

The Sequence: Advanced is a vinyasa yoga flow script, complete with breath to movement cues to move in and out of poses. Designed with ease of use and simplicity in mind, teaching yoga is accessible to everybody. The sequence is a great tool for yoga instructors and practitioners alike, providing a moving meditation practice that encourages muscle engagement, flexibility, balance, and focus. The final page includes an at-a-glance cheat sheet for quick sequence referencing.

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