

Cancer Flow: Shell

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

Cancer · Jun 21 – Jul 22 · traditional element: water · modality: cardinal (traditionally, a sign that begins a season)

Your mat: The quiet crab of the zodiac in silver line, inside one large circle.

Cancer, the crab, is a water sign associated with home and comfort. This is a gentle, protective flow: mostly on the floor, soft, and restful. Good for evenings.

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	Child's pose	1½ min	Knees wide or together, forehead resting. A pillow under the chest is welcome.
2	Cat and cow, slow	1 min	Let the movement be smaller and softer than usual.
3	Sphinx pose	1½ min	On your belly, forearms down, elbows under shoulders. Relax the legs.
4	Supported bridge	2 min	Lie on your back, lift the hips and slide a firm cushion or block under the low back (sacrum). Rest there.
5	Legs up the wall (or on a chair)	2 min	Hips near a wall, legs resting up it, or calves resting on a chair seat. Skip it if lying with your legs raised is uncomfortable.
6	Savasana, curled	2 min	Lie on your side with knees drawn in and a pillow under your head, if that feels better than lying flat.

Take-away: Comfort counts as practice.

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