

The Light Within, vol 1.

Yoga Sequences for Self-Discovery

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SEQUENCES

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“The journey towards a rich and satisfying life begins by cultivating a deep relationship with yourself.”



1 RETURNING TO BALANCE

The often-elusive balance point is a place of harmony within ourselves that, when strengthened through practice, creates an echo (or ripple) into all the layers of our life. It is a state of being that is in equilibrium; where we are not pulled or thrust toward extremes, but instead can shift and pivot with the changing tides of our life circumstances yet remain cool .. and calm .. and clear.

Returning to Balance is in large part a remembering of who we truly are... which is Truth, luminous Light, a mere but mighty seed of brilliant stardust. Returning to Balance means a conscious re-dedication to the practices that support the process which anchors us back into ourselves (rather than the outward projections we are regularly told we are .. or should be).

Blessings as you do the work and journey back to the truth of yourSelf.



CLASS STYLE: Hatha



TIMING: 30 seconds per pose



PROPS: Yoga mat, strap



Easy Pose



Right Nostril Breathing



Left Nostril Breathing



Seated Forward Fold



Seated Revolved, Forward Fold



Bound Angle



Toe Crusher, Hands Bound



Hero's Pose, Eagle Arms



Downdog



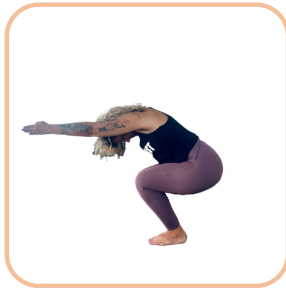
One-Legged Downdog



Downdog Lunge



Forward Fold



Chair



Tree



Crescent Warrior



Plank



Chaturanga



Cobra



Downdog



Revolved Downdog



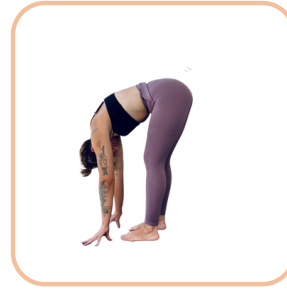
Warrior I



Pyramid



Half Moon



Forward Fold



Reclined Quad Stretch



Double Diamond



Happy Baby



Downdog



Flying Pigeon Prep



Standing Lunge Prep



Crescent Warrior



Tree



Garland



Baby Crow



Boat



Canoe



Crow



Easy Pose



Reverse Table



Holy Cow



Archer Prep



Stargazer



Head to Knee
Forward Bend



Reclined
Figure 4



Happy Baby



Savasana



Right Nostril
Breathing






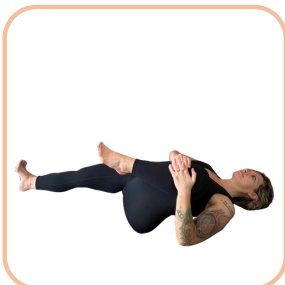
Left Nostril
Breathing

2 DETOXING + LETTING GO

There's this cyclic moment when you can feel it's time to 'clean house.' This sequence is designed for those exact moments. Access these posture anytime you need to release , let go, purge, cleanse or clear your physical, emotional, and energetic bodies. Perfect for a full moon, an ending of any kind, or a moment where you feel like you need 'clean house'.

Benefits of this sequence include (but are not limited to): feeling a greater connection to Self, nurturing to your personal power center, an easeful flow and release of old patterns, outdated narratives, and limiting cognition, and clearing the way for more gratitude and abundance on all levels.

-  **CLASS STYLE:** Hatha Kriya
-  **TIMING:** 60 seconds per action
-  **PROPS:** Yoga mat, two blocks, strap



Reclined Knee to Chest



Reclined Twisted Eagle



Firmly Rotated Pose



Rocking Child's Pose



Child's Pose, var.



Tiger, Opposite Arm / Leg



Lizard



Downdog



Sphinx



Revolved Triangle



Twisted Chair



Forward Fold



Wide Squat



Seated Forward Fold



Constructive Breath



Happy Baby



Kriya to Clear the Arc Line



- Sit in easy pose, arms by your side, elbows bent, palms facing upward
- Begin lifting arms up and overhead (like you're splashing water over yourself), then bring arms back down to starting position
- Do this in a repeated, rhythmic motion for 2 - 5 minutes
- Once complete, rest and reflect on what you have purged through this practice

3

STRENGTHENING THE HEART

A practice for flexing the energetic muscles of the heart chakra. Like.. if the anahata went to the gym.



CLASS STYLE: Slow Flow



TIMING: 30 seconds per pose



PROPS: Yoga mat



Easy Pose +
Pranam



Upward Salute



Aura Bath



Seated Twist



Seated Forward
Fold



Constructive
Breath



Reclined Quad
Stretch



Happy Baby, prep



Bridge



Constructive
Breath



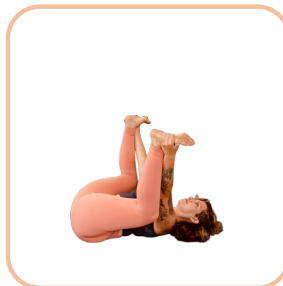
Reclined Tree,
var. 1



Reclined Tree,
var. 2



Reclined Tree,
var. 3



Happy Baby

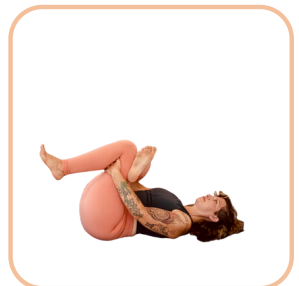


Figure 4, var. 1



Figure 4, var. 2



Figure 4, var. 3



Reclined Forehead to Knee



Reclined Prasrita



Downdog



One Legged Downdog



Pigeon, var.



Leg Cradle



Child's



Prone



Shoulder Opener



Savasana

4

AWAKENING TO LOVE

Aim your internal compasses toward Unconditional Love, dear ones. This, along with the balance and steadiness of your Practices, will move you through the waves of emotion(s) that this Journey called Life brings up in you. It will also move you toward all the joy, laughter, and playfulness you yearn to feel: in your relationships, within yourself, and throughout all the layers of your Life.



CLASS STYLE: Hatha



TIMING: 30 seconds per pose



PROPS: Yoga mat, two blocks



Easy Seat



Reclined Crescent



Reclined Eagle



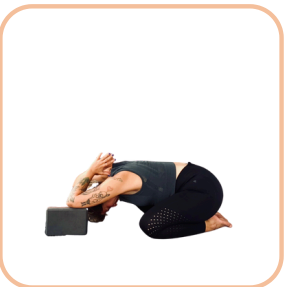
Supported Bridge



Reclined Hand to Foot, var. 1



Reclined Hand to Foot, var. 2



Child's Pose, var.



Easy Seat + Eagle



Wide Squat



Toe Crusher + Camel



Downdog



One Legged Downdog



Crescent Warrior



Pyramid



Forward Fold



Standing Crescent



Forward Fold, var.



Monkey Lunge



Lizard



Bound Lunge



Child's Pose



One Legged Downdog



Low Lunge



Warrior III



Mountain



Chair



Forward Fold



Happy Baby



Bridge



Reclined Hand to Foot, var. 1



Reclined Child's Pose



Reclined Forward Fold



Corpse Pose



Easy Seat + Hamsi Mudra

5

COMING INTO ALIGNMENT

A sequence for when you feel fragmented.. scattered. Allow this to be your opportunity to come back into integrity with your body and self.



CLASS STYLE: Slow Flow



TIMING: 30 seconds per pose



PROPS: Yoga mat



Reclined Bound Angle



Constructive Breath



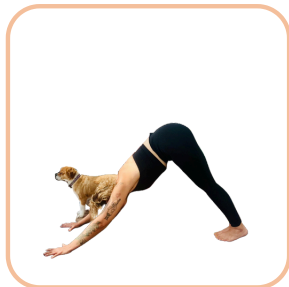
Reclined Figure 4



Half Happy Baby



Child's Pose



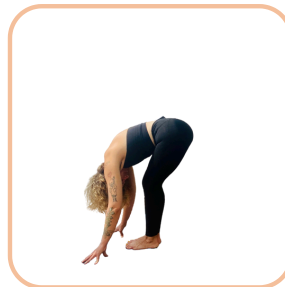
Downdog



One-Legged Downdog



Low Lunge



Forward Fold



Mountain + Upward Salute



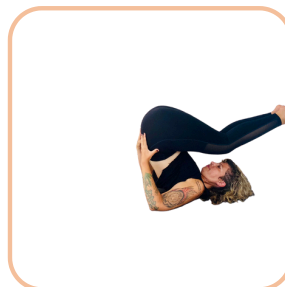
Plank + Chaturange



Cobra



Leg Lifts



Spinal Rocking



Seated Squat, prep.



Sufi Grind



Goddess



Side Angle, var.



Revolved Lunge



Side Plank



One-Legged
Downdog



Pigeon



One-Legged,
Seated, Fold



Child's Pose



Corpse Pose

6 CLEANSING YOUR AURA

The perfect antidote to a much needed attitude or perspective shift. This sequence does wonders for your mind and heart if they're all worked up into a frenzy about something. You need this. Your nervous system needs this.



CLASS STYLE: Hatha Kriya



TIMING: 60 seconds per action



PROPS: Yoga mat, strap, two blocks



Easy Seat



Accordion Hands



Wide Legged Seat



Aura Sweeps



Folded, Wide Legged Seat



Seated Child



Seated Cat/Cow



Seated Pigeon



Holy Cow



Reverse Table



Seated Forward Fold



Sage 1



Cowface, Eagle Arms



Downdog



Plank



Child's Pose



Table



Cobra



Hero



Downdog Lunge



Warrior I



Warrior Punches



Pyramid



Breath of Joy,
part 1



Breath of Joy,
part 2



Breath of Joy,
part 3



Breath of Joy,
part 4



Easy Seat

7

ELEVATING YOUR VIBRATION

Use this practice to raise your overall energetic vibration. Think... auric field. If you're in a phase of growth (of any kind) and / or have that feeling like trying to break out of your shell, then this sequence is the medicine you need.



CLASS STYLE: Hatha



TIMING: 30 seconds per pose



PROPS: Yoga mat



Easy Pose +
Ego Eradicator



Downdog



Child's Pose



Cow



Cat



Hero +
Ego Eradicator



Forward Fold



Wide Squat



Twisted Squat



Mountain



Crescent I



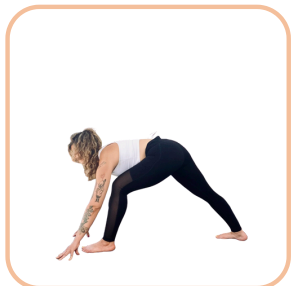
Crescent II



Forward Fold,
hands found



Monkey Lunge +
Eagle Arms



Low Lunge



Pyramid, var.



Supported
Half Moon



Forward Fold



Downdog



Pigeon, upright



Pigeon,
quad stretch



One Legged
Seated Forward
Fold



Wide Legged
Seated Forward
Fold



Seated Forward
Fold, knees bent



Double Diamond +
Cactus Arms



Corpse Pose



Ease Pose +
Pranam

8

RECEIVING REST

Designed to support you during your bleeding time, use this yin-inspired sequence whenever you want to give your uterus, "guts", and lower chakras a little love.



CLASS STYLE: Deep Stretch



TIMING: 1 - 2 minutes per pose



PROPS: Yoga mat, blanket



Constructive
Breath



Supported Bridge



Knee-to-Nose



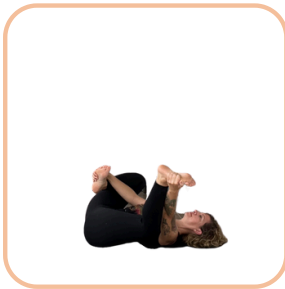
Reclined Sage I



Reclined Crescent



Happy Baby,
prep



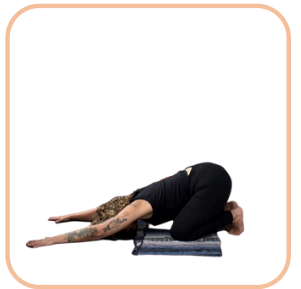
Half Happy Baby,
flow



Cow



Cat



Child's Pose,
var.



Downdog



Ease Pose