

# Beginner heart opening

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• 20 mins • beginner • Heart Opener

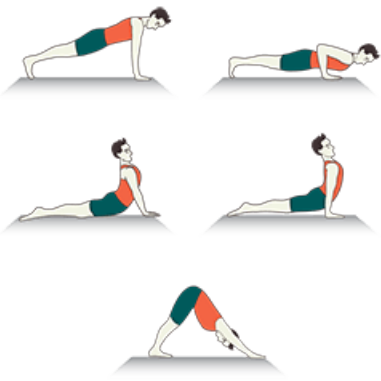
This short 15-20min heart opening beginner sequence is designed to open up the space in the the chest and heart.

Cat / Cows -10 x with a count of 4 breath to transition pose

Thread the needle & Lying scorpion - 3 x each side with 3 breaths inside the pose

Forward fold to extended mountain w/ backbend and cactus arms - 5 x with a count of 4 breath to transitionpose

<p>10B Breathe-Natural 2m</p>  <p>1. Fish Pose Block Upper Back • Matsyasana Block Upper Back</p>	<p>10B Inhale-Exhale</p>  <p>2. Cat Cow Pose • Bitilasana Marjaryasana</p>	<p>3B Yogic</p>  <p>3. Thread The Needle Pose Flow • Urdhva Mukha Pasasana Flow</p>
 <p>4. Belly Down Vinyasa • Vinyasa Iii</p>	<p>3B Yogic</p>  <p>5. Thread The Needle Pose Flow • Urdhva Mukha Pasasana Flow</p>	 <p>6. Belly Down Vinyasa • Vinyasa Iii</p>
<p>3B Yogic</p>  <p>7. Scorpion Twist Pose • Supta Parivrta Vrschikasana</p>	 <p>8. Belly Down Vinyasa • Vinyasa Iii</p>	<p>3B Yogic</p>  <p>9. Scorpion Twist Pose • Supta Parivrta Vrschikasana</p>



10. Belly Down Vinyasa • Vinyasa  
lii



11. Mountain Pose • Tadasana



12. Standing Forward Fold Pose •  
Uttanasana



13. Mountain Pose Cactus Arms  
Backbend • Tadasana Cactus Arms  
Backbend

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**Rpt Fold to Cactus x 5**