



THE ART OF FLOW

DETOX ROUTINE

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Sit up tall. Take a couple of breaths reaching your arms up to the sky and connecting to the Earth. Set your intention for the practice. Perhaps, to purge away anything that you no longer need. Phrase it your own way. Then start in Down Dog.

DOWN DOG

1. Lift hips up, drop heels down and lengthen spine. Keep shoulders away from ears.

PUPPY PEEK

2. Bend right knee, press left hand into floor. Grab left knee crease with right hand, draw head down and look up



1.

DOWN DOG



2.

PUPPY PEEK



3.

REAR LEDGE

3. Drop onto all fours; anchor left hand down; place right knee into left ankle pit; flex right foot, and plant left hand on top of the ledge with the elbow straight and gaze back



4.

SPONGE SQUEEZE

4. Anchor right knee down, extend left leg out to side; press right hand into floor; hug right armpit with left hand; gaze over right shoulder



5.

LUNGE WEB

5. Plant both hands into floor; step left leg up into lunge; thread left forearm under the left knee crease to catch right elbow



QUAD RELIEF



BURRITO LUNGE



BABY DINO



BRAID

QUAD RELIEF

6. Lower left knee down, deepen lunge; plant right hand to right side; revolve torso right; clasp right top of foot with left hand; press right heel to buttocks and gaze back

BURRITO LUNGE

7. Lunge left leg forward and hug left knee crease with right forearm, squeezing chest to opposite thigh; revolve torso left and gaze up

BABY DINO

8. Step right foot close to left heel; bend both knees; thread left elbow to clasp right; press thumb into chin and torso into thighs; gaze up

BRAID

9. Release hook, take eagle bind, place right elbow into left elbow crease, wrap forearms, press palms together; twist torso and press elbows into knees

QUAD SCARF

10. Release the eagle bind, balance on left leg; place right knee into left knee crease and clasp right heel with left hand; bend left elbow; wrap left hand around right elbow



QUAD SCARF



CROSS HOOK

11. **CROSS HOOK** Balance on left leg; tip torso forward so it is parallel to floor; clasp right foot with left hand; lace right hand around left elbow; gently arch and gaze down

12. **KIDNEY BIND** Lunge Twist Step left foot forward into lunge; keep back foot off floor, straighten back knee; press palms into right side of waist; bend right elbow and lower to opposite knee



KIDNEY BIND



LIZARD WRAP

13. **LIZARD WRAP** Deepen lunge; place left right knee down; clasp right foot with left hand; wrap right arm under left thigh to touch knee; squeeze into the midline and press heel into buttocks; gaze up

14. **INVISIBLE** Step left leg and drop right knee into a low lunge; wrap arms around waist and clasp hands into a rear prayer, fingers point up; release or rest the head to the ground



INVISIBLE

15. **DREAMER** Bring hips back to heels and sit; place left calf around right outer thigh; revolve torso right and place right side of waist into left thigh; twist left elbow into right knee; hold neck with right hand, bend elbow and push left elbow up with right hand; gaze inwards

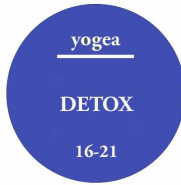


DREAMER

16. **COMPASS** Sit up straight; bend right knee; reach right heel to left buttock; bind left foot with right hand and straighten knee out; revolve torso left and extend left arm back as you fist hand and point thumb up

17. **ROSARY** Keep bind; raise left leg higher so heel lines up with chin; stretch spine and hook left elbow under right armpit to make a cross; twist torso right and gaze over right shoulder

18. **SOLIDARITY** Slide left hand into right armpit; bend right elbow; bend left knee; draw chest and knees into midline and twist torso right



19. **BOUND NINJA** Lower left elbow down; lift hips up; keep bind extending left leg out to side; flex left foot and peel heel slightly off the floor

20. **WINDOW** Keep elbow down; lift leg higher so it is parallel to floor, thread your head through the window

21. **CUBE** Release the bind; bind the left knee and place left sole of foot to the inner seam of right foot; wrap left hand under right knee crease; frame right shin with left forearm; twist left and gaze down; twisting deeper to the left



PIGEON REAR HOOK

PIGEON REAR HOOK

22. Turn to left leg to face back; bend left knee, stretch spine; clasp left foot with right hand; clasp left elbow crease with right hand from behind; gaze forward



RESTING PIGEON

RESTING PIGEON

23. Let go of rear hook; keep right hand bound to left foot; lower torso down; revolve spine up and rest left side of the waist into left thigh



TRIPOD

TRIPOD

24. Let go of the bind; press both hands into the floor, curl back foot under and lift up and back into down dog as you bring left ankle into right knee; gaze down

DOWN DOG

25. Release the left parallel to the right in Down Dog



DOWN DOG

DOWN DOG

OFFERING

26. Drop knees down, seal forehead to the ground; shift hips to heels; place hands in prayer on the spine pointing down



OFFERING

PRAYER WHEEL

27. Twist torso to left; place right elbow to left knee; level elbows and shoulders; hands into prayer at heart

MERMAID SPLASH

28. Lower chest down; place right forearm and elbow on the ground; bend both knees; bring left foot to right knee; thread left forearm under the right arm pit and gaze left

END GUN VIOLENCE

29. From Mermaid Splash press up to sit; fold right knee out so the foot touches the buttock; fold left knee in so the foot touches the opposite groin; extend right arm to side; wrap left elbow crease around the right elbow, place left hand to cheek; make a pistol with left hand and turn your head against it

LIVER SQUEEZE

30. Bring right foot to the left, wrap arms into eagle bind, lace the forearms and press hands together as you point them to the left knee; twist right and curl in.



PRAYER WHEEL



MERMAID SPLASH



END GUN VIOLENCE



LIVER SQUEEZE



EAVESDROPPING FAIRY LOCK

EAVESDROPPING FAIRY LOCK

31. Lower the left hand down to the right knee; place right hand on cheek; bend right side of waist

LACEWORK 2

32. Release arm bind; lower onto left side; clasp right ankle with right hand; bring left foot to inner right thigh; wrap left arm around right shoulder; gaze up

RECLINING SNUG

33. Lower onto the spine, bend both knees; twist left knee to the right; hug left thigh clasp hands under knee crease; gaze over left shoulder

RECLINING BOUND TWIST

34. Straighten left leg and extend to right side; fold right knee and reach heel to buttock, clasp both tops of feet with opposite hands



LACEWORK 2



RECLINING SNUG



RECLINING BOUND TWIST



BRAID CRUNCH

BRAID CRUNCH

35. Wrap both legs and arms as you recline on your spine; scoop your belly in and crunch as you bring forearms to knees



SPLEEN SQUEEZE

SPLEEN SQUEEZE

36. While reclining stack knees and cross ankles; clasp top of right foot as you twist to the left and gaze over the left shoulder

(Prior to the relaxation repeat some of the poses on the other side.)

RELAXATION

37. Relax the entire body into the floor with the palms facing up



RELAXATION

Come back up to sitting. Bring your hands into prayer and savor the effect of the total body cleanse. Repeat once a week during spring and fall.