

Pisces Flow: Tide

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

Pisces · Feb 19 – Mar 20 · traditional element: water · modality: mutable (traditionally, a sign that ends a season)

Your mat: The two fish and the Circlet, joined in rose-gold line between two rings.

Pisces, the two fish, is a water sign associated with imagination and empathy. This flow is fluid and dreamy: continuous, gentle movement that ends in a long rest.

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 circles	1 min	Circle the torso slowly over the hips, both directions.
2	Cat and cow, flowing	1 min	Let it become loose and wave-like.
3	Child's pose to tabletop	1½ min	Breathe in, come forward to hands and knees; breathe out, sit back to child's pose. 8 slow rounds.
4	Low lunge flow	2 min	Back knee down. Breathe in, arms up; breathe out, hands to the front knee. 4 rounds each side.
5	Reclined butterfly	1½ min	Soles together, knees open, pillows under the knees.
6	Savasana	3 min	Imagine the breath moving like a slow tide.

Take-away: Let one movement melt into the next.

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