

A Path Without a Goal

By Cindi Lee, Lion's Roar, July 1, 2000 retrieved from <https://www.lionsroar.com/path-without-a-goal-2/>

This article explains vinyasa flow, breath coordinated with movement. A sequence follows that is great for even the most inexperienced beginner and can be used for warming up in an advanced class.

- All fours, inhale
- Cow, exhale
- Cat, inhale
- Down dog, exhale then inhale
- Child, exhale