

健身瑜伽以促进身心健康为目的，通过自身的体位训练、气息调控和心理调节等手段，改善体姿、增强身体活力、延缓机体衰老，是体育养生的重要组成部分。

今天推荐的 **12** 幅体式挂图，每个序列都是为不同的目标而编排。每个体式建议保持 8-10 次呼吸。

大家根据自己的身体状况和素质储备，从热身开始进入，如出现不能用力的疼痛或者影响呼吸深度的动作就要及时停止，进入婴儿式自然放松，待呼吸平稳后，再做适当的身体活动。

## **1.莲花式序列**



## 2. 下背部放松序列

### Release Lower Back Tension



1 RECLINED-HAND-TO-BIG-TOE POSE I



2 RECLINED-HAND-TO-BIG-TOE II



3 RECLINED-HAND-TO-BIG-TOE III



4 THREAD THE NEEDLE



5 JATHARA PARIVARTANASANA



6 CORE CONNECTOR WITH BLOCK



7 DOWNWARD-FACING DOG POSE



8 FOREARM PLANK



9 SPHINX POSE



10 CAT POSE



11 PIGEON POSE



12 LOW LUNGE



13 LOW LUNGE QUAD STRETCH



14 HIGH LUNGE PRAYER TWIST



15 EASY POSE TWIST



16 CHILD'S POSE

### 3. 双腿反抱手序列



#### 4.侧乌鸦式序列



## 5. 乌鸦式序列





## 6. 手肘倒立序列

### 30-Minute Forearm Balance Sequence



1 BADDHA HASTASANA



2 GARUDASANA ARMS



3 GOMUKHASANA ARMS



4 CAT POSE



5 ADHO MUKHA SVANASANA



6 LOW LUNGE HANDS CLASPED



7 REVERSE WARRIOR



8 ARDHA CHANDRA CHAPASANA



9 WARRIOR I



10 WARRIOR III



11 DOWN DOG AT WALL



12 ADHO MUKHA VRKSASANA



13 PINCHA MAYURASANA

### 7.神猴式序列



## 8.后弯、轮式序列





## 9.手倒立序列



## 10.肩、颈、背部放松序列

## Release Tension in Your Shoulders, Neck, and Upper Back



1 CHILD'S POSE



2 CAT POSE



3 BADHAHASTASANA



4 GARUDASANA ARMS



5 GOMUKHASANA



6 REVERSE PRAYER



7 DOWNWARD-FACING DOG POSE



8 LOW LUNGE HANDS CLASPED



9 PDAHASTASANA



10 TWISTY PRASARITA PADOTTANASANA



11 DOWN DOG AT THE WALL



12 LEGS-UP-THE-WALL POSE

## 11. 全身综合练习序列

### 30-MINUTE BALANCED SEQUENCE



1 HERO POSE WITH HANDS CLASPED



2 HERO POSE WITH EAGLE ARMS



3 DOWNWARD-FACING DOG POSE



4 STANDING FORWARD BEND



5 SURYA NAMASKAR



6 WARRIOR II



7 TRIANGLE POSE



8 WARRIOR I



9 STANDING WIDE LEGGED FORWARD BEND



10 HANDSTAND



11 HEADSTAND



12 BRIDGE POSE



13 UPWARD BOW POSE



14 SHOULDERSTAND



15 SEATED FORWARD



## 12.睡前序列



同学们看完之后，有没有看出点**瑜伽序列编排的门道**呢？大家可以举一反三，当要做某个高级体式，或者想要打开身体某个部位的时候，可以尝试给自己编排适合自己身体的序列哦！