

# Action Yoga Sequence Explanation

## Instructions

### 1. Dancing pose

- Open your legs wide
- Bend both knees and sway to one side
- Point the toes of the other side
- Sway from one side to the other
- Move your arms however you like (ex ballet, hip-hop, flamenco arms)

### 2. Walking Pose

- Take two steps forward
- Put one leg in front of the other
- Touch your feet - keep both legs straight
- Take two steps back
- With the other leg forward - touch your foot with your hand
- Keep legs straight
- Repeat for a few times

### 3. Jumping Pose

- Jump up with your hands up
- Bend your legs and place hands on floor next to legs
- Jump back into plank pose
- Jump forward to your hands
- Jump back up and repeat

### 4. Running Pose

- Lift one leg up to the front

- **Bend the lifted leg**
- **Place it onto the floor in front of the other**
- **Bend both legs**
- **Lift the back leg up to the front**
- **Bend the lifted leg**
- **Place it on the floor in front of the other one**
- **Bend both legs**
- **Repeat this a few times**

[https://www.youtube.com/watch?v=24XmdHdgTg8&list=PLjs4G0\\_dLq3GynpulY3GW098PBYuE8iW &index=6&t=78s](https://www.youtube.com/watch?v=24XmdHdgTg8&list=PLjs4G0_dLq3GynpulY3GW098PBYuE8iW&index=6&t=78s)