Simple Jet Lag Sequence

This sequence should be used by those recovering from jet lag. The first few days after a long flight should entail very quiet yoga, as it is thought that it is the nervous system that needs to recover more than our bodies. A walk and some sunlight are helpful for adjusting, and some time during the day you could try at least 30 minutes of the following poses.

Sequence steps

- **Supta Virasana**
  - Reclining Hero Pose
  - 3-5 minutes
  - Lay on your back with your legs bent, your toes pointing backward.

- **Virasana Forward**
  - Downward-Facing Hero Pose
  - 1-2 minutes
  - Join your feet together under your buttocks and keep your knees far enough apart for your ribs to fit in between your legs as you fold forward. You can rest your head on the floor or on a block.

- **Adho Mukha Svanasana**
  - Downward-Facing Dog Pose
  - 1-2 minutes
  - Press evenly into your hands and feet. The main aim is to elongate the back of your body while lifting your hips up as high off the ground as possible. If necessary, bend your knees a little but stay strong in the legs.

- **Virasana Forward**
  - Downward-Facing Hero Pose
  - 1 minute
  - Join your feet together under your buttocks and keep your knees far enough apart for your ribs to fit in between your legs as you fold forward. You can rest your head on the floor or on a block.

- **Dandasana**
  - Staff Pose
  - 30 seconds
  - Point your sit-bones down and extend upwards through the crown of your head. Use support under your buttocks or bend knees if needed to get your back straight.

- **Simple Cross Legs Forward**
  - 45 seconds per side
  - Sit with your legs crossed. Keep your sit-bones pointing down as you stretch your arms forward to capacity, lengthening your spine.
Baddha Konasana
Bound Angle Pose
2 minutes
Bring your feet as close as possible to your pelvis and join them together. Straighten your back and let gravity pull your knees down toward the floor. If necessary, use a strap to hold your feet in place.

Upavistha Konasana (Head Up)
Wide-Angle Seated Forward Bend (Head Up)
1 minute
Keep your back straight and chest open as you grab onto your toes. Lengthen through your crown. Use belts if necessary.

Upavistha Konasana Twist
Wide-Angle Seated Twist
30 seconds each side
Keep extending your spine up through the crown of your head as you twist to each side. Use a belt if you feel your back rounding.

Prasarita Padottanasana
Wide-Legged Forward Bend
1-2 minutes
Plant your feet as wide apart as you can. Place your hands on the floor and lengthen forward through your spine. Once you have achieved the concave spine, start to walk your hands backward to capacity, aiming to lengthen and release your spine as evenly as possible.

Salamba Sirsasana I
Headstand 1
3-5 minutes
Activate your shoulders and upper back muscles as you lift your body up into inverted balance. Use the wall for support if necessary.

Sirsasana Preparation
Headstand Preparation
5-6 breaths
Place your forearms flat on the floor next to a wall and interlock your fingers behind the back of your skull. Keeping your head on the floor and your back straight, start to walk your feet closer toward your trunk. Straighten your back and pull your hips up to capacity. This can also be done with your feet to the wall.

Salamba Sarvangasana
Shoulderstand
5 minutes
Activate your arms and shoulders as you lift your body up perpendicular to the floor. Use blankets or bolsters to support your shoulders. Make sure the back of your neck stays relaxed and maintains its natural curve.

Halasana
Plough Pose
3 minutes
Use support under your shoulders. Keeping your shoulders open, lift your hips up high above your head, dropping your feet down behind you. Place your hands on your back to help keep it from rounding.

Supported Setu Bandha Sarvangasana
Supported Bridge Pose
5-7 minutes
Lie down over support placed under the whole of your body from the thoracic spine down to your knees. The shoulders swoop down to touch the floor. Spread your arms outward or slightly at your side. Activate your feet and press them into the wall.
Simple Cross Legs Forward
1 minute per side
Sit with your legs crossed. Keep your sit-bones pointing down as you stretch your arms forward to capacity, lengthening your spine.

Savasana
Corpse Pose
5-10 minutes
Lie down on the floor. Spread your arms and legs slightly at your side. Relax and concentrate on your breath.