLE POSE

15 Poses to Warrior III



1 RECLINED HAND TO BIG TOE POSE



2 RECLINED HAND TO BIG TOE POSE II



3 FULL BOAT POSE



4 HALF BOAT POSE



5 THREE LEGGED DOWN DOG



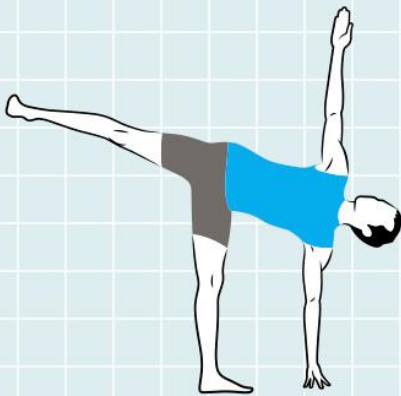
6 STANDING FORWARD BEND



7 TREE POSE



8 WARRIOR II



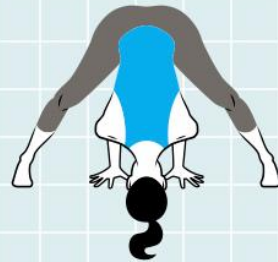
9 HALF MOON POSE



10 WARRIOR I



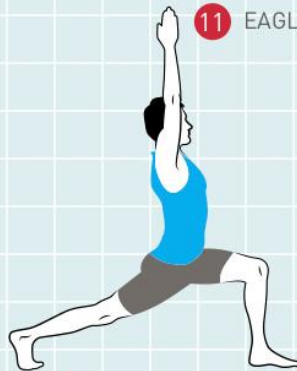
11 EAGLE POSE



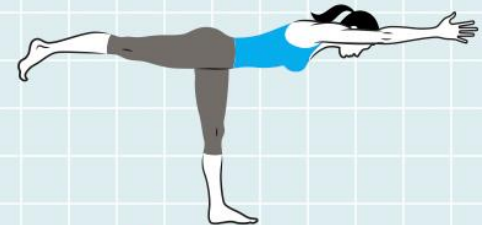
12 STANDING WIDE LEGGED FORWARD BEND



13 PARSVOTTANASANA



14 HIGH LUNGE



15 WARRIOR III

SEATED POSES

- 14 PADMASANA (LOTUS POSE)
- 15 COMPASS POSE
- 16 HANUMANASANA
- 17 PARIVRTTA JANU SIRSASANA
- 18 QUICK HIP OPENING
- 19 RELEASE LOWER BACK
- 20 10-MINUTE SEQUENCE FOR JETLAG + FATIGUE
- 21 RELEASE TENSION IN YOUR NECK, SHOULDERS, & UPPER BACK

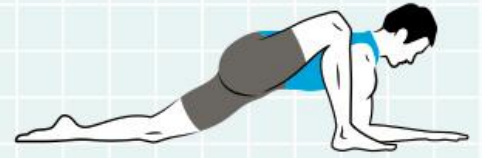
PADMASANA (LOTUS POSE)



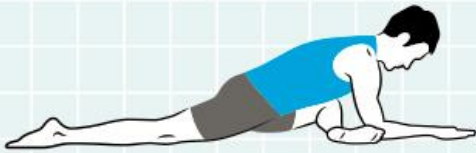
1 LOW LUNGE



2 LOW LUNGE QUAD STRETCH



3 LIZARD POSE



4 PIGEON POSE



5 PIGEON POSE QUAD STRETCH



6 ADHO MUKHA SVANASANA
(DOWNWARD-FACING-DOG)



7 UTTANASANA



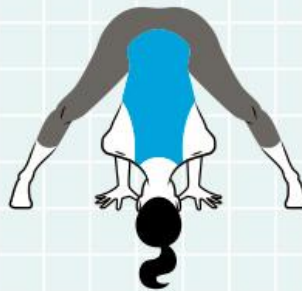
8 STANDING ANKLE TO KNEE



9 ARDHA BADDHA
PADMOTTANASANA



10 PARIVRTTA TRIKONASANA



11 PRASARITA PADOTTANASANA



12 BADDHA KONASANA



13 GOMUKHASANA



14 ANKLE TO KNEE POSE



15 ARDHA BADDHA PADMA
PASCHIMOTTANASANA



16 PADMASANA

COMPASS POSE



1 DOWNWARD-FACING DOG



2 THREE-LEGGED DOWN DOG



3 TWISTY THREE-LEGGED DOWN DOG



4 HALF STANDING FORWARD BEND



5 HAND-TO-FOOT-POSE



6 EXTENDED SIDE ANGLE POSE



7 REVERSE WARRIOR



8 BOUND HALF MOON POSE



9 EXTENDED HAND-TO-BIG-TOE POSE



10 BIRD OF PARADISE



11 GATE POSE



12 UBAYA KONASANA



13 UPWARD-FACING FORWARD BEND



14 REVOLVED SEATED WIDE ANGLE

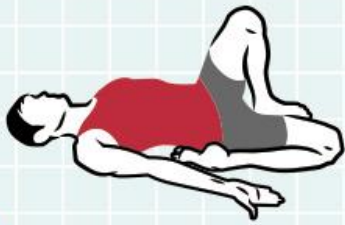


15 PARIVRTTA JANU SIRSASANA



16 COMPASS POSE

HANUMANASANA



1 ARDHA SUPTA VIRASANA



2 HAPPY BABY POSE



3 SUPTA PADANGUSTHASANA A



4 SUPTA PADANGUSTHASANA B



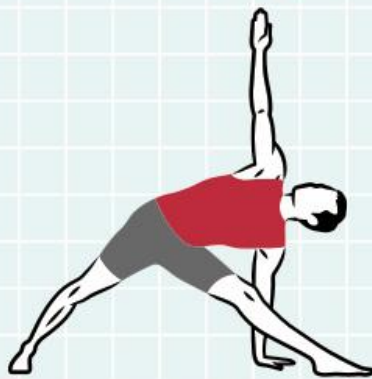
5 ANKLE TO KNEE POSE



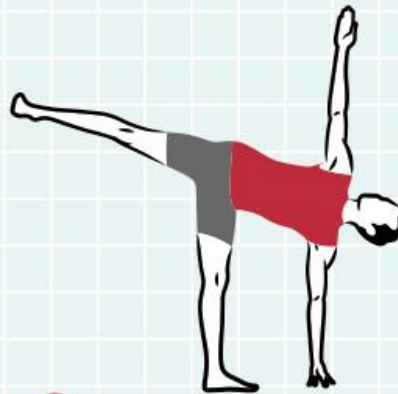
6 ADHO MUKHA SVANASANA



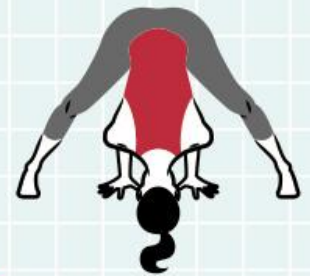
7 UTTANASANA



8 UTTHITA TRIKONASANA



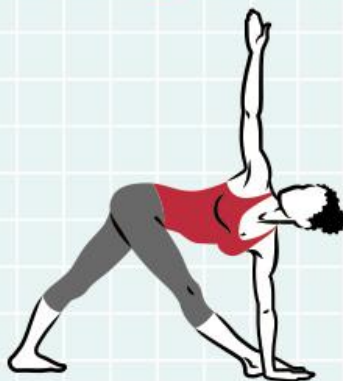
9 ARDHA CHANDRASANA



10 PRASARITA PADOTTANASANA



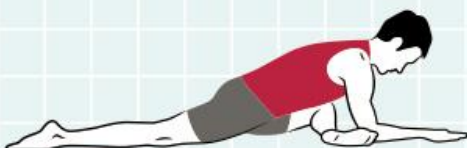
11 PARSVOTTANASANA



12 PARIVRTTA TRIKONASANA



13 LIZARD POSE



14 PIGEON POSE

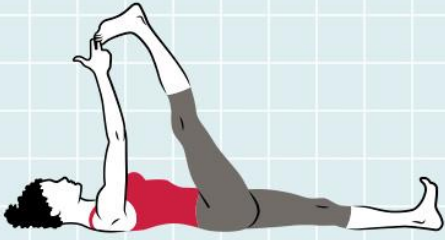


15 LOW LUNGE QUAD STRETCH



16 HANUMANASANA

Parivrtta Janu Sirsasana Sequence



1 RECLINED HAND-TO-BIG-TOE A



2 RECLINED HAND-TO-BIG-TOE B



3 DOWNWARD-FACING DOG



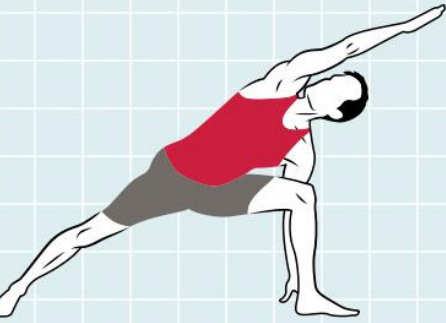
4 THREE-LEGGED DOWN DOG



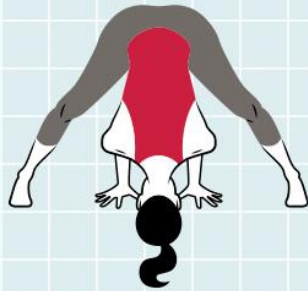
5 REVERSE WARRIOR



6 TRIANGLE POSE



7 SIDE ANGLE POSE



8 STANDING WIDE ANGLE FORWARD BEND



9 TWISTY PRASARITA



10 SEATED WIDE ANGLE FORWARD BEND



11 REVOLVED WIDE ANGLE FORWARD BEND

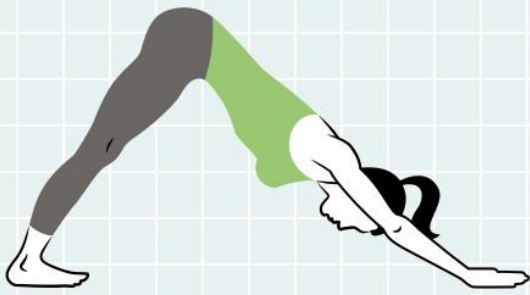


12 GATE POSE

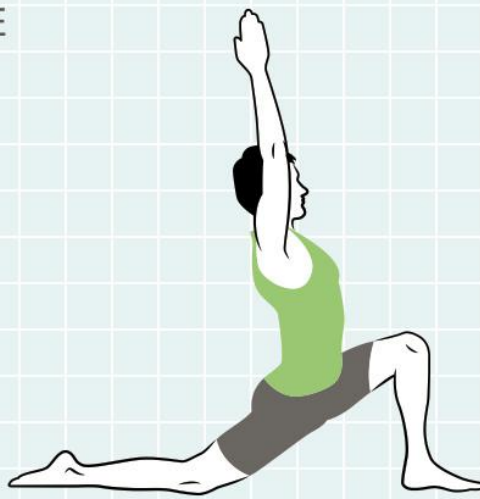


13 PARIVRITTA JANU SIRSASANA

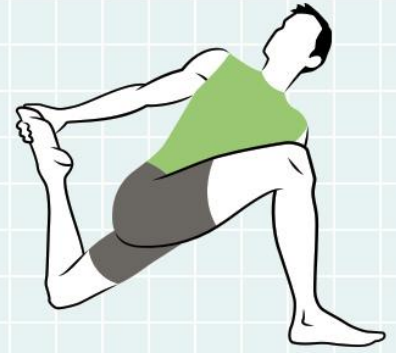
QUICK HIP-OPENING SEQUENCE



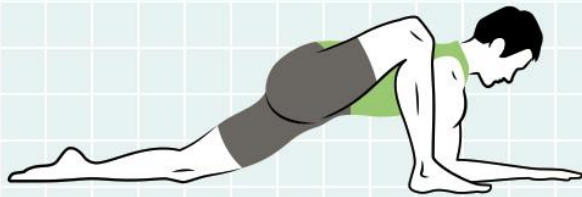
1 DOWNWARD-FACING DOG POSE



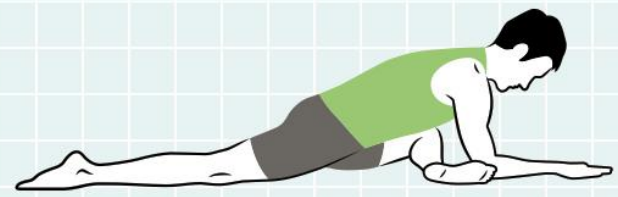
2 LOW LUNGE



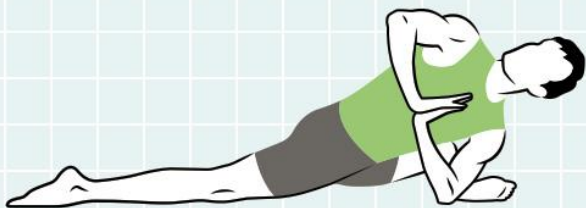
3 LOW LUNGE QUAD STRETCH



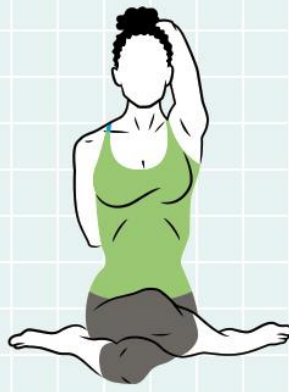
4 LIZARD POSE



5 PIGEON POSE FORWARD BEND



6 PIGEON POSE TWIST



7 COW FACE POSE



8 ANKLE TO KNEE POSE

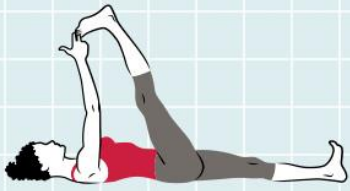


9 SEATED WIDE LEGGED FORWARD BEND



10 SEATED MEDITATION

Release Lower Back Tension



1 RECLINED-HAND-TO-BIG-TOE POSE I



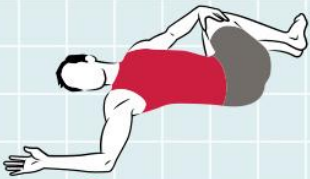
2 RECLINED-HAND-TO-BIG-TOE II



3 RECLINED-HAND-TO-BIG-TOE III



4 THREAD THE NEEDLE



5 JATHARA PARIVARTANASANA



6 CORE CONNECTOR WITH BLOCK



7 DOWNWARD-FACING DOG POSE



8 FOREARM PLANK



9 SPHINX POSE



10 CAT POSE



11 PIGEON POSE



12 LOW LUNGE



13 LOW LUNGE QUAD STRETCH



14 HIGH LUNGE PRAYER TWIST



15 EASY POSE TWIST

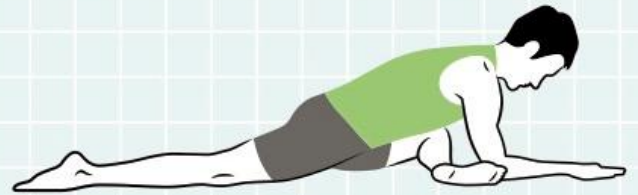


16 CHILD'S POSE

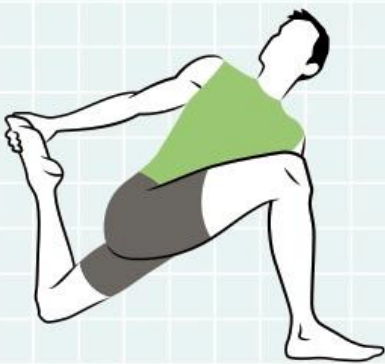
10-MINUTE SEQUENCE FOR JETLAG AND FATIGUE



1 DOWNWARD-FACING DOG POSE



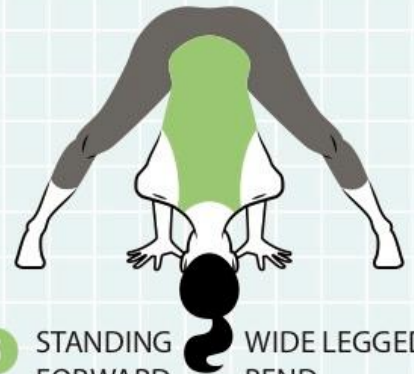
2 PIGEON POSE FORWARD BEND



3 LOW LUNGE QUAD STRETCH



4 STANDING FORWARD BEND



5 STANDING FORWARD WIDE LEGGED BEND



6 HANDSTAND



7 HEADSTAND

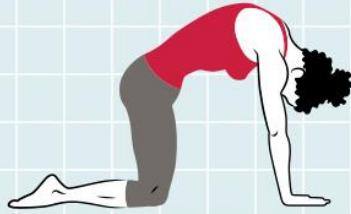


8 CHILD'S POSE

Release Tension in Your Shoulders, Neck, and Upper Back



1 CHILD'S POSE



2 CAT POSE



3 BADDHAHASTASANA



4 GARUDASANA ARMS



5 GOMUKHASANA



6 REVERSE PRAYER



7 DOWNWARD-FACING DOG POSE



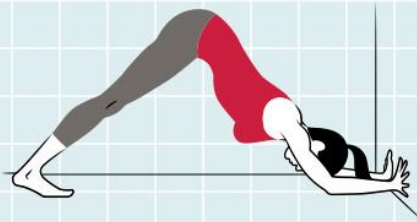
8 LOW LUNGE HANDS CLASPED



9 PADAHASTASANA



10 TWISTY PRASARITA PADOTTANASANA



11 DOWN DOG AT THE WALL



12 LEGS-UP-THE-WALL POSE

ARM BALANCES

- 23 BAKASANA
- 24 TITTIBHASANA
- 25 PARSVA BAKASANA
- 26 EKA PADA KOUNDINYASANA
- 27 VASISTHASANA
- 28 30-MINUTE FOREARM BALANCE SEQUENCE

BAKASANA (CROW POSE)



1 HAPPY BABY POSE



2 RECLINED CROW POSE



3 NAVASANA
(BOAT POSE)



4 ARDHA NAVASANA
(HALF BOAT POSE)



5 CAT POSE



6 ADHO MUKHA SVANASANA
(DOWNWARD-FACING-DOG)



7 LIZARD POSE



8 CHATURANGA DANDASANA
(FOUR-LIMBED STAFF POSE)



9 GARUDASANA
(EAGLE POSE)



10 PARSVOTTANASANA
(INTENSE SIDE STRETCH POSE)



11 GOMUKHASANA
(COW FACE POSE)



12 MARICHYASANA - A



13 MARICHYASANA - B



14 MALASANA
(GARLAND POSE)



15 LOLASANA
(PENDANT POSE)



16 BAKASANA
(CROW POSE)

TITTIBHASANA



1 SUPTA PADANGUSTHASANA A



2 SUPTA PADANGUSTHASANA B



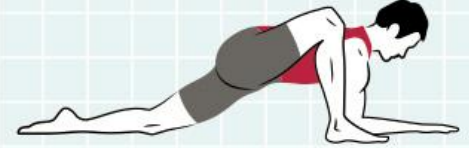
3 SUPTA PADANGUSTHASANA



4 ADHO MUKHA SVANASANA



5 PIGEON POSE



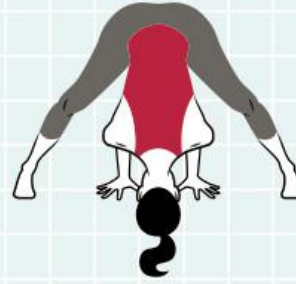
6 LIZARD POSE



7 UTTANASANA



8 PARSVOTTANASANA



9 PRASARITA PADOTTANASANA



10 UTTHITA HASTA PADANGUSTHASANA



11 BADDHA KONASANA



12 UPAVISTHA KONASANA



13 PARIPURNA NAVASANA



14 ARDHA NAVASANA

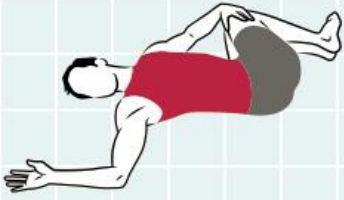


15 BAKASANA



16 TITTIBHASANA

PARSVA BAKASANA



1 JATHARA PARIVARTANASANA



2 CORE CONNECTOR



3 RECLINED SIDE CROW



4 PARIPURNA NAVASANA



5 ARDHA NAVASANA



6 FOREARM PLANK



7 THREE LEGGED DOWN DOG



8 TWISTED PIGEON]



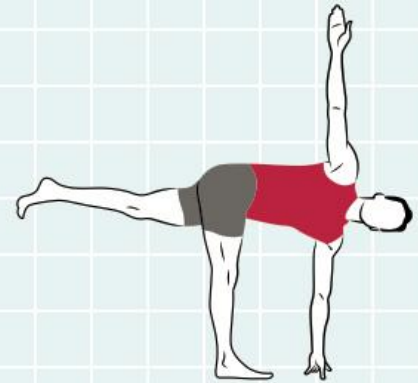
9 HIGH LUNGE PRAYER TWIST



10 PARIVRTTA UTKATASANA



11 PARIVRTTA TRIKONASANA



12 PARIVRTTA ARDHA CHANDRASANA



13 TWISTED PRASARITA PADOTTANASANA



14 ARDHA MATSEYANDRASANA

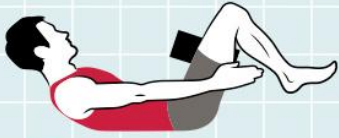


15 BAKASANA

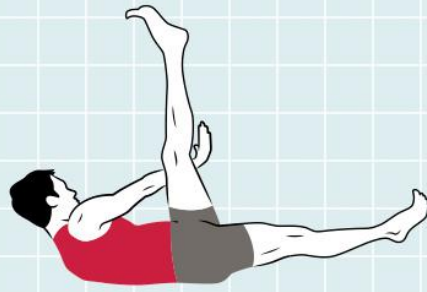


16 PARSVA BAKASANA

Eka Pada Koundinyasana



1 CORE CONNECTOR



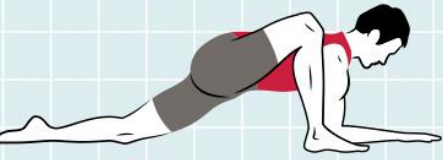
2 RECLINED EKA PADA KOUNDINYASANA



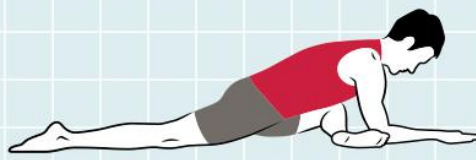
3 RECLINED SIDE CROW



4 DOWNWARD-FACING DOG



5 LIZARD POSE



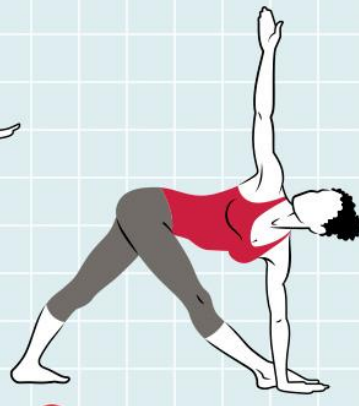
6 PIGEON POSE



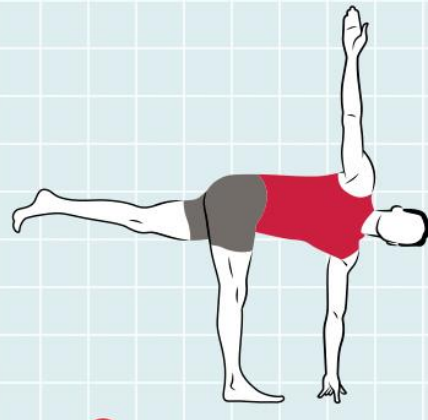
7 HIGH LUNGE PRAYER TWIST



8 HIGH LUNGE TWIST



9 REVOLVED TRIANGLE



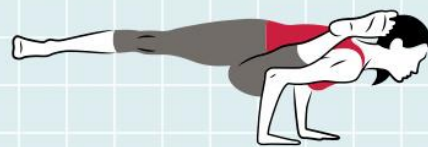
10 REVOLVED HALF MOON



11 REVOLVED CHAIR

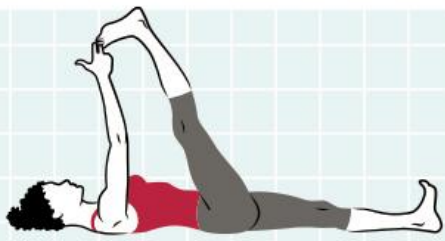


12 SIDE CROW POSE



13 EKA PADA KOUNDINYASANA

VASISTHASANA



1 SUPTA PADANGUSTHASANA A



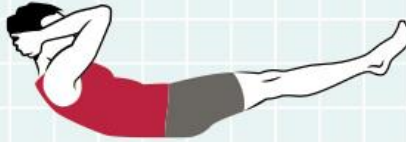
2 SUPTA PADANGUSTHASANA B



3 CORE CONNECTOR



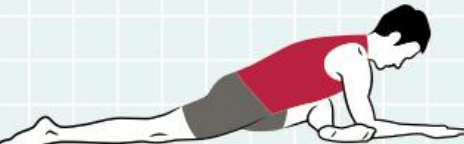
4 PARIPURNA NAVASANA



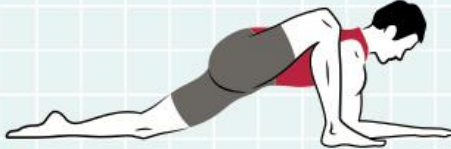
5 ARDHA NAVASANA



6 ADHO MUKHA SVANASANA



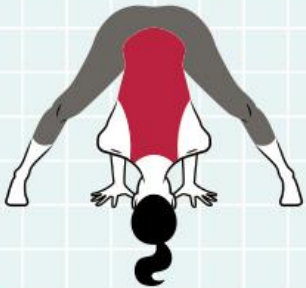
7 PIGEON POSE



8 LIZARD POSE



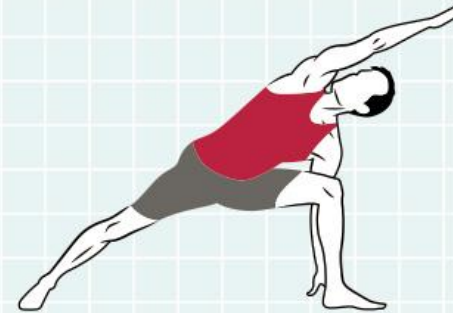
9 UTTANASANA



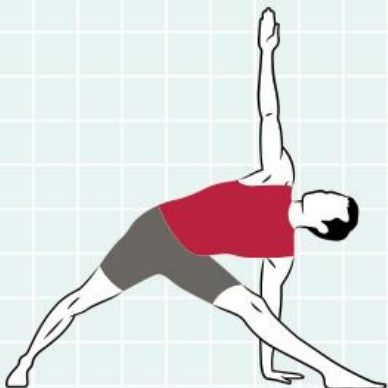
10 PRASARITA PADOTTANASANA



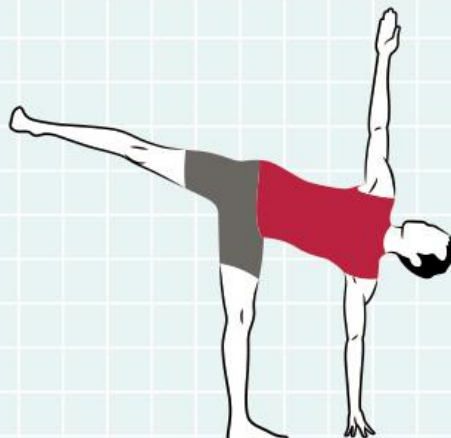
11 VIRABHADRASANA II



12 UTTHITA PARSVAKONASANA



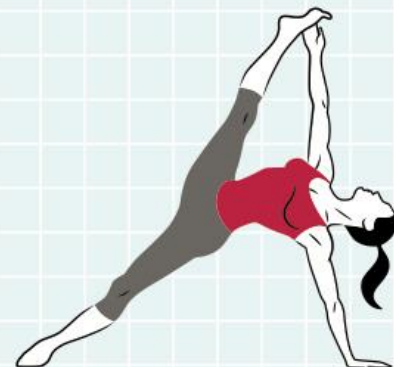
13 UTTHITA TRIKONASANA



14 ARDHA CHANDRASANA

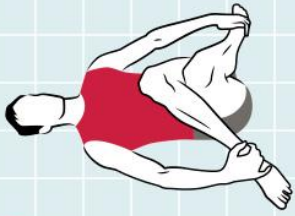


15 UTTHITA HASTA
PADANGUSTHASANA



16 VASISTHASANA II

30-Minute Forearm Balance Sequence



1 RECLINED GOMUKHASANA



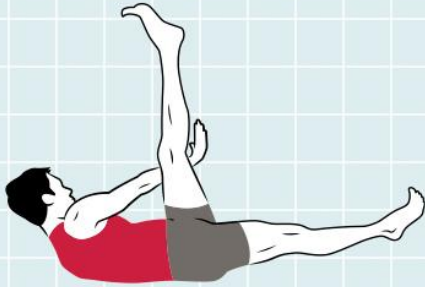
2 THREAD THE NEEDLE



3 RECLINED HANDSTAND



4 RECLINED BAKASANA



5 RECLINED KOUNDINYASANA



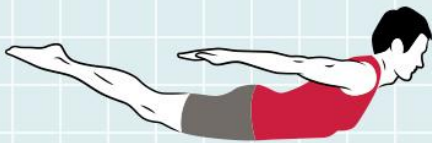
6 GOMUKHASANA



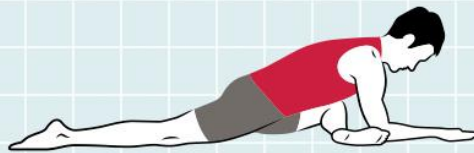
7 ANKLE TO KNEE POSE



8 THREE-LEGGED DOWN DOG



9 LOCUST POSE



10 PIGEON POSE



11 PIGEON POSE QUAD STRETCH



12 TWISTED PIGEON



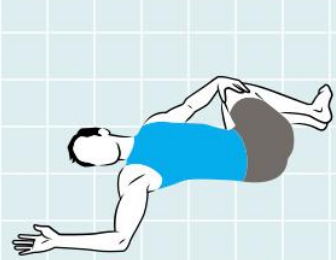
13 FLYING PIGEON

BACKBENDS

30 USTRASANA (CAMEL POSE)

31 URDHVA DHANURASANA (UPWARD FACING BOW POSE)

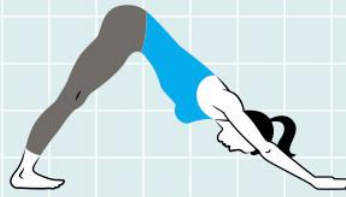
A Smart Sequence to Camel Pose



1 RECLINED TWIST



2 EASY POSE WITH A TWIST



3 DOWNWARD DOG



4 LOW LUNGE HANDS CLASPED



5 LOW LUNGE QUAD STRETCH



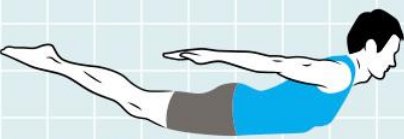
6 PIGEON QUAD STRETCH



7 SPHINX POSE



8 REVERSE PLANK POSE



9 LOCUST POSE



10 COBRA POSE



11 BOW POSE



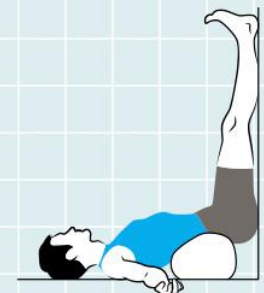
12 BRIDGE POSE



13 CAMEL POSE



14 RECLINED HAND TO BIG TOE POSE

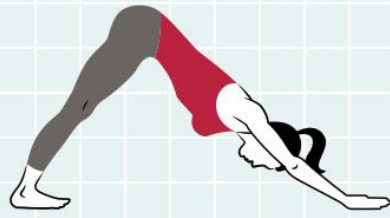


15 LEGS-UP-THE-WALL POSE

URDHVA DHANURASANA



1 BOUND HANDS IN HERO POSE



2 DOWNWARD-FACING DOG



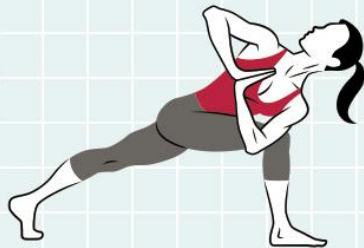
3 LOW LUNGE



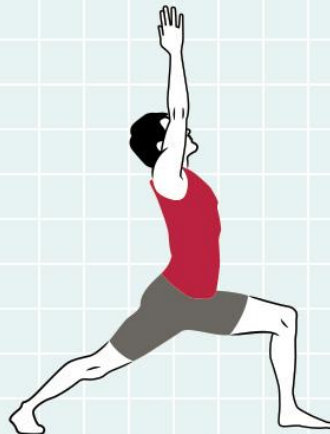
4 LOW LUNGE, QUAD STRETCH



5 HIGH LUNGE



6 REVOLVED HIGH LUNGE



7 WARRIOR I



8 DOWN DOG WITH HANDS ON A WALL



9 HANDSTAND



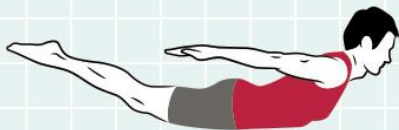
10 FOREARM BALANCE



11 CHILD'S POSE



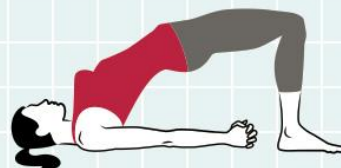
12 HALF LORD OF THE FISHES



13 LOCUST POSE



14 COBRA POSE



15 BRIDGE POSE



16 URDHVA DHANURASANA

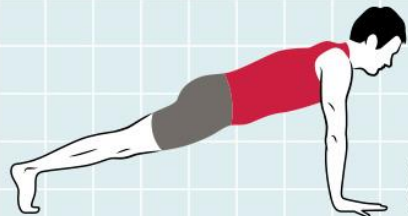
INVERSIONS

- 33 SIRSASANA (HEADSTAND)
- 34 SARVANGASANA (SHOULDERSTAND)
- 35 ADHA MUKHA SVANASANA (HANDSTAND)
- 36 30-MINUTE FOREARM
- 37 IMMUNE SYSTEM BOOSTER

Headstand Sequence



1 CAT POSE



2 PLANK POSE



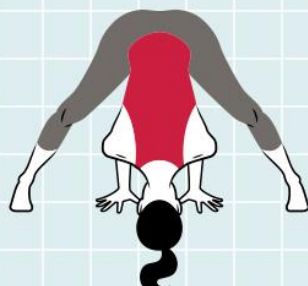
3 FOREARM PLANK



4 THREE-LEGGED DOWN DOG



5 STANDING FORWARD BEND



6 STANDING WIDE ANGLE FORWARD BEND



7 TWISTY PRASARITA



8 BADDHA HASTASANA



9 GARUDASANA ARMS



10 GOMUKHASANA ARMS



11 DOWNWARD DOG AT THE WALL

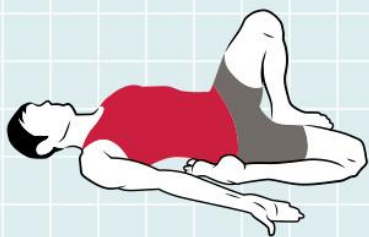


12 HEADSTAND



13 CHILD'S POSE

Shoulderstand Sequence



1 RECLINED HALF HERO POSE



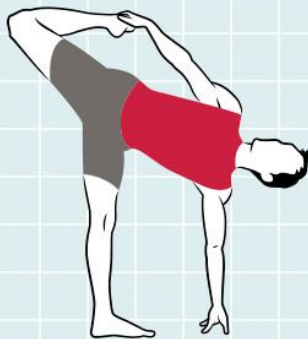
2 DOWNWARD-FACING DOG



3 LOW LUNGE



4 REVERSE WARRIOR



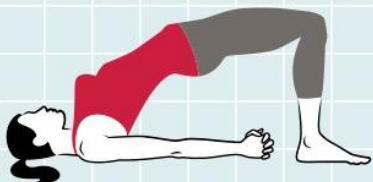
5 BOUND HALF MOON POSE



6 CAMEL POSE



7 BOW POSE



8 BRIDGE POSE



9 DOWNWARD-FACING DOG



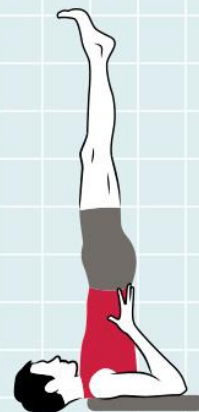
10 CHILD'S POSE



11 SEATED FORWARD BEND



12 PLOW POSE



13 SHOULDERSTAND

HANDSTAND



1 CORE CONNECTOR WITH BLOCK



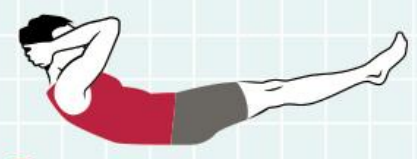
2 RECLINED CROW POSE



3 RECLINED SIDE CROW



4 PARIPURNA NAVASANA



5 ARDHA NAVASANA



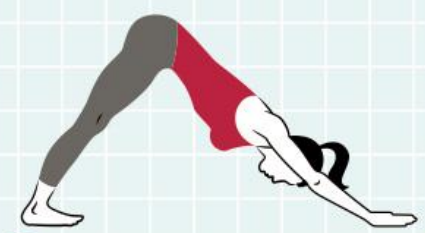
6 BADDHA HASTASANA



7 GARUDASANA ARMS



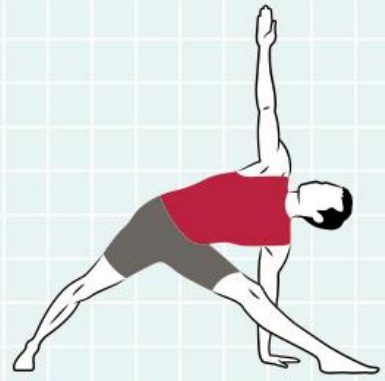
8 GOMUKHASANA ARMS



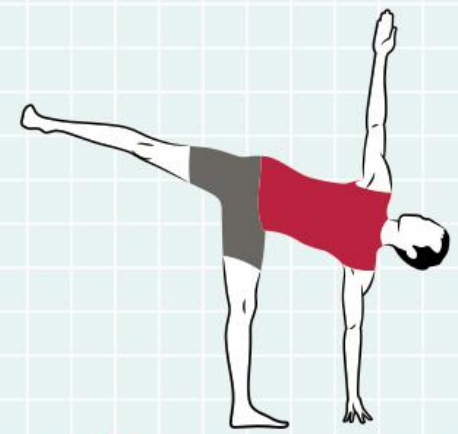
9 ADHO MUKHA SVANASANA



10 VRKSASANA



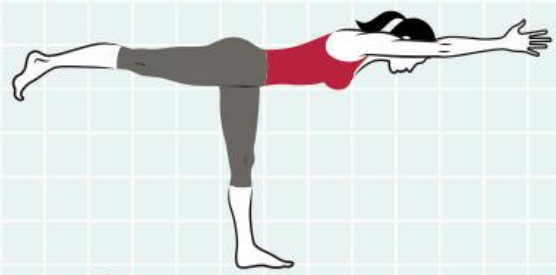
11 UTTHITA TRIKONASANA



12 ARDHA CHANDRASANA



13 GARUDASANA



14 VIRABHADRASANA III



15 UTTANASANA



16 ADHO MUKHA VRKSASANA

30-Minute Forearm Balance Sequence



1 BADDHA HASTASANA



2 GARUDASANA ARMS



3 GOMUKHASANA ARMS



4 CAT POSE



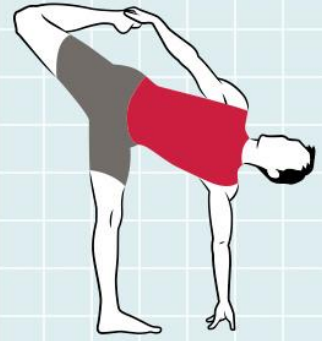
5 ADHO MUKHA SVANASANA



6 LOW LUNGE HANDS CLASPED



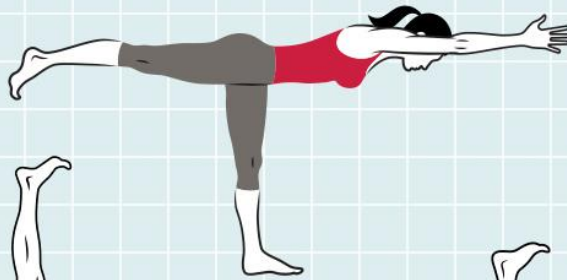
7 REVERSE WARRIOR



8 ARDHA CHANDRA CHAPASANA



9 WARRIOR I



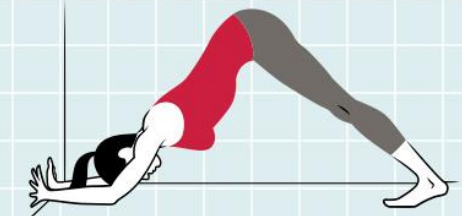
10 WARRIOR III



12 ADHO MUKHA VRKSASANA

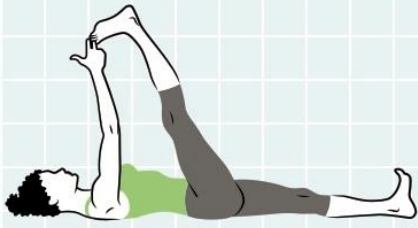


13 PINCHA MAYURASANA



11 DOWN DOG AT WALL

IMMUNE SYSTEM BOOSTER SEQUENCE



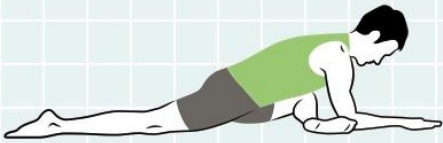
1 SUPTA PADANGUSTHASANA A



2 SUPTA PADANGUSTHASANA B



3 SUPTA PADANGUSTHASANA C



4 PIGEON POSE



5 ANKLE TO KNEE POSE



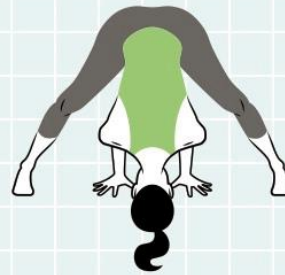
6 GOMUKHASANA



7 ADHO MUKHA SVANASANA



8 UTTANASANA



9 PRASARITA PADOTTANASANA



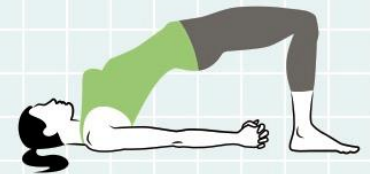
10 SALAMBA SIRSASANA



11 BALASANA



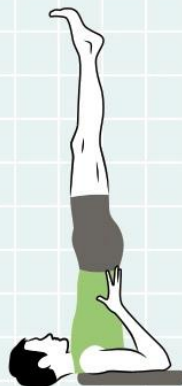
12 ADHO MUKHA SVANASANA



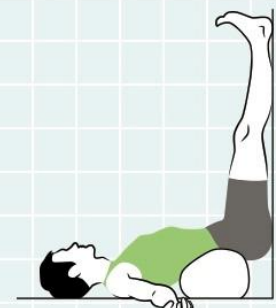
13 SETU BANDHA SARVANGASANA



14 HALASANA



15 SALAMBA SARVANGASANA



16 VIPARITA KARANI

JASON CRANDELL YOGA METHOD

Thanks so much for practicing with me!

You can find more info about my approach to sequencing, yoga anatomy, and yoga teaching on our podcast, [Yogaland](#)

Also, we love hearing from you! If you have any sequences you'd like for me to create on our blog, send an email to support@jasonyoga.com

Stay well,

Jason

