



JOURNEY INTO POWER SEQUENCE

This sheet contains the component parts of the Baptiste Journey Into Power postural flow sequence. This invigorating vinyasa sequence works for all ages, body types and physical abilities because it is not fixed; it is adaptable to every student. It is a blueprint that encourages creativity from a sound structure.

INTEGRATION

Child's Pose
Downward Facing Dog
Ragdoll
Extended Mountain
Samasthiti with 3 Oms

AWAKENING

Sun Salutation A (x5)
Sun Salutation B (x5)
Flip Dog/Side Plank
Vinyasa into other side

VITALITY

Crescent Lunge
Revolving Crescent Lunge
Warrior Two
Extended Side Angle
Vinyasa into other side
Thunderbolt Prayer Twist
Fingers to Toes Forward Fold
Palms to Toes Forward Fold
Crow

EQUANIMITY

Eagle (x2)
Standing Leg Raise
Airplane
Half Moon
Dancer (x2)
Tree

GROUNDING

Sun Salutation A - variation with Triangle
Side Facing Wide Leg Forward Fold
Namaste Front Facing Forward Fold
Twisting Triangle
Vinyasa into other side

IGNITING

Locust (x2)
Floor Bow (x2)
Upward Facing Dog
Camel (x2)
Bridge
Wheel (x6)
Supta Baddha Konasana
Dead Bug

STABILITY

Scissor Legs
60/30 Lift
Abdominal Twists
Boat

OPENING

Half Pigeon
Double Pigeon
Frog

RELEASE

Seated Single Leg Extension
Seated Forward Fold
Table Top
Fish

REJUVENATION

Head/Handstand optional
Shoulder Stand
Plow
Deaf Man's Pose

DEEP REST

Supine Twist
Supta Baddha Konasana
Savasana
3 Oms