

Aquarius Flow: Wave

Before you practice

These guides are general fitness and mindfulness content written by BLKMAT. They are not medical advice, therapy, or treatment, and they are not a substitute for a qualified yoga teacher or health professional.

- Check with a doctor or physical therapist before starting a new exercise routine, especially if you are pregnant, recovering from an injury or surgery, or managing a heart, blood-pressure, joint, or balance condition.
- Move within a comfortable range. Mild stretching sensation is fine; sharp, pinching, or electric pain, numbness, or dizziness means stop.
- If you feel faint, dizzy, short of breath, or unwell at any point, stop and rest. Get medical help if it doesn't pass quickly.
- Breathe through your nose if you can, and never hold your breath to force a pose.
- Use a wall, chair, folded blanket, or pillow for support whenever it helps. Props are not "cheating."
- Practice on a dry mat on a flat, non-slip floor. BLKMAT mats have a natural rubber base, which contains latex.

Zodiac and chakra themes in these guides are cultural and creative frameworks for choosing what to practice and what to pay attention to. They are not scientific or health claims.

A BLKMAT flow for the Aquarius Constellation mat. About 10 minutes. Read the safety note first.

Aquarius · Jan 20 – Feb 18 · traditional element: air · modality: fixed (traditionally, a sign at the middle of a season)

Your mat: The water-bearer in champagne line, with fine arcs and the ecliptic.

Aquarius, the water-bearer, is an air sign associated with originality and fresh perspective. This flow moves the spine in every direction, forward, back, sideways, and twisting, so you finish feeling freshly rearranged.

The zodiac is a theme here, not a prescription: any sign can do any flow, and nothing about your birth date changes what your body needs today.

#	Pose	Time	How
1	Seated spinal waves	1 min	Cross-legged. Roll the spine forward and back like a slow wave.
2	Cat and cow with side bends	1½ min	Add a side curve: look toward your right hip, then the left.
3	Gate pose	2 min	Kneel, extend the right leg out to the side, and bend gently over it with the left arm overhead. 4 breaths each side.
4	Standing side bend	1 min	Feet together, arms up, curve right then left.
5	Low lunge twist	2 min	Back knee down, hand on the front knee, turn toward the front leg. 4 breaths each side.
6	Reclined twist	1½ min	Both sides.
7	Savasana	1 min	Arms by your sides; let the spine be neutral.

Take-away: Move in every direction, then let everything rest.

New to yoga? Start with "Your First 10 Minutes on the Mat," then come back to this flow.

