

## A Yoga/Tarot Practice

I suggest you start by reading this [article](#), then skip down to my message at the end before starting this practice.

### Intention setting

Mt. Pose  
Chair pose  
\*Warrior 2  
\*Triangle  
\*Balancing Half-Moon (or ardha chandrasana)  
\*Warrior 1  
\*Head to Knee Pose  
Down-Dog  
Big Toe Pose (at wall or not)  
Head Stand, Hand Stand or Forward Bend  
Tree  
Sun Salutation  
Child's Pose  
4 Limbs Pose (chaturanga)  
Crow or Squat with hands down  
Camel  
Lotus  
Wheel or Bridge Pose  
Plow  
Twist (knee-down)  
Savasana

### High Priestess

The Fool  
Chariot  
Strength  
Empress  
The Moon  
Judgement  
Hierophant  
World  
Justice  
Hanged Man  
Tower  
Magician  
Sun  
Emperor  
Devil  
Lovers  
Star  
Wheel of Fortune  
Plow  
Temperance  
Death

\*Repeat to other side. When all have been introduced, do as a vinyasa (sequence).

### Links to poses if you're not sure what they are:

[Mt. Pose/Tadasana:](#)

[Chair Pose/Utkatasana](#)

[Warrior 2/Virabhadrasana 2](#)

[Triangle/Trikonasana](#)

[Balancing Half Moon/Ardha Chandrasana](#)

[Warrior 1/Virabhadrasana 1](#)

[Head to Knee Pose/Parsvottanasana](#)

[Down Dog/Adho Mukha Svanasana](#)

[Hand to Big Toe Pose/Utthita Hasta Padangusthasana](#)

[Head stand](#), [Hand stand](#), [Standing Forward Bend](#), or [Legs Up the Wall Tree Pose/Vrksana](#)

Sun Salutation Sequence:



[Child's Pose/Balasana](#):  
[Plank/4 Limbs Pose/Chaturanga Dandasana](#)  
[Crow/Bakasana](#) or [Squat/Malasana](#)  
[Camel/Ustrasana](#)  
[Lotus/Padmasana](#)/or simple cross-legged pose  
[Wheel](#) or [Bridge Pose](#)  
[Plow/Halasana](#)  
[Twist](#)  
[Savasana](#)

### My Yoga Practice:

I am a life long yogi starting at the age of 17 back in 1968. This was before it became popular and before the sticky yoga mats were invented.

My years as a dancer started at the young age of 5. But like most little girls, I didn't stop. My first part-time job was as a dance teacher's assistant at age 13. I took ballet until I got to the point of going on toe. That just seemed too un-natural and painful. So I switched to modern and jazz and loved the freedom of expression and performing in school musicals and talent shows.

Later as an adult I took up tap and belly dancing and got involved with my local community theater group. I danced and sang my way through many Broadway classics and did some choreography too. I loved the belly dancing (costumes too!) and was soon apart of a troupe performing at weddings, shows and parties.

Yoga played a big part in my life because it supported my dancing. Except for the occasional swing dancing at parties, most of my dancing now takes place in the privacy of my home. But yoga has never let up. I got my certification in 2004 and taught kids and adults up until the end of 2019. My practice has never wavered because yoga, even more so for me than the dance, is a life practice. It's what keeps a body young no matter what your age. The dance is now more of a creative outlet, which is important, but without the yoga the dance wouldn't be as freeing. But, it's important to keep moving no matter what your age. It's what our bodies are meant to do.

### **Important Tarot & Yoga Practice Notes:**

This tarot/yoga practice is what ever you want to make it. But I suggest you take it slow and spend a few minutes each day on one card/pose, starting at the beginning. The major arcana cards are not in order 0-21. It's more important to do the yoga poses for each card in an order that's best for your body.

If you're new to yoga, take it extra slow. No matter what your experience, never ever push your body beyond what it can comfortably do. Get out of your head and into your body and listen to what it's telling you.

If you'd like more yoga instruction, I suggest joining Yoga International online or a yoga class in your area. If you're reading this while we're still dealing with Covid-19, there may be an online zoom class in your area.

Before beginning the practice, look at the card, take it in intuitively and read the guide book if needed. As you do the pose for a particular card, try to blend the card meaning with the pose. Explore how they relate. Only do as many poses as you're comfortable with, then pick up where you left off next session. If any of the poses are too advanced, Yoga Journal can offer modifications or you can only go part way with any of the poses. Listen to your body, it won't steer you wrong.

After working your way through the major arcana, try doing the whole practice in one session with the cards laid out or in groups of a few. Whatever feels right to you. There is no right or wrong way.

Journaling along the way can deepen the practice and experience. Always take a few minutes at the end to first sit in meditation then rest lying down in Savasana.

Have fun....Enjoy

Namaste'  
Stephanie