



GOLD MEDAL BODIES

**P1 PRASARA
YOGA FLOW**

P1 Prasara Yoga Flow

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P1 FLOW

Parallettes are a great tool for developing incredible practical strength in your shoulder, arm, and trunk muscles. The variety of movements and angles in the exercises of the P1 program will provide your upper body with the stimulus it needs to gain significant strength and muscle.

Unfortunately, these same beneficial stresses that stimulate muscle growth can also create tension and stiffness if we don't proactively compensate for them. The warm-up and cool-down provided in the program will go a long way in preventing undue strain and tension buildup, but sometimes you'll need a more intensive compensation rather than just repeated sets of the cool-down exercises. And performing a Prasara flow is just a lot more fun.

We designed the P1 Flow with a focus on moving and releasing the shoulder joints from a variety of angles. But rather than just the shoulders themselves, we know from Jarlo's physical therapy background that you have to address spinal mobility as well. Particularly in the neck and upper/mid back, which contribute greatly to the natural full range of motion in our shoulders.

The progression of postures in the flow will take you from full shoulder flexion to extension and horizontal adduction to horizontal abduction, as well as with rotation with and without weight bearing. It also brings your spine through full forward and backward bending and rotation. The sequencing moves from easier to more difficult, with a peak posture (either the shoulder bridge or the wheel), and then backing off just enough to end with less tension.

We've provided two levels so that anyone can practice this flow without too much discouragement. You shouldn't

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rush through the first flow or skip it altogether. The postures and movements in the beginner flow directly match the second level, as long as they are performed with energy and due care.

The best possible times to perform these flows are directly after the cool-down exercises in P1, and on the off days in the program.

Perform the flow 3 to 5 times with one to two minutes rest in between.

P1 FLOW MOVEMENT LISTS

LEVEL 1

1. Sleeping Warrior
2. Arm Thread (on right)
3. Arm Thread with Twist
4. Sleeping Warrior
5. Arm Thread (on left)
6. Arm Thread with Twist
7. ½ Floor Crucifix with Scorpion variant (to right)
8. Shoulder Bridge
9. ½ Floor Crucifix with Scorpion variant (to left)
10. Downward Facing Dog
11. Upward Facing Dog
12. Sleeping Warrior

LEVEL 2

1. *Anhatsana* posture
2. Arm Thread with Scorpion variant (on right)
3. Sitting twist (in extended arm thread)
4. Arm Thread with Scorpion variant (on left)
5. Sitting twist (in extended arm thread)
6. ½ Floor crucifix with Scorpion variant (on right)
7. Wheel
8. ½ floor crucifix with Scorpion variant (on left)
9. Wheel
10. Dolphin
11. Camel pose
12. Sleeping Warrior