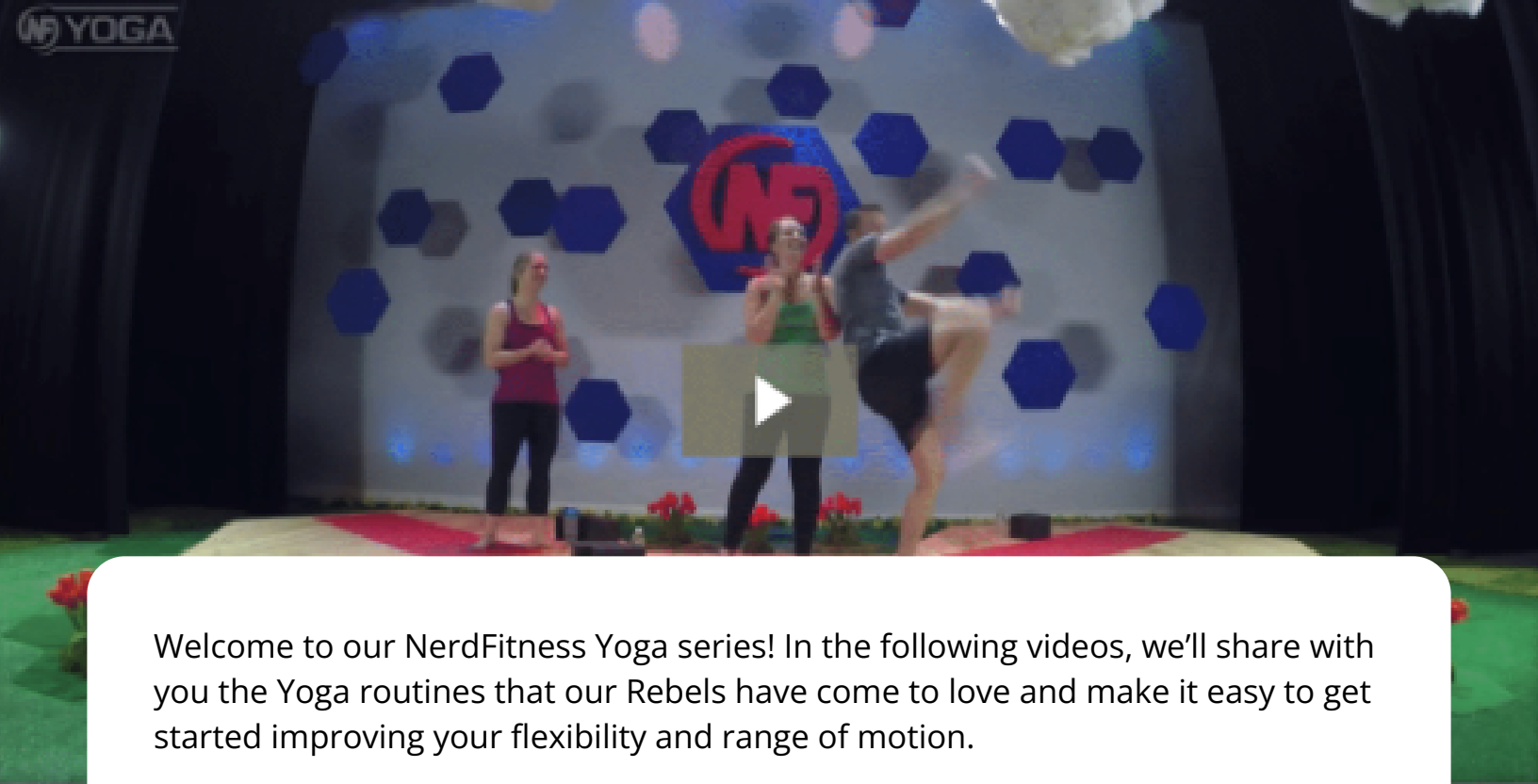




# **NERDFITNESS FREE YOGA GUIDE**





Welcome to our NerdFitness Yoga series! In the following videos, we'll share with you the Yoga routines that our Rebels have come to love and make it easy to get started improving your flexibility and range of motion.

## Getting Started

If you are brand new, to yoga, watch the Getting Started video!

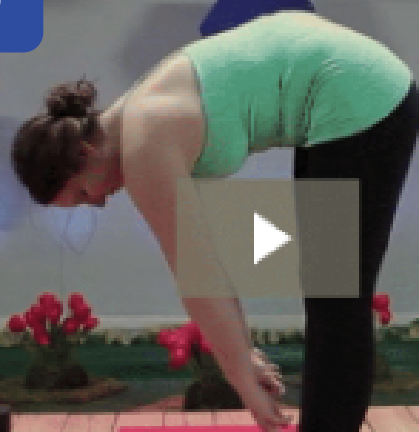
It's fairly short and gives you a great overview of:

- Our philosophy about getting started. How we handle variations and progressions.
- Teaching you how to stand (yes, really).
- Going over various types of lunges we'll use.
- Review of Child's Pose (our "safety" pose).
- Nuances of Downward Dog (super frequent pose).
- Variations of how to sit in our seated poses.
- Why falling over and failing is actually a GOOD thing.

[Watch Video](#) (18:13)



## MINI SESSIONS



Each of the Mini Sessions is a great way to get some stretching and mobility throughout your day. They are targeted on a specific area of the body, such as shoulders, touching your toes, or wrist mobility. Pick the ones that work best for you and enjoy!

### Sessions include:

**Touch Your Toes Mobility**

[Watch Session](#) (6:42)

**Wrist Mobility**

[Watch Session](#) (6:21)

**Proper Posture**

[Watch Session](#) (5:47)

**Shoulder Mobility**

[Watch Session](#) (10:20)

**Squat Mobility**

[Watch Session](#) (7:32)



## WATER SERIES - A



This session lays a great foundation for the most common poses you'll see in our Yoga videos.

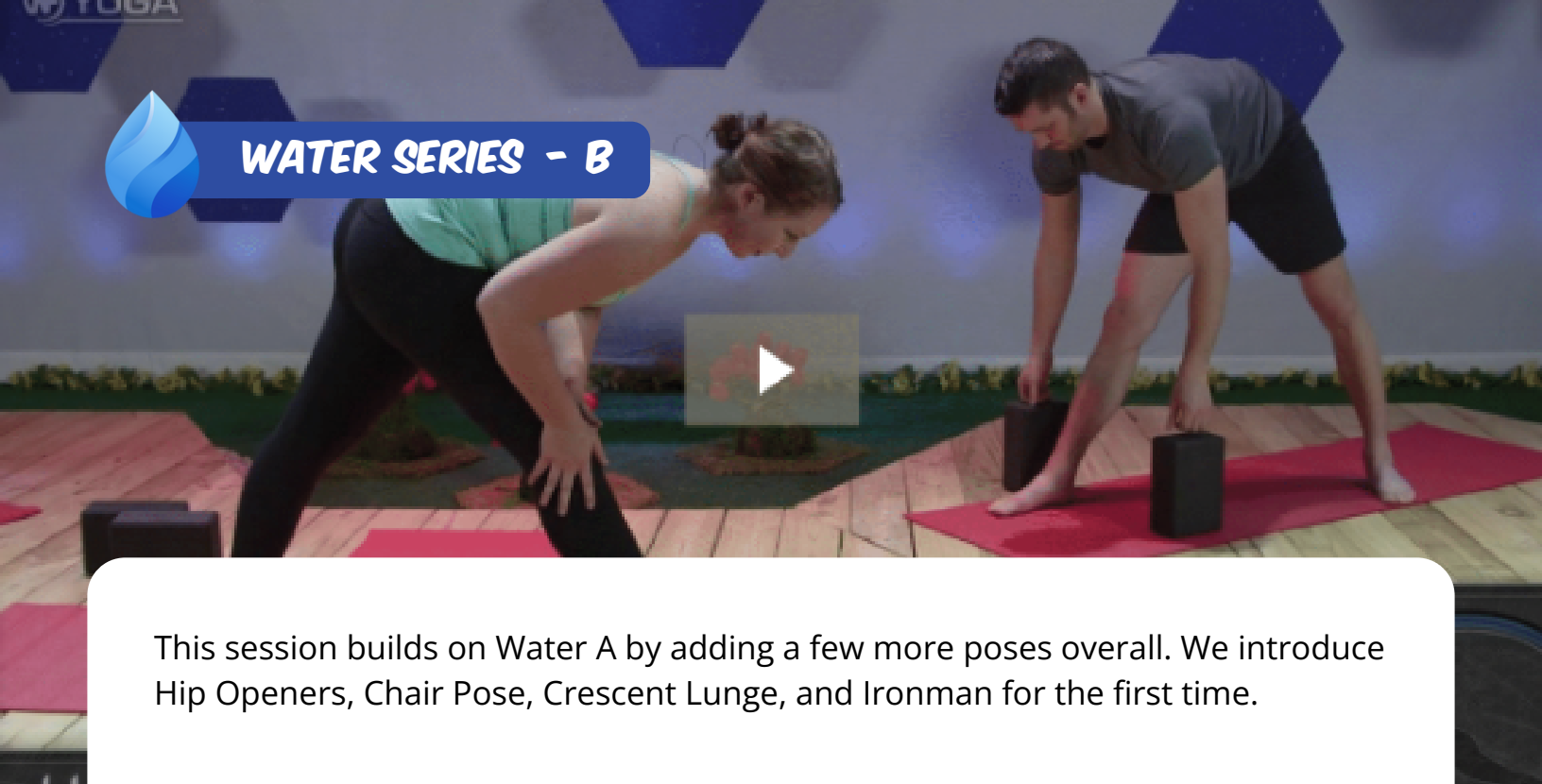
### Poses included in this session are:

Seated Cross-Legged	Table Top Cat-Cow	Child's Pose	Downward Dog
Forward Fold	Standing Mountain	Plank	Cobra
Low Lunge	Crescent Moon	Tree Pose	Warrior 2
Extended Side Angle	Rebel Warrior	Bridge	Knee Hug
Corpse Pose			

[Watch Video](#) (23:37).



## WATER SERIES - B



This session builds on Water A by adding a few more poses overall. We introduce Hip Openers, Chair Pose, Crescent Lunge, and Ironman for the first time.

### Poses included in this session are:

Standing Mountain	Forward Fold	Plank	Cobra
Child's Pose	Downward Dog	Hip Opener	Low Lunge
Crescent Moon	Half Splits	Chair Pose	Frog
Goddess Shoulder Stretch	Lunge	Pyramid	Ironman
Suine Twist	Knee Hug	Corpse Pose	Extended Side Angle

[Watch Video](#) (29:57).



## FIRE SERIES - A



This session begins to step it up in complexity. We start slow but build to a decent amount of intermediate poses. We introduce Airplane, Half Moon, and Warrior progressions.

### Poses included in this session are:

Seated Twist	Forward Fold	Rag Doll	Standing Mountain
Standing Side Bend	Plank	Cobra	Child's Pose
Downward Dog	Lunge	Pyramid	Standing Splits
Chair Pose	Airplane	Crescent Lunge	Warrior 2
Rebel Warrior	Extended Side Angle	Rebel Triangle	Tree Pose
Half Moon	Revolved Half Moon	Table Top Cat-Cow	Seated Cross Legged Twist
Knee Hug	Corpse Pose		

[Watch Video](#) (32:31).



## FIRE SERIES - B



This session moves from pose to pose a little quicker in pace. We spend a lot of time in variations of Runner's Lunge and introduce Spinal Balance, Ninja, and Pigeon poses.

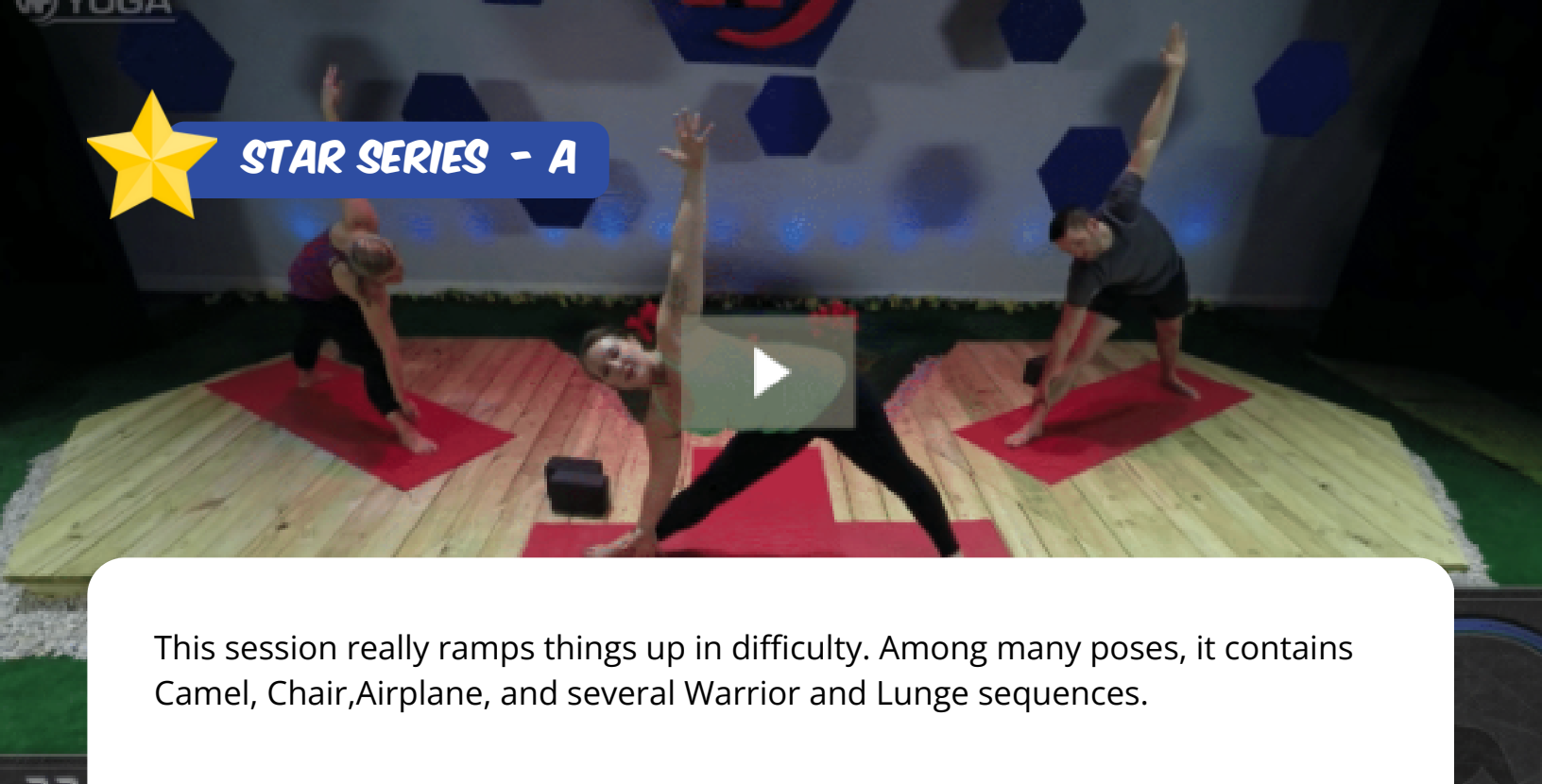
### Poses included in this session are:

Seated Twist	Table Top Cat-Cow	Spinal Balance	Child's Pose
Downward Dog	Forward Fold	Standing Mountain	Plank
Cobra	Runner's Lunge	Wide Leg Forward Fold	Lunge
Side Plank	Chair Pose	Chair Twist	Frog
Ninja	Rising Star	Warrior 2	Pigeon Pose
Rebel Warrior	Supine Twist	Knee Hug	Corpse Pose

[Watch Video](#) (32:25)



## STAR SERIES - A



This session really ramps things up in difficulty. Among many poses, it contains Camel, Chair, Airplane, and several Warrior and Lunge sequences.

### Poses included in this session are:

Standing	Standing Mountain	Rag Doll	Body Rotation
Forward Fold	Plank	Cobra	Downward Dog
Low Lunge	Crescent Moon	Low Lunge	Lunge
Crescent Lunge	Standing Splits	Chair Pose	Chair Twist
Airplane	Warrior 2	Rebel Warrior	Extended Side Angle
Triangle	Half Moon	Camel	Table Top Cat-Cow
Warrior 3	Candycane	Revolved Lunge	Ironman
Supine Twist	Knee Hug	Corpse Pose	Seated Cross-Legged Twist

[Watch Video](#) (40:44).





## STAR SERIES - B



This session covers a ton of ground. It introduces Chaturanga to Upward Dog, Crooked Triangle, and several tough lunge twist variations. It also introduces Crow, one of our most advanced poses.

### Poses included in this session are:

Seated Cross Legged	Table Top Cat-Cow	Spinal Balance	Swan
Child's Pose	Downward Dog	Lunge	Rag Doll
Forward Fold	Standing Mountain	Low Lunge	Crescent Lunge
Plank	Cobra	Chaturanga	Cobra
Plank Knee Forward	Crooked Triangle	Runner's Lunge	Pyramid
Frog	Wide-Leg Forward Fold	Crow	Firelog
Bridge	Windshield Wipers	Wheel	Supine Butterfly
Knee Hug	Corpse Pose		

[Watch Video](#) (41:10)



## Looking for extra guidance and accountability?

Find out which Nerd Fitness Coach is right for you in 60 seconds with our [free match making quiz!](#)



**COACH JUSTIN**  
HE/HIM  
HUNTINGTON BEACH, CA

**SPECIAL SKILLS:**

- VEGGIE WHISPERER
- MINDSET PURPLE BELT
- PHOTOGRAPHY
- REPEAT JOKE OFFENDER
- DOG DAD



**COACH SARAH**  
SHE/HER  
VANCOUVER, BC

**SPECIAL SKILLS:**

- SCIENTIFIC RESEARCH
- AXE THROWING
- CLEVER WORKOUT NAMES
- KEEPING TINY HUMANS ALIVE
- TRIVIA



**COACH TAYLOR**  
HE / HIM  
VANCOUVER, BC

**SPECIAL SKILLS:**

- EDUCATOR
- RESISTANCE TRAINING
- WINE/WHISKY KNOWLEDGE
- ACE VENTURA IMPRESSION
- HEAVY METAL VOCALS