

Aries Flow: Spark

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 Aries Constellation mat. About 10 minutes. Read the safety note first.

Aries · Mar 21 – Apr 19 · traditional element: fire · modality: cardinal (traditionally, a sign that begins a season)

Your mat: Hamal, Sheratan and Mesarthim, the three bright stars of the ram, in rose-gold line.

Aries is traditionally the first sign of the zodiac year, so this flow is about starting: short, warm, and lively. Quick to begin, easy to finish.

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	Easy seat, sharp inhales	1 min	Sit tall. Breathe in through the nose in three short sips, then breathe out in one long sigh. 6 rounds, then normal breathing. Skip this and breathe normally if you feel lightheaded or are pregnant.
2	Cat and cow	1 min	Hands and knees. Move with the breath, a little quicker than usual, to warm the spine.
3	Downward-facing dog	1 min	Knees bent as much as you need. Pedal the feet.
4	Low lunge to high lunge	2 min	Right foot forward. Back knee down, arms up for 3 breaths; tuck the back toes and lift the back knee for 3 breaths. Switch sides.
5	Warrior II	2 min	4 breaths each side. Strong legs, long arms.
6	Chair pose	1 min	3 rounds of 3 breaths. Rest by standing tall between rounds.
7	Child's pose	1 min	Let the warmth settle.
8	Savasana	1 min	Lie still and let your breath settle.

Take-away: Start before you feel ready; the warm-up does the rest.

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

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