

Leo Flow: Heart Forward

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

Leo · Jul 23 – Aug 22 · traditional element: fire · modality: fixed (traditionally, a sign at the middle of a season)

Your mat: Regulus and the Sickle in gold line over a fine star grid.

Leo, the lion, is a fire sign associated with warmth and confidence. This flow leads with the chest: standing strength plus gentle backbends.

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	Mountain with arm sweeps	1 min	Breathe in, sweep arms up; breathe out, lower them. 6 rounds.
2	Low cobra	1½ min	On your belly, hands under shoulders. Lift the chest a few inches using your back, hands light. 3 rounds of 3 breaths.
3	Downward-facing dog	1 min	Knees bent, long spine.
4	Warrior II to reverse warrior	2½ min	Warrior II for 3 breaths, then flip the front palm up and reach back for 3 breaths. Both sides.
5	Camel prep	1 min	Kneel, hands on your low back, fingers down. Lift the chest up and slightly back; keep the neck long. 3 breaths, twice. Skip it if you feel any pain in your low back or neck.
6	Child's pose	1 min	Rest after the backbend.
7	Savasana	2 min	Palms up, chest relaxed.

Take-away: Lift the chest, not the chin.

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

