Floor to Standing Flow

A 60-minute yoga sequence | Roberto Damante

Arrival · Mobility · Warm-up · Standing · Held · Relaxation · Meditation

1 ARRIVAL



Supine butterfly
2-3 min, settle the breath

2 MOBILITY



Knees to chest
Circle the knees, ankles

3 MOBILITY



Dynamic bridge
6-8 rounds with the breath

4 MOBILITY



Knee drops
Side to side with the breath

5 MOBILITY



Rolling up and down
Rock 5-6 times, roll up

6 WARM-UP



Table top
Neutral spine

7 WARM-UP



Cat
Exhale, round the back

8 WARM-UP



Cow
Inhale, chest forward

9 WARM-UP



Puppy
5 breaths

10 WARM-UP

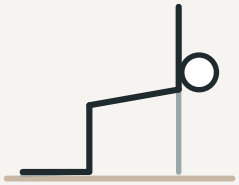


Table top twist
Open the arm up, both sides

11 WARM-UP



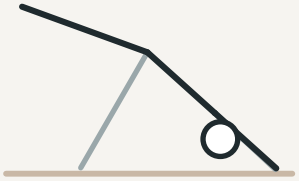
Child's pose
3-5 breaths

12 WARM-UP



Down dog
Pedal the feet, then 5 breaths

13 WARM-UP



Three-legged dog
Lift and reach back

14 WARM-UP



Tiger curl
Knee to nose, 3-5 rounds

How to move through it

Start on the floor and let the body settle before you ask it to be still. Build up to standing, then come back down to finish where you began.

In the warm-up, move with the breath. Hold standing postures for 3 to 5 breaths. Run postures 15 to 24 on one side, then step straight back to three-legged dog and repeat them on the other side.

Blocks are shown where they help most, but use them anywhere. If something pinches or hurts, back off. From each shape, notice where your body naturally wants to go next.

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15 STANDING



Kneeling lunge, cactus arms

4 breaths

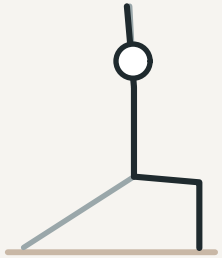
16 STANDING



Half split

Exhale back, 3-4 rounds

17 STANDING



Crescent lunge

Inhale forward

18 STANDING



Warrior 1, chest expansion

Change the arms, 5 breaths

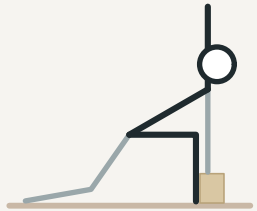
19 STANDING



Humble warrior

4 breaths

20 STANDING



Low lunge twist

4 breaths

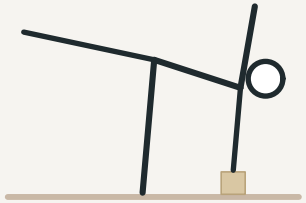
21 STANDING



Side lunge

Shift to the back foot, 4 breaths

22 STANDING



Half moon

Or Warrior 3, 5 breaths

23 STANDING



Pyramid

5 breaths, then down dog

24 STANDING

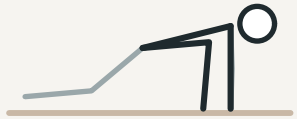


Yogi squat

5 breaths, then three-legged dog

Step straight back to three-legged dog. Repeat 15 to 24 on the other side

25 HELD



Lizard lunge

60-90 sec, first side

26 HELD



Down dog

Between sides, then lizard on the other side

27 HELD



Pigeon

60 sec each side

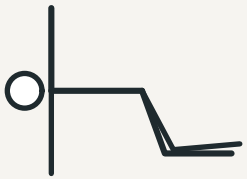
28 HELD



Seated forward fold

90 sec

29 HELD



Supine twist

30 sec each side, seen from above

30 RELAXATION



Savasana

5-6 min

31 MEDITATION



Seated meditation

3-4 min, breath awareness