



# 14-minutes flow for when you want a quick-fix

Beginner

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Simple and easy to follow Vinyasa. Leaves you feeling rejuvenated in a short span!

5-7B Breathe-Natural 1m 1. **Easy Pose Variation Arms Knees** • Sukhasana Variation Arms Knees

Come into a comfortable seat of your choice. Sit up tall. Allow the sit bones to get heavy on the mat, lengthen your spine and relax your shoulder. Breathe long & deep. Bring your awareness to your breath.



5-7B Breathe-Natural 30s 2. **Easy Pose Neck Rotation** • Sukhasana Neck Rotation

Tuck your chin into your chest and then begin to draw large circles with the tip of your nose. Move slowly and steadily, and continue to breathe naturally. Do not hold your breath at any point.



5-7B Breathe-Natural 30s 3. **Easy Pose Neck Rotation** • Sukhasana Neck Rotation

Come back to centre, tuck the chin in again and begin in the opposite direction - drawing circles with the tip of your nose.

Check in with your spine at this point and make sure you're still sitting up straight.



3-4B Breathe-Natural 30s 4. **Revolved Easy Pose** • Parivrtta Sukhasana

Place the right palm on the left knee, the left fingertips behind you. Inhale - lengthen your spine, exhale - twist. gaze beyond your left shoulder. Breathe steadily.



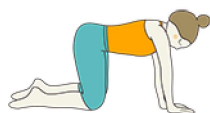
3-4B Breathe-Natural 30s 5. **Revolved Easy Pose** • Parivrtta Sukhasana

Place the left palm on the right knee, the right fingertips behind you. Inhale - lengthen your spine, exhale - twist. gaze beyond your right shoulder. Sit up tall.



2B Breathe-Natural 10s 6. **Table Top Pose** • Bharmanasana

Come into a table top position by placing your wrists under your shoulders, knees under the hips. Point the toes out. Maintain a neutral spine and neck.



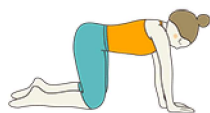
10B Breathe-Natural 1m 7. **Cat Cow Pose Variation Wide Legged** • Bitilasana Marjaryasana Variation Wide Legged

Widen the knees slightly from tabletop. As you inhale, drop the belly and gaze up. And as you exhale, round the back, tuck your chin to your chest. Repeat 4-5 times.



2B Breathe-Natural 10s 8. **Table Top Pose** • Bharmanasana

Come into a table top position by placing your wrists under your shoulders, knees under the hips. Point the toes out. Maintain a neutral spine and neck.



3B Inhale-Exhale 10s 9. **Downward Facing Dog Pose** • Adho Mukha Svanasana

As you exhale, lift the hips upwards and backwards, towards the ceiling. Place the palms firmly on the ground. Spread all the fingers, press down on the fingertips, press down on the knuckles. Shift your weight back onto the feet.



1B

Exhale-Inhale

5s

10. **Half Forward Fold Hands On Floor** • Ardha Uttanasana Hands On Floor

On the next inhale, step front into a half fold.



7-10B Breathe-Natural

30s

11. **Dangling Pose** • Baddha Hasta Uttanasana

Cross the arms and shift your weight slightly to the front, onto the base of your feet. Press down on the big toes, relax the 8 smaller toes. Relax the muscles in the back and hang the head down.

Yogi's choice to sway the torso side to side for the last few breaths or continue to fold forward at the centre.

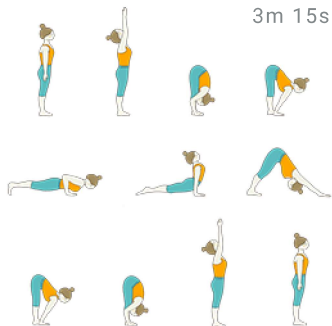


3m 15s

12. **Sun Salutation A** • Surya Namaskar A

Perform 5 rounds of Surya Namaskara A (Sun Salutation A).

There is a separate printable guide available for this.



5-7B Breathe-Natural

30s

13. **Cobra Pose** • Bhujangasana

Stretch the legs out straight, toes pointed. Rest the forehead on the mat. Place the palms on either side of your face, and hug the elbows in close to the torso. Exhale completely, and as you inhale, press the palms and lift the chest up. Maintain a neutral neck, roll your eyes and gaze at the ceiling.

Be mindful not to strain the neck upwards. Do not allow the elbows to move outwards, keep them tucked in close to the torso, even if bent. Relax the shoulders downwards.

To dismount, slowly release the pose and bring the forehead back on the mat.



5-7B Breathe-Natural

30s

14. **Bridge Pose** • Setubandha Sarvangasana

Stretch the arms put straight, move the heels such that the tip of your middle fingers just touch the heels. Plant the feet down firmly. Tighten the muscles in the thighs, squeeze the muscles of the butt. On the next inhale, lift the hips up towards the ceiling.

Move the chest towards the chin, chin towards the ceiling.

To dismount from the pose, slowly bring the hips down on the mat and stretch the legs out straight.



7-10B Breathe-Natural 30s 15. **Wind Release Pose** • Pawanmuktasana

Bend at both the knees and hug the knees in towards the chest. Wrap the arms over the bent legs, pull the knees in closer to the chest.

Yogi's choice to either hold still or roll from side to side, gently massaging the back.



7-10B Breathe-Natural 30s 16. **Belly Section Pose** • Udarakarshasana

On an exhale, drop both knees to the right, stacked on top of each other. Bring the feet also down on the mat to rest them. Yogi's choice to have the arms bent with palms at the back of the head (as illustrated) or stretched out by the sides, palms facing the floor. Gaze towards the left.



7-10B Breathe-Natural 30s 17. **Belly Section Pose** • Udarakarshasana

On an inhale, bring the knees back to center. And on the next exhale, drop both knees to the left, stacked on top of each other. Bring the feet also down on the mat to rest them. Yogi's choice to have the arms bent with palms at the back of the head (as illustrated) or stretched out by the sides, palms facing the floor. Gaze towards the right.

To dismount, slowly come back to centre, release the arms and stretch the legs out straight.



7-10B Breathe-Natural 30s 18. **Happy Baby Pose** • Ananda Balasana

Bend at both the knees, separate the knees, lift the feet up towards the sky. Take your arms through the knees and hold the feet - either the outer edges of the feet, or the big toes with the index and middle fingers.

Pull the knees towards the armpits, lift the feet towards the ceiling. Rest the lower back against the mat completely.

Yogi's choice to either hold still or roll from side to side, gently massaging the back.



Breathe-Natural 3m 19. **Corpse Pose** • Savasana

Stretch the legs out straight, separate the legs, allow the outer edges of the feet to fall onto the mat. Separate your arms, allow the armpits to breathe, palms facing the ceiling. Gently close your eyes and rest.

Try not to drift off to sleep and be still.

Do not skip or shorten shavasana. It is as important as the rest of your practice, if not more!





Srividya is a Yoga Alliance (US & UK) certified Vinyasa yoga teacher. Her journey began in 2006 when she turned to yoga to heal a back injury, and she has never looked back since. While she has also been working in the finance sector for the past decade, her passion for yoga has only grown with every class she has taken and taught.

She started 10 Elephants Yoga to align her passion and her work. At the heart of it all is her belief that we should all “care for our bodies like we would in a world where mirrors didn’t exist!”. Her classes are structured with a strong regard for traditional yoga and its mindful practice. She hopes that her students too may find the clarity and peace yoga brought into her life.

Srividya currently lives in Bangalore, and teaches both in person and online at 10 Elephants Yoga.