

Sun Yoga Signature Flow™

1

Sankalpa

Dedication - This practice of gifting the positive energy of your practice comes from the belief that to receive the bountiful blessings of yoga, we first have to give to make space in our hearts.



Each class starts with a dedication to a loved one, place, concept or even a change that we are trying to embrace in our lives.

2

Dharma-Megha-Samadhi

Living in Full Awareness - The biggest tragedy of humankind is we have forgotten the beauty of simple things and do not give thanks for the small thing in life.

The warm-up sequence in the Signature Flow is to encourage students to "take time to arrive", by exploring simple asana like Balasana and Surya Namaskar.



6

Citta Prasadam

Meditation and Introspection - To reach self-realization, one needs to meditate. But meditation is only effective if there is the knowledge from self-introspection to illuminate the path.



After a deep-relaxation, we sit in Sukhasana or Padmasana in silence to watch our mind as an observer.



finding self-realisation through the physical body

3

Tapas

I Have Come to Start a Fire -



To live consciously and with full awareness starts with igniting the fire within, to awaken the passion so that it can be channeled towards universal love and self-realization.

4

Virya Asana

Courage is the Bridge - Fear of death and fear of living often go hand in hand. To reach our destiny instead of languishing in the pit of fate, we must step out of our comfort zone and grow the wings of courage to fly.

Uplifting and vigorous vinyasa flow to awaken the body and mind, leading to a **Peak Pose of the Practice**.



5

Karma-Dharma

Fate and Destiny - To understand that the key for self-transformation is in our hands, and that it is within our capabilities to reach for higher goals.



Static deep hip-opening poses are included in this cooling-down sequence. As we hold the posture for a longer period, we observe all forms of sensations that arise, and try to find stillness within.



The practice of arm balances, backbends and inversions will explore the fine balance between strength and conquering fear, while remaining grounded and true to Eka Grata (single pointedness).