



Encouragement Series



Welcome to the Prayer & Yoga Studio Series

*For the Christian practitioner, yoga provides a way
to connect with the Spirit through movement and prayer.*

The Studio Series provides yoga instructors the tools they need to offer Prayer & Yoga Classes for their students. Included in the series is a class plan for each class, along with a prayer bookmark template for them to print, cut and share with their students. (Print the bookmarks on cardstock for extra durability). Each class plan includes an introduction with a reference to the prayer theme and a prayer vinyasa (a sequence of poses linked to prayer or scripture), continuing with thirty minutes of yoga poses, followed by relaxation, reflection and a blessing. Each class is intended to last approximately one hour.

For clarification on the prayer vinyasas or for more information, go to www.prayerandyoga.com for videos demonstrating each vinyasa in the series. May yoga inspire you to draw close to Christ and to connect with the Spirit of God living within you.

Blessings,

Jill

Much appreciation to Bill Grainger at www.yogafont.co.uk for the postures on the cards.

Jill Wondel teaches yoga in Missouri, and developed Prayer and Yoga to provide a new spiritual discipline for Christians seeking a closer relationship with God. Contact her at jill@prayerandyoga.com.

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Rest Sequence

Jill Wondel

INTRO:	
Yoga is prep for meditation. Focus on word as you breathe... Rest...	
BREATH	WARM-UP
Standing Breath	Simple Standing Twist
Standing Moon Breath	Yoga Mudra
Tai Chi Circle Breath	Torso Rotation
PRAYER	Psalm 91:1-2
Tadasana: "He who dwells in the shelter of the most high,	
Utkatasana (Chair): will rest in the shadow of the Almighty.	
Uttanasana: I will say of the Lord, He is my refuge and my fortress,	
Upward Salute: my God, in whom I trust."	
REGULAR PRACTICE	
Tadasana	Earth Salute
Side Moon	Table
Utkatasana Twist	Thread the Needle
Uttanasana	Sphinx
Virabhadrasana I	Balasana
Parshvottanasana	Adho Mukha Svanasana
Adho Mukha Svanasana	Tadasana
Dandasana	Garudasana
Seated Forward Bend	Wide Legged Forward Bend
Boat	WA FB Side Stretch
Bridge	Virabhadrasana II
Bound Angle	Extended Side Angle
Forward Bend Bound Angle	Revolved Side Angle
Bharadvajasana	Virabhadrasana III
Side Plank, modified	Virabhadrasana II
Caturanga	Uttanasana
Balasana	Prayer Sequence**
COOL DOWN	
Happy Baby	Alternate Knees
Figure 4 Stretch	Savasana
REFLECTION	BLESSING:
When you are bone tired - Ann Voskamp (see encouragement series reflections)	My prayer for you is that you can say of the Lord, "He is my refuge and fortress, my God in whom I trust..."

Rest Sequence

Psalm 91: 1-2



“He who dwells in the shelter of the Most High”



“will rest in the shadow of the Almighty.”



“I will say of the Lord, ‘He is my refuge and fortress,”



“my God in whom I trust.”

Rest Sequence

Psalm 91: 1-2



“He who dwells in the shelter of the Most High”



“will rest in the shadow of the Almighty.”



“I will say of the Lord, ‘He is my refuge and fortress,”



“my God in whom I trust.”

Rest Sequence

Psalm 91: 1-2



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Rest Sequence

Psalm 91: 1-2



“He who dwells in the shelter of the Most High”



“will rest in the shadow of the Almighty.”



“I will say of the Lord, ‘He is my refuge and fortress,”



“my God in whom I trust.”



Faithfulness Sequence

Jill Wondel

INTRO:	
God is faithful to give us second chances...	
BREATH	WARM-UP
Hands to Ribcage: Three parts	WAFB Warm-Up
Three Part Breath	Triangle Warm-Up
Tai Chi Breath	Opposite Kick Warm Up
PRAYER	Lamentations 3:22-23
Tadasana: "Because of the LORD's great love"	
Parshvottanasana, left: "we are not consumed,"	
Uttanasana: "for his compassions never fail."	
Parshvottasana, right: "They are new every morning;"	
Adho Mukha Svanasana: "great is your faithfulness."	
REGULAR PRACTICE	
Balasana	Side Angle
Earth Salute	Ardha Chandrasana
Table	Virabhadrasana II
Anjaneyasana	Reverse Warrior
High Lunge	Uttanasana
Crescent Moon	Utkatasana
Low Lunge Twist	Malasana
Low Lunge Runner's Stretch	Baddha Konasana
Bitilasana	Ardha Matseyendrasana
Balasana	Marichyasana I (One Leg Fold Forward)
Virasana	Marichyasana (Open Twist)
Ustrasana	Navasana
Parighasana	Dandasana
Vasisthasana	Upward Plank
Caturanga	Pashimottanasana
Balasana	Uttanasana
High Lunge	Prayer Sequence
COOL DOWN	
Supta Baddha Konasana	Knees to Nose
Crocodile Twist	Savasana
REFLECTION	BLESSING:
How can you allow God's compassion toward you to overflow to those around you?	That You would find God's mercy and compassion reaching out to you each morning.

Faithfulness
Prayer

Lamentations 3:22-23



“Because of the Lord’s
great love”



“we are not consumed,”



“for His compassions
never fail.”



“They are new
every morning;”



“great is your
faithfulness.”



Faithfulness
Prayer

Lamentations 3:22-23



“Because of the Lord’s
great love”



“we are not consumed,”



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Faithfulness
Prayer

Lamentations 3:22-23



“Because of the Lord’s
great love”



“we are not consumed,”



“for His compassions
never fail.”



“They are new
every morning;”



“great is your
faithfulness.”



Forgiveness Sequence

Jill Wondel

INTRO:	
Kelly Minter, The Fitting Room: "Forgiveness is about restoring peace to an otherwise turbulent soul."	
BREATH	WARM-UP
Hand on Belly and Heart	Neck Stretch
Tai Chi Ball Breath	Neck Rolls
Four Second Breath	Shoulder Rolls
PRAYER	Psalm 103:12
Seated Twist: "As far as the East"	
Seated Twist: "is from the West,"	
Seated Backbend: "So far has He removed"	
Seated Forward Bend: "our transgressions from us."	
REGULAR PRACTICE	
Table	Salambhasana
Balancing Table	Dhanurasana
Adho Mukha Svanasana	Balāsana
Uttanasana	Earth Salute
Parsvottanasana	Ustrasana
Virabhadrasana I	Parighasana
Virabhadrasana III	Vasisthasana
Adho Mukha Svanasana	Uttanasana
High Lunge	Archer Pose
Parivrtta Parsvakonasana	Utkatasana
Utthita Parsvakonasana	Malāsana
Trikonasana	Baddha Konasana
Virabhadrasana II	Kurmasana (Turtle)
Adho Mukha Svanasana	Janu Sirsasana
Table	Ardha Matsendrasana
Bhujangasana	Baddha Konasana
Balāsana	Prayer Sequence**
COOL DOWN	
Seated Forward Fold	Pelvic Tilts
Figure Four Stretch	Savasana
REFLECTION	BLESSING:
Consider the woman who anointed Jesus' feet with perfume, remembering that because Christ has forgiven us, we are free to "love much".	Go in peace, better equipped for all God is calling you to...

Forgiveness
Sequence

Psalm 103:12



“As far as the East”



“is from the West”



“so far has He removed”



“our transgressions from
us.”

Forgiveness
Sequence

Psalm 103:12



“As far as the East”



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Forgiveness
Sequence

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us.”



Hope Sequence

Jill Wondel

INTRO:	
MLK, Jr.: "We must accept finite disappointment, but we must never lose infinite hope."	
BREATH	WARM-UP
Tai Chi Breath	Seated Twist
Shoulder Shrugs	Cat/ Cow
Hand/ Arm Circles	Cat/ Cow Side Stretch
PRAYER	Psalm 42:11
Downdog: <i>"Why are you downcast, O my soul?"</i>	
Uttanasana: <i>Why so disturbed within me?</i>	
Upward Salute: <i>Put your hope in God.</i>	
Virasana: <i>For I will yet praise Him,</i>	
Balasana: <i>My Savior and my God."</i>	
REGULAR PRACTICE	
Table	High Lunge
Balancing Table	Uttanasana
Threading Needle	Urdhva Hastasana, Tadasana
Balasana	Trikonasana
Dandasana	Virabhadrasana II
Ardha Matseyendrasana	Virabhadrasana I
Adho Mukha Svanasana	Parivrtta Trikonasana
Uttanasana	Parshvottanasana
Urdhva Hastasana	Prasarita Padottanasana
Simple Balance	Adho Mukha Svanasana
Side Moon	Uttanasana
Tadasana	Utkatasana
Uttanasana	Utkatasana Twist
High Lunge	Uttanasana
Plank	Utthita Hastha Padangusthasana
Bhujangasana	Uttanasana or favorite pose
Adho Mukha Svanasana	Prayer Sequence
COOL DOWN	
Supta Parivrtta Trikonasana	Supta Baddha Konasana
Supta Padangusthasana	Savasana
REFLECTION	BLESSING:
When have you been disappointed or downcast? How do you find hope in the midst of sorrow?	Now the God of hope fill you with all joy and peace in believing, that you may abound in hope, through the power of the Holy Ghost. Romans 15:13

Hope Sequence

Hope Sequence

Hope Sequence

Hope Sequence

Psalm 42:11

Psalm 42:11

Psalm 42:11

Psalm 42:11



“Why are you downcast,
O my soul?”



“Why are you downcast,
O my soul?”



“Why are you downcast,
O my soul?”



“Why are you downcast,
O my soul?”



“Why so disturbed within
me?”



“Why so disturbed within
me?”



“Why so disturbed within
me?”



“Why so disturbed within
me?”



“Put your hope in God.”



“Put your hope in God.”



“Put your hope in God.”



“Put your hope in God.”



“For I will yet praise Him,”



“For I will yet praise Him,”



“For I will yet praise Him,”



“For I will yet praise Him,”



“my Savior and my God.”



“my Savior and my God.”



“my Savior and my God.”



“my Savior and my God.”



Answer Sequence

Jill Wondel

INTRO:	
Bringing together body and mind...	
BREATH	WARM-UP
Belly Breath	Cross Leg Stretch
Balāsana Breath	Seated Fwd Fold Breath
Tai Chi Breath	Seated Side Stretch Breath
PRAYER	Psalm 86: 5-7
Janu Sirsasana, left: “You are forgiving and good, O Lord,”	
Parivṛta Janu Sirsasana, left: “abounding in love to all who call to you.”	
Baddha Konasana: “Hear my prayer, O Lord;”	
Baddha Konasana, folding: “listen to my cry for mercy.”	
Parivṛta Janu Sirsasana, right: “In the day of trouble I will call to you,”	
Janu Sirsasana, right: “for you will answer me.”	
REGULAR PRACTICE	
Ardha Matseyendrasana	Parshvottanasana
Upavistha Konasana	Crescent Moon
Prasarita Padottanasana	Virabhadrasana II
High Lunge	Side Angle
Virabhadrasana I	Virabhadrasana I
Virabhadrasana II	Revolved Side Angle
Utthita Parsvakonasana	Adho Mukha Svanasana
Prasarita Padottanasana	Balāsana
Adho Mukha Svanasana	Sphinx
Uttanasana	Dolphin
Tadasana/ Simple Balance	Adho Mukha Svanasana
Natarajasana	Uttanasana
Uttanasana	Utkatasana
Adho Mukha Svanasana	Vrksasana
Tadasana	Yoga Mudra
Side Moon	Uttanasana
Star, Female Warrior	Prayer Sequence
COOL DOWN	
Leg Lifts	Apanasana
Alternate Knees to Nose	Savasana
REFLECTION	BLESSING:
Reflect on a time when you received an answer to prayer. Thank God for His faithfulness.	May God’s mercy follow you all your days.

Answer
Sequence

Psalm 86: 5-7



“You are forgiving
and good, O Lord,”



“abounding in love to
all who call to you.”



“Hear my prayer, O
Lord;”



“listen to my cry for
mercy.”



“In the day of trouble
I will call to you,”



“for you will answer
me.”

Prayer
and
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Answer
Sequence

Psalm 86: 5-7



“You are forgiving
and good, O Lord,”



“abounding in love to
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Sequence

Psalm 86: 5-7



“You are forgiving
and good, O Lord,”



“abounding in love to
all who call to you.”



“Hear my prayer, O
Lord;”



“listen to my cry for
mercy.”



“In the day of trouble
I will call to you,”



“for you will answer
me.”

Prayer
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Yoga
.com

Redemption Sequence

Jill Wondel

INTRO:	
Thinking about redemption, what we need to be rescued from...	
BREATH	WARM-UP
Seated breath, meditation	Seated Twist
Tai Chi Breath: raised arms	Table to Child's, movement
Cat/ Dog Seated Tilt	Table Balance, movement
PRAYER	Isaiah 43:1
Tadasana: <i>"But now, this is what</i>	
<i>Upward Salute: the Lord says,</i>	
<i>Warrior II right: He who created you, O Jacob, He who formed you</i>	
<i>Warrior II left: O Israel: 'Fear not for I have redeemed you,</i>	
<i>Upward Salute: I have called you by name;</i>	
<i>Tadasana: you are mine."</i>	
REGULAR PRACTICE	
Uttanasana	Dandasana
High Lunge	Paschimottanasana
Parivrtta Parsvakonasana (Rv. Side Angle)	Modified Archer's Pose
Virabhadrasana I	Seated Figure Four
Parshvottanasana	Marichyasana III
Virabhadrasana III	Navasana
Uttanasana	Baddha Konasana
High Lunge	Upavistha Konasana
Virabhadrasana II	Janu Sirsasana
Reverse Warrior	Parivrtta Janu Sirsasana
Parsvakonasana	Baddha Konasana
Adho Mukha Svanasana	Balasana
Prasarita Padottanasana (WAFB)	Virasana
WAFB, Side Stretch	Ustrasana
Caturanga	Utkatasana
Sphinx	Uttanasana
Balasana	Prayer Sequence**
COOL DOWN	
Baddha Konasana	Nose to Knees
Kurmasana	Savasana
REFLECTION	BLESSING:
What has God redeemed you from?	May the Spirit of God bring you peace and rest this day.

Redemption
Prayer

Isaiah 43:1



“But now, this is what
the Lord says,”



“He who created you, O
Jacob, He who formed
you”



“O Israel: “Fear not, for
I have redeemed you,”



“I have called you
by name;”



“you are mine.”



Redemption
Prayer

Isaiah 43:1



“But now, this is what
the Lord says,”



“He who created you, O
Jacob, He who formed
you”



“O Israel: “Fear not, for
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“I have called you
by name;”



“you are mine.”



Redemption
Prayer

Isaiah 43:1



“But now, this is what
the Lord says,”



“He who created you, O
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“O Israel: “Fear not, for
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“you are mine.”



Redemption
Prayer

Isaiah 43:1



“But now, this is what
the Lord says,”



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you”



“O Israel: “Fear not, for
I have redeemed you,”



“I have called you
by name;”



“you are mine.”



Prayer Sequence

Jill Wondel

INTRO:	
Higgin's Quote... (see encouragement series reflections)	
BREATH	WARM-UP
Tai Chi Breath	Cat/ Cow
Head Nods	Knee to Nose
Lotus Breath	Balasana w/ breath
PRAYER	Psalm 141:1-2
Matsyendrasana, left: "O Lord, I call to you;"	
Matseyendrasana Rotation: "come quickly to me."	
Matseyendrasana, right: "Hear my voice when I call to you."	
Virasana: "May my prayer be set before you like incense;"	
Yoga Mudra: "may the lifting up of my hands be like the evening sacrifice."	
REGULAR PRACTICE	
Table	Tadasana
Anjaneyasana	Side Moon
Low Lunge Twist	Utkata Konasana
Low Lunge Runner's Stretch	Star
Adho Mukha Svanasana	Trikonasana
Uttanasana	Parsvottanasana
Utkatasana	Prasarita Padotanasana
Tadasana	Extended Leg Squat
Virabhadrasana I	Malasana
High Lunge	Baddha Konasana
Parivrrta Parsvakonasana	Ardha Matseyendrasana
Utthita Parsvakonasana	Janu Sirsasana
Virabhadrasana II	Parivrrta Janu Sirsasana
Viparita Virabhadrasana	Upavistha Konasana
Trikonasana	Baddha Konasana
Adho Mukha Svanasana	Gomukhasana
Uttanasana	Prayer Sequence**
COOL DOWN	
Leg Lifts	Apanasana
Supta Padangusthasana	Savasana
REFLECTION	BLESSING:
Take a moment of prayer - a few moments to speak to God...	May your prayers be like incense - pleasing and acceptable to God.

Prayer
Sequence
Psalm 141: 1-2



“O Lord, I call to you;”



“come quickly to me.”



“Hear my voice when I call to you.”



“May my prayer be set before you like incense;”



“may the lifting up of my hands be like the evening sacrifice.”

Prayer
Sequence
Psalm 141: 1-2



“O Lord, I call to you;”



“come quickly to me.”



“Hear my voice when I call to you.”



“May my prayer be set before you like incense;”



“may the lifting up of my hands be like the evening sacrifice.”

Prayer
Sequence
Psalm 141: 1-2



“O Lord, I call to you;”



“come quickly to me.”



“Hear my voice when I call to you.”



“May my prayer be set before you like incense;”



“may the lifting up of my hands be like the evening sacrifice.”

Prayer
Sequence
Psalm 141: 1-2



“O Lord, I call to you;”



“come quickly to me.”



“Hear my voice when I call to you.”



“May my prayer be set before you like incense;”



“may the lifting up of my hands be like the evening sacrifice.”



Presence Sequence

Jill Wondel

INTRO:	
Learning to rest in God's presence...	
BREATH	WARM-UP
Chin to Shoulder, etc.	Seated Cat/ Cow
Lotus Breath	Around the World
Tai Chi Breath	Fingers to Floor Stretch
PRAYER	Psalm 16:11
Balasana: "You have made known to me"	
Adho Mukha Svanasana: "the path of life;"	
Plank: "You will fill me with joy"	
Vasisthasana, left: "in your presence,"	
Vasisthasana, right: "with eternal pleasures at your right hand."	
REGULAR PRACTICE	
Balasana	Viparita Virabhadrasana
Virasana	Virabhadrasana I w/ Yoga Mudra variation
Dandasana	Adho Mukha Svanasana
Seated Archer	Balasana
Ardha Matseyendrasana	Uttanasana
Upavistha Konasana	Utkatasana
Janu Sirsasana	Tadasana
Seated Wild Thing	Natarajasana
Camel	Utthitha Hasta Padangustasana
Parighasana	Uttanasana
Vasisthasana	Adho Mukha Svanasana
Plank	Caturanga Dandasana
Adho Mukha Svanasana	Sphinx
High Lunge	Dolphin Plank
Crescent Moon	Balasana
Parivrtta Parsvakonasana	Balancing Table
Virabhadrasana II	Prayer Sequence**
COOL DOWN	
Balasana	Twist
Knees to Nose	Savasana
REFLECTION	BLESSING:
Sadie Nardini: "Yoga gives us a special tool against letting these storms deluge your interactions - the art of pausing...reflect within and from there figure out what love would do..."	May you be present in each moment as it happens, recognizing the miracles in each one.

Presence
Sequence

Psalm 16:11



“You have made
known to me”



“the path of life;”



“you will fill me with
joy”



“in your presence,”



“with eternal pleasures”



“at your right hand.”

Prayer
and
Yoga
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Presence
Sequence

Psalm 16:11



“You have made
known to me”



“the path of life;”



“you will fill me with
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“in your presence,”



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“at your right hand.”

Prayer
and
Yoga
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Presence
Sequence

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“at your right hand.”

Prayer
and
Yoga
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Presence
Sequence

Psalm 16:11



“You have made
known to me”



“the path of life;”



“you will fill me with
joy”



“in your presence,”

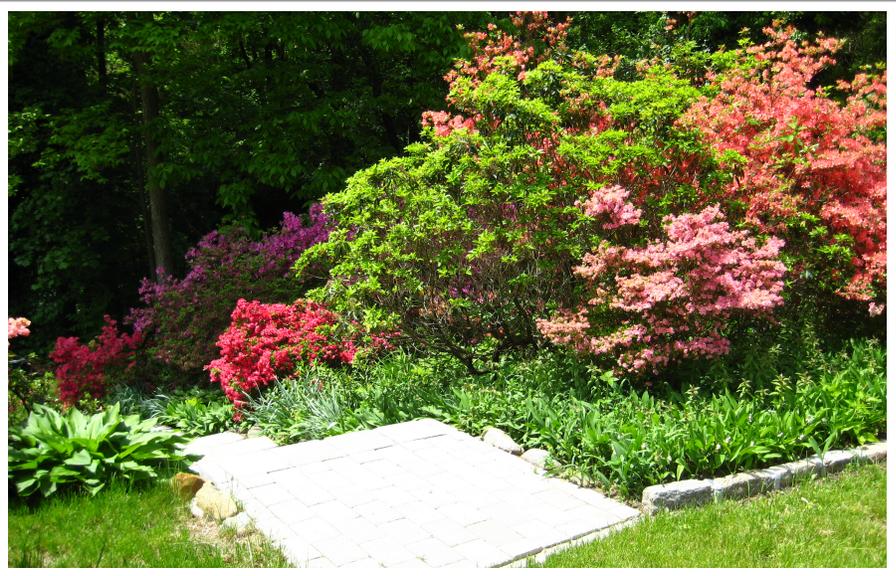


“with eternal pleasures”



“at your right hand.”

Prayer
and
Yoga
.com



Encouragement Series Reflections

Reflection for Rest Sequence:

There are no dust police. No smudge cops, no laundry laws, no fridge patrol. I tell myself this, that **I can't go to jail over toilet bowls and there is grace and a smile behind all the ethereal veil and I can just rest. That God's will for a day is never to shoulder a burden but to come rest on His shoulder. Sometimes the only real rest in a day is the rest we carry around at the center of us.** The rest of God is primarily a working rest, for though He completed creation and rested on the seventh day, He knew His work was never complete, that there was more work ongoing, and His rest was never a permanence but a pause. These are right and necessary, pauses. **Who can make a song without rests?** There will be more song in the morning, fresh mercies, and God will let us again undertake the unfinished work of the Kingdom and this is good. The winds lift and lift the branches of the spruce trees. I think about tomorrow. It's work and refrain and the dust. **Rest is never how a body relaxes but how a mind lies down into Jesus. No matter how the hands fly, there is always rest when our interior gazes on Jesus. He is our rest.** The LORD replied, "My Presence will go with you, and I will give you rest." ~Ex. 33:14 - *"For the days when you are bone tired."* Wednesday July 7, 2010, *A Holy Experience*, Ann Voskamp (abbreviated)

Reflection for Prayer Sequence:

Of course, Higgins reminds us, true strength comes from deep within. "The whole practice of yoga is to align with spirit," says Higgins. "When you let go of focusing only on external strength in the poses by tuning in to the breath and the flow of movement, you'll find the truth of your strength, which is in your spirit. Spiritual strength always trumps egoic strength." - *San Francisco Bay Area vinyasa flow teacher James Higgins in Yoga Journal Strength and Grace online article.*