



THE ART OF FLOW

SACRAL  
ROUTINE

[WWW.YOGEA.ORG](http://WWW.YOGEA.ORG)

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Sparking creativity on the mat always requires a balanced and resonant second chakra – Svadhistana. Why not tap your infinite creativity by awakening the second chakra with this advanced Yogea hip-opening sequence. Start in a comfortable cross-legged seat. Take a couple of deep breaths from the lower abdomen. You could also add a pranayama intro or a Yogea breathwork sequence.



PUPPY

### PUPPY

1. Come onto all fours; arch and scoop in cat-cow to warm the spine

### MOLE

2. From child's pose sit on right knee; step left foot and open hip, extend arms over head

### MERIDIANS

3. Line up right shoulder and right knee as you twist torso up reclining side; clasp left ankle with right hand; push left hand into left knee to open hip

### LOOP

4. Balance on right knee, shin and top of foot; press right palm to ground away from knee; shoulder over the wrist; clasp left foot with right hand and arch as you gaze down

### AIR BOW

5. Arch deeper and gaze up, before moving back to all fours and into down dog ready for Doggy Leap



MOLE



MERIDIANS



LOOP



AIR BOW



DOGGY LEAP

#### DOGGY LEAP

6. From down dog lift left leg up – hips parallel

#### HOVER WRAP

7. Wrap right around left calf, shift forward onto all fours; knees hover; line up shoulders with the wrists



HOVER WRAP



COIL WRAP

#### COIL WRAP

8. Press back into down dog; scoop belly in; reach chin to th knee



LUNGE FRAME

#### LUNGE FRAME

9. Step right leg forward into lunge; turn foot out; clasp left elbow with right hand as you bend elbow, gaze back

**TORTOISE SQUEEZE**



**DUAL SPIN**

**DUAL SPIN**

10. Press back foot into floor; turn foot in; bend front knee; clasp left elbow with right hand as you bend it; twist the spine back; gaze over elbow



**TORTOISE SQUEEZE**

11. Draw left foot closer; bend the left knee, flex right foot; wrap right arm into left elbow crease; press the palms together; twist torso back; gaze over fingers

**ARROW-bind LUNGE 2**

12 & 13. Arch back & gaze up

12.



13.



**ARROW-bind and LUNGE 2**

14. **SCALE**

Shift forward; twist upward, keep the bind; balance on the right leg; flex the left foot, and lift your gaze upward



SCALE



CENTIPEDE

15. **CENTIPEDE**

Lower left heel close to right heel; keep bind; hinge hips forward; reach elbow to right knee with a straight the spine



HIGHWAY

16. **HIGHWAY**

Step right foot down; clasp the outside edge of left foot with right hand; bend knee; draw elbow to knee and straighten the spine



TREE TWINE

17. **TREE TWINE**

Place left top of foot into right hip; keep bind; reach left hand back to clasp right elbow; twist torso to left, and gaze over the right shoulder



**18. LUNAR TWIST**

Microbend right knee; lower left hand down to line up with inner edge of left foot; extend right arm up; revolve and gaze up

**19. LEAPING LIZARD**

Bring both hands to ground as you bend right knee

**20. END-GUN-VIOLENCE**

Squat, lower left buttock down; keep left foot in right groin; extend right arm into a jnana mudra; wrap right elbow; press hand into neck; gaze over left shoulder

**21. THUMBS UP**

Release right knee and shin to the ground; keep bind and wrap forearms as you pull left thumb with the right fist tightly; lower forearms parallel to ground; twist gaze over left shoulder

**22. ANGLE-less**

Lower down to the side on the left elbow; bend left knee; bring left foot to right groin; wrap right hand around ankle and bend right knee at a right angle

**23. TANGENT**

Lift and flex left foot; hook it with right elbow, clasp both hands; lower left elbow into the ground; bend right knee and point foot to continue the line created with the forearms



#### **KINDEY-bind**

24. Sit up; place left ankle to right knee; reach right hand from behind to press into left hand; hinge hips; tilt to the side

#### **KIDNEY-bind**



#### **HIP SNUG**

25. Hug left shin with elbow; bend knees; hands in prayer position in front of chest; straighten the spine; gaze forward

#### **HIP SNUG**



#### **HALO-HIP bind**

26. Hook left outside edge of foot with right elbow; bend left knee at a right angle; bind both hands by clasping fingers behind the head; bend the elbows; gaze to the left

#### **HALO-HIP bind**



#### **EAVESDROPPING FAIRY BIND**

27. Balance on buttocks; engage core; extend right knee; yogic toe lock the right big toe; hook the right elbow with left elbow crease, pressing left hand to cheek; gaze left

#### **EAVESDROPPING FAIRY bind**





AJNA AMP



THYROID LOTUS

28. **AJNA amp** Lower left shin down to ground; bend and stack both knees, wrap forearms; hook palms; bend forward; hinge hips; press left thumb into third eye
29. **THYROID LOTUS** Lift the head up, press the thumb into the chin, lower the elbows into the knees, lift the gaze up
30. **TRINE** Lower down on your back to face up, cross knees, stacking left over right; press heels to the buttocks as you draw the tailbone down
31. **COCOON** Draw knees into the navel, lift head up, crunch up
32. **DOUBLE GRIP** Keep bind, extend left leg out to side and gaze up
33. **SEA LION** Keep bind; roll onto belly and lift gaze up



TRINE



COCOON



DOUBLE GRIP



SEA LION



SEAL



WHALE BIND BOW



SPLIT HUG



LACEWORK

#### SEAL

34. Let go off left leg bind, press elbow down; lift chest up

#### WHALE BIND BOW

35. Reach left hand to clasp right elbow from beneath; lift chest higher

#### SPLIT HUG

36. Roll on to the back; clasp left knee with both hands; extend left leg out to side, look over left shoulder

#### LACEWORK

37. Press up to recline on your right side; clasp left foot with hand and bend knee

### REAR HOOK

38. Lift up to sit; bring right foot into left groin; left heel into buttocks, bind right foot with right hand from behind

38.



### CURVE

39. Press left arm into right knee; arch up and twist gaze over left shoulder

39.



### REAR HOOK

### CURVE

40. **ELBOW CRADLE** Hinge forward over right, move left knee back to line up with right top of foot; hook left foot left elbow, clasp hands at left side of waist; gaze back

41. **SEASHELL** Lower the side of chest down to sit into the right thigh, keep right knee bend at a right angle; line up shoulder and knee; extend left leg out and flex foot, hugging leg into chest while bringing hands into prayer

42. **NEST** Keep reclining into a side tilt as you bring left foot into right elbow crease and clasp hands in front of chest

41.



40.



42.



43. **OYSTER**

Keep former position; reach right hand from behind the head to clasp the left

44. **COMPRESSION**

Step left foot over the right thigh; hug left thigh with right upper arm and elbow, press palms together and break at the wrists into turtle mudra

45. **DREAMER**

Twist right shoulder into left knee; press right hand into left elbow and left hand into ear; gaze down over left shoulder

48.



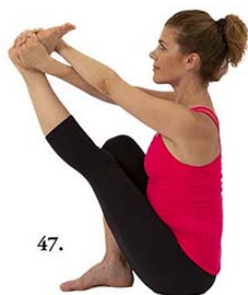
43.



44.



47.



46.



45.



46. **COMPASS**

Lift up to sit; clasp the outside edge of left foot with right hand; extend left arm and gaze back

47. **HAMMY BLISS**

Keep bind; untwist and face forward; clasp inside edge of left foot with right hand; extend left leg out; bend forward

48. **SLANT**

Draw left leg closer into belly; bend elbows and deepen forward bend

**49. SWING**

Shift weight onto right leg; bend right knee and lower left leg slightly over ground without the foot touching; plant the left hand firmly; press chest into right thigh



SWING

**50. CHAIR SNUG**

Lift buttocks up; step left foot to right; bring knees together; wrap the forearms around thighs, sit and gaze forward.



CHAIR SNUG

**51. THUNDERBOLT**

Press chest into thighs; lace fingers and open shoulders



THUNDERBOLT

**52. INTERSECTION**

Straighten legs; with a straight back press chest to thighs

**53. GRACE**

Lift up to stand; bring hands into reverse Namaste and arch up



INTERSECTION



GRACE

### YOGIC LOCK

54. Yogic toe lock big toes, straighten spine and stretch arms; lift gaze up



YOGIC LOCK

### SPIDER

55. Open legs hip width apart; turn feet out; squat and press hands into knees as you lower chest in line with thighs, parallel to floor



SPIDER

### FANNED

56. Lower onto your sit bones and balance; stretch spine; yogic toe lock big toes; open legs out to side



FANNED

### PAGODA

57. Bend knees and elbow into chest; line elbows with ears; bring soles into prayer and press into chest



PAGODA

### TRAPEZE

58. Lower both legs down into a right angle; flex feet; bind around right thigh; revolve spine and gaze over right shoulder



TRAPEZE





**SWORDFISH**

**SWORDFISH**

59. Lift bound leg buttock and chest up; bend knee at a right angle; point foot



**WINGED**

**WINGED**

60. Press sit bones down; straighten the spine; extend leg up as you point foot and twist to the left

**BEETLE**

61. Lower chest to thighs, straighten spine; flex feet and bring elbows to heels; cup hands; press thumbs into chin and gaze forward



**BEETLE**

**SCOOP**

62. Lower chest down; scoop belly in, grab knee creases, flex feet



**SCOOP**

63. Lower onto back; lace hands; point index fingers forward and straighten arms forward as you open legs out to side



CROSS

64. Crunch up; lift head higher; plug and press index fingers into navel; keep legs out to side



PLUGGED

65. & 66. Curl head under, pressing into the crown to open upper to mid back; reach arms over head. Keep on pressing crown into floor as you reach arms up

65.



66.



OPEN SCISSOR & OPEN SCISSOR 2

67. Bend knees; let soles touch. Keep pressing crown into floor, reaching arms back and pointing index fingers

67.



GODDESS FISH

68. Bring knees in; flatten feet into floor, parallel legs out; lift hips up; reach arms back

68.



CROWN BRIDGE





SNUG

**SNUG**

69. Bring knees into chin; elbows into knees; and flex your feet



X SNUG

**X SNUG**

70. Cross right arm over left to grab opposite outside edges of your feet

(Prior to the final relaxation, repeat all the necessary poses on the other side.)

**RELAX**

71. Lower arms and legs; palms face up to relax



RELAX

Come back up to sit and thank yourself, welcoming all the positive change to re-create your life.

This creative sequence has helped me heal physically, mentally and emotionally and step up to my highest potential – creating the life that I have always dreamed of. The innovative sequencing that you tried was just a humble piece of the Yoga puzzle. It is a mischievous provocation that urges us to let go of the assumptions and fears of what is permissible and possible. So together, we can rock our YOGA practice.